

Cho Oyu Climb and Tibet Trek to Cho Oyu and Everest Base Camps (Autumn 2012)

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Join our Team!

Thanks for your interest in our Cho Oyu Expedition. Cho Oyu is the 6th highest mountain in the world (8,201m) and is a classic Himalayan climb. Since 1995 we have seen 188 climbers reach the summit of Cho Oyu with our IMG teams on the 21 expeditions that we have conducted via the original 1954 route from Tibet. We're proud to have the best climbing record on the mountain. Our programs are recognized worldwide as well organized with first-rate logistics and experienced leaders, conducted under the direction of legendary climber and expedition leader Eric Simonson.

IMG was one of the very first 8000m Himalayan operators to run Tibet Everest and Cho Oyu expeditions, and 2011 marks 22 years of running expeditions in Tibet. We take great pride in running the best possible programs. We have done well over 40 Himalayan expeditions to 8000m peaks in Nepal and Tibet, and we have a pretty good idea of what works on these climbs and what doesn't.

For climbers interested in staying in Nepal to do more climbing after the autumn trip, we are offering Ama Dablam immediately after Cho Oyu, with a 10% discount for Cho Oyu climbers.

Please contact me personally if you have further questions or would like to discuss different options. We can put together a package for you that meets your requirements. Please go to our website for the detailed itinerary: <http://www.mountainguides.com/cho-oyu-itin.shtml>

I'll look forward to hearing from you.

Eric Simonson
IMG Himalayan Program Director

“After preparing for many months (and years, really) to pursue the dream of climbing big peaks in the Himalayas, I was encouraged to know that the IMG team had prepared even harder than me to make the climb of Cho Oyu a reality. The logistics and equipment were first rate (oxygen apparatus, personal tents at ABC, large dome dining tent, communications tent, caravan of 50 Yaks) all of which made the difference... The guides' and the Sherpas' prior Himalayan experience was extremely valuable, and proved to be the difference in having a successful summit bid during a difficult weather season. In fact, many climbing teams this spring left the mountain without ever making a summit attempt, mostly because tactical errors on the mountain and lack of good food weakened them unnecessarily....”

—Tom R.

For more comments from IMG climbers, please see our website at:
www.mountainguides.com/comments.shtml

Cho Oyu: Just The Facts

Summit:

26,906' • 8201m

Set Your GPS:

28°, 06' N • 86°, 39' E

Size Does Matter:

Cho Oyu is the 6th highest mountain in the world.

First Boot-Prints on Top:

In 1954, an Austrian expedition of Herbert Tichy, Joseph Joechler, and Sherpa Pasang Dawa Lama made the first ascent, without oxygen, making it the third 8000m peak climbed, and the first to be done alpine style.

Hope They Brought a Jacket:

A Polish team made the first winter ascent of Cho Oyu in 1985 which was the first winter ascent of an 8000m peak.

By Any Other Name:

Some believe that in ancient times, Padma Sambhava, Buddhism's only "saint," wrote texts with messages to save earth from chaos and buried these texts on Cho Oyu. The lamas call those texts Cho. Oyu means "turquoise," possibly for the shade of the peak's ice or the lakes surrounding it. Cho Oyu is generally translated from Tibetan to mean "Turquoise Goddess".

Like Route 66, But Different:

A famous trade route once crossed Nangpa La pass, just west of Cho Oyu, and very close to Advanced Base Camp. From Tibet, salt was brought over this pass to Namche Bazaar to exchange for grain.

Dates, Prices, Program Descriptions

NOTE ON DATES: Dates are listed starting with the arrival day to Kathmandu to the arrival day back to Kathmandu at the end of the trip. The ending dates for the Cho Oyu CLIMB are flexible, depending on weather and conditions. It would be normal for climbers to add at least 7 extra contingency days to these itineraries. Normally climbers will change their departure flights from Kathmandu when they know exactly when the expedition is going to end. We plan to stay as long as it takes for us to be successful reaching the summit or becomes unreasonable to continue

CLASSIC CHO OYU SUMMIT CLIMB

\$14,750

August 26 – October 4, 2012

This is our Classic IMG Cho Oyu program, designed for experienced climbers who want to enjoy the structure and leadership of a top notch program, yet maintain some personal flexibility. Climbers joining our summit program will receive full logistics support for their climb, oxygen for Camp 3 overnight and summit day, IMG and Sherpa leaders and guides. Please contact us to discuss further what we offer for on mountain support and compare us to other expeditions.



PERSONAL SHERPA AND EXTRA OXYGEN OPTION Additional cost: \$7000

In addition to the all the benefits and sherpa support that goes with our Classic Cho Oyu program, we will also assign exclusively to you one of our very best Sherpas, who has summited Cho Oyu and Everest many times, been through the Khumbu Sherpa climbing school, and who speaks English well. As a small two-person team, you will be able to take advantage of the “best of both worlds” with all the “horsepower” of the main IMG team at their disposal, in case of emergency, but also having the additional flexibility afforded by a climbing partner who is committed to climbing exclusively on your own schedule, when you want to. Your personal sherpa will also be available to help carry your personal gear to the higher camps. In addition, we will provide extra oxygen so you can start using oxygen at Camp 2.

TIBET TREK with CHO OYU & EVEREST BASE CAMPS

August 26 – Sept 16, 2012 (to Everest ABC; led by Adam Angel)..... \$5,250

Travel to Base Camp with the Expedition team. Trek to Cho Oyu ABC (18,500') and Camp 1 (20,500'). Stay at ABC and “hang out” with the climbers before heading home via Everest (Rongbuk) Base Camp (with an Everest ABC, 21,400', option on the 2012 Autumn trek) before heading back to Kathmandu.

“I wanted to say thanks for a great expedition. I was very impressed with the organization and facilities that were put together for the trip. Outstanding group of staff and in general the trip flowed with great ease because of the groundwork you've spent years perfecting. Thanks for the fantastic adventure!”

—Kris E.

For more comments from IMG climbers, please see our website at: www.mountainguides.com/comments.shtml

Cho Oyu Details

International Mountain Guides (“IMG”)

IMG is the oldest and most respected high-altitude climbing service in the world and its three principals, Eric Simonson, Phil Ershler, and George Dunn, have led and organized hundreds of expeditions worldwide since 1975. Each is an AMGA Certified Alpine Guide with Himalayan expedition experience including Everest, K2, Kangchenjunga, Shishapangma, and Cho Oyu. IMG’s Himalayan mountaineering programs are organized and directed by Eric Simonson, one of the world’s premiere expedition organizers. Under his direction IMG has conducted over forty Himalayan expeditions. His teams include a group of professionals and Sherpas who are the best in the business. Since 1990, over 490 IMG team members have summited the world’s classic 8,000-meter peaks, including Everest, Lhotse, Cho Oyu and Shishapangma.

IMG’s Philosophy

Our goal is to safely help as many team members as possible reach their goal, and we invest in the people and equipment that will make this happen. We value our reputation as the premiere international climbing company, and we only put programs in place that measure up to our own high standards. If you would like to join a world-class team on Cho Oyu, we encourage you to contact us to discuss your goals and qualifications and secure an exciting role for yourself on our expedition!

The IMG Sherpa team

Ang Jangbu and his staff in Kathmandu puts together one of the very best Sherpa / Tibetan teams on the mountain each year for IMG. We are proud to have a group of climbers working for us who are among the best paid, best led, best equipped, and best trained in the business. Our Sherpa / Tibetan team is the envy of the mountain and is comprised of many of the world’s most experienced high altitude climbers. The Sherpa/Tibetan staff on last year’s Cho Oyu expedition had a combined total of ninety 8,000m summits, among the eleven of them, and several had over a dozen 8,000m summits under their belt! Many of our Khumbu Sherpas do intensive technical skills training on an annual basis with some of the best American climbers in their home town of Phortse, through the Khumbu Climbing School, which IMG is proud to be a sponsor of: <http://www.alexlowe.org/kcs.shtml>

Difficulty

How hard is the summit climb? You need to have solid cramponing skills and be able to rappel with a pack on. You’ll be jumaring on fixed ropes. There is a short, steep section of near vertical ice on the spectacular ridge between Camp 1 and Camp 2 that requires front-pointing skills. Most importantly, you need good common sense and the ability to learn and adapt. Cho Oyu is usually climbed un-roped, so it is common for climbers to move together but at the same time be semi-independent on the mountain between camps.

“I had a great time on the Cho Oyu Expedition. IMG runs a first class operation. I saw no other of the 24+ expeditions on the mountain that even compared in organization, experience and quality... The Sherpas were far and away the best on the mountain... Our Expedition was one of the very few that kept everybody in good shape and condition to get each member to summit day and give each member a realistic shot at the summit. The equipment and organization of IMG in getting us to the mountain and up the mountain without incident attests to a quality organization that few of the other expeditions on the mountain could match. Thanks for putting together such a good expedition and I look forward to climbing with IMG in the future...”

—Chris N.

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References

Joining a high-altitude trek or expedition is a serious decision. You should be completely confident in the organization and leadership before you make that decision. Many of you have climbed with us before, and because your experience with us was good, you're considering another climb with us. For those of you who haven't climbed with us before, we strongly encourage you to interview us thoroughly and also talk to our past customers. When you're ready to make the decision, we'll be happy to provide you with a complete list of references.

Air Travel Arrangements

International Mountain Guides has worked for many years with Ms. Pirjo Dehart and her staff at CTT Destinations to provide professional travel service for participants in our programs. We urge you to contact CTT Destinations (www.CTTDestinations.com) at 800/909-6647 or img@cttdestinations.com for help with your plans. Travel to Tibet requires a special permit. We will procure the Chinese visa and Tibet Travel Permit authorization on behalf of the team (we will collect the Chinese visa fee from you in Kathmandu).

Travel Insurance

We invest in insurance coverage for commercial liability and medical and disability insurance for our employees and Sherpas while participating on our programs. We cannot insure you for your personal needs, but we do expect you to be as fiscally responsible as we are. We require that you insure yourself against potentially expensive difficulties that may arise. First, Trip Cancellation Insurance may provide financial relief should you be forced to withdraw from the program before it even happens. Next, make sure you have adequate Travel Insurance for coverage should you have a problem during the trip. Medical care and evacuation in remote locations can be expensive. For more information, please see our page on [Trip Cancellation and Travel Insurance](#).

What Kind of Visas do I Need?

Your passport must be valid for 6 months after the trip and have empty pages. Advanced visas are not required for entry into Nepal, we will simply get our visa on arrival at the airport in Kathmandu, where you will need to purchase a short term Nepal tourist visa (\$25 plus a 2" x 2" passport photo). You will need to do this again (need another \$25 plus another passport photo) when you return to Nepal after visiting Tibet). For the Tibet visa (\$200 plus another photo), we will assist you with the visa form in Kathmandu. You MUST arrive in Kathmandu on the specified day on the itinerary, because your passport must go in with the group documents for the visa on the Chinese Embassy visa day).

“In a nutshell, IMG was the class of the mountain. I can't imagine climbing with any other group... Not only did IMG seem to have the best guiding, but we were by far the best provisioned. Our ABC was clearly the most comfortable, the cooks were incredible, we had propane heaters for dinner, etc. More importantly, when we got to Camp 3 the afternoon before summiting, there were a few groups already there, just suffering in the thin... IMG was the only group that I saw that had brought up enough oxygen to rest during the afternoon and sleep at night. When we got up at 1am, we had actually slept a few hours and were able to get out of there quickly — the first group gone (and to summit that day)... I wouldn't climb with anybody else and will do my best to steer folks your way.”

—Bruce D.

For more comments from IMG climbers, please see our website at: www.mountainguides.com/comments.shtml

Program Fees and Payment Schedule

INCLUDED / NOT INCLUDED

Costs included in trip fee: The team will meet in Kathmandu, per the itinerary (if you arrive or depart on a different schedule, you must cover the additional costs). All ground transportation will be covered. All hotels are covered from the time the team arrives in Kathmandu until returning to the hotel in Kathmandu at the end of the trip. Breakfast is included in Kathmandu, as is a "welcome dinner" for the group. Also included are Park fees and climbing permit fees, approximate 1:1 ratio between Western Leader(s) and Sherpa climbers vs. participants, Sherpa climbers and cook staff, camp equipment including sleeping tents, dining facilities, cooking gear and fuel, VHF radio and satellite communications systems, climbing route equipment, 1800 liters climbing oxygen delivered to Camp 3 for ascent and descent with extra available for sleeping at C3, oxygen regulators and masks, first aid kit, Gamow bag.

Costs not included in trip fee: Hotels and meals upon arrival in Kathmandu AFTER the trip are not covered (we will make a hotel reservation for you in Kathmandu and will assist with reconfirming tickets and will cover the cost of your transfer to the Kathmandu airport). Other items not covered include international flights, personal gear, excess baggage charges, airport taxes and entry visas (your Tibet visa is \$200 -- we will assist to procure the Tibet visa for the team members), Sherpa tip pool (we suggest \$400 per person), satellite telephone air charges, personal sundries and beverages, costs incurred as a result of delays or events beyond the control of IMG, [required travel insurance policy](#) (medical, evacuation, trip cancellation, etc.), and customary but optional tips for IMG staff.

Payment Schedule*	<u>Trek</u>	<u>Summit Climb</u>
With Application	\$1,000	\$1,000
6 months prior departure	\$1,500	\$6,000
3 months prior departure	\$2,750	\$7,750

All IMG program fees are quoted in US dollars. All fees and payments are non-refundable and non-transferable. Payments must be received by IMG on or before the due dates noted above. Failure to submit payments on or before these due dates will result in forfeiture of fees paid and loss of program reservation. Payments made by wire transfer to IMG require inclusion of an additional \$30.00 wire transfer fee.

"I honestly believe you have one of the best guiding outfits on Cho Oyu. After seeing some of the other groups, I would certainly recommend IMG to anyone interested in going..."
—Joe C.

"I can't say enough about our Sherpas. They were all super helpful and friendly. I personally heard Sherpas with two other teams say that we had the strongest Sherpas on the mountain. Jangbu and Ang Passang did an excellent job of dealing with the Tibetan yak herders, as well as coordinating the setting up of and carries to the higher camps. I was fortunate to have Da Nuru as my climbing partner on summit day. He took good care of me. I don't think I would've summited and/or gotten back down to Camp 3 without him. Without his help, I at least would've frostbitten some fingers. And Pemba's fine cooking was a pleasant surprise. I'm sure I actually gained weight at A.B.C., which was key because I lost a lot of weight during the summit bid..."
—Pete F.

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Things to Consider

Climbing 8,000m peaks in the Himalaya is serious business. I am proud of the way we conduct ourselves, and I think we provide the best package available. I encourage you to contact me to discuss in person all the details of our programs. We know we're not the cheapest deal around, and we don't want to be. We spend more providing the best personnel, equipment, logistics and safety measures – things that many lower-cost programs cannot afford and do not have. We don't cut corners. As you shop around, consider the following:

- **IMG** leaders are professionals and are great teachers as well as strong climbers. All have done numerous high-altitude expeditions, including the Himalaya. Our clients enjoy the immense benefit of a core group that has climbed together extensively, producing a team that knows how to work well together. We do not think you will find any other Cho Oyu climbing or trekking programs that will be led or staffed by persons of the caliber we will field for Cho Oyu. We challenge you to try!
- **IMG** always complies with all local, state, federal, and international regulations for the countries in which we climb. This includes proper visas and climbing permits, full insurance and equipment for our employees and Sherpa support teams, and complete adherence to all environmental regulations. Our great safety record allows us to operate with full liability insurance. All client funds are deposited in a regulated trust account. We take our business seriously!
- **IMG** Base Camp is top-notch and our enthusiastic cooks do a great job and our menus are well considered. It makes a difference! Some of the amenities we offer include: a gas powered hot shower, a shower tent, a separate communications tent, individual tents at base camp, excellent base camp food which often includes fresh baked goods, sushi, and tempura by our trained cooks, western snack food, thick foam pads for sleeping, etc. We feel these small comforts go a long way in making our clients more at home at base camp, and allow them to relax and focus on their climb.
- **IMG** itineraries are longer than most others offered on the market, and we allow enough time for a second attempt, if necessary. We know how to acclimatize properly and we don't rush.
- **IMG** brings advanced technology to the mountain. All climbers will be issued a VHF walkie-talkie radio. Solar power at Base Camp quietly supports our satellite communications, allowing us to maintain excellent emergency contact capabilities and keep friends and family informed of our progress during the long weeks away from home. IMG will post regular internet dispatches and/or send regular e mail updates to keep friends and families apprised of the climbers progress. We have wireless internet available at ABC @ \$10/MB.
- **IMG** provides its state-of-the-art proprietary oxygen system to every summit climber. 1800 liters of oxygen will be placed at Camp 3 for use during the summit bid. Additional oxygen will be available for sleeping at C3 as well as emergency and backup.
- **IMG** maintains a full team medical kit at base camp and bring appropriately sized kit up with us to higher camps so we can properly deal with medical situations should they arise. We supply a gamow bag, pulse oximeter, and extra medical oxygen for emergencies.

“John kept this diverse group together through the trip. The Sherpas were awesome and all the clients felt they were the strongest and most organized on the mountain. Pemba did a great job of keeping us healthy which was a real factor in making the summit. Ang Passang read the weather patterns perfectly allowing IMG clients to attempt the summit in good conditions. Kami with whom I summited was great... All IMG 2001 fall clients had the opportunity to make the summit, which was not the case for other teams on the mountain...”

—Reid C.

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Cho Oyu and Everest -- Advanced Base Camp Trek

Trek Summary: For those of you with friends interested in joining the expedition but not interested in climbing an 8,000m peak, we've added a trek option to offer something for everyone. Trekkers will travel with the climbing team from Kathmandu all the way to Cho Oyu. If desired, trekkers can even go as high as Camp 1 (over 20,500 feet) on rugged but non-technical terrain. Stay at ABC and "hang out" with the climbers before heading home, or, if desired, cruise over to Rongbuk Base Camp. We have lots of flexibility with this program.

You'll travel to Cho Oyu Base Camp by truck and jeep and work with the climbing team to establish Base Camp (about 15,000'). After several days to acclimatize at Base Camp, with hiking each day, we move up to Advanced Base Camp (about 18,500') with the team and the yaks. We would expect to have ABC established about two weeks after leaving home. It takes at least two days of rugged hiking to get to ABC, which is near the famous Nangpa La (an old trade route leading to the Khumbu and Namche Bazaar in Nepal).

Trekkers stay at ABC for several days for acclimatization and, if desired, a climb up to Camp 1. You are right at the base of the mountain, surrounded by the big Himalayan peaks. It is awesome scenery.

After a few days with the climbers at ABC, it is time to head for Rongbuk Gumpa (monastery) and Everest Base Camp. After hiking down to Cho Oyu Base Camp, you'll jeep over to the Monastery for the night. Leaving the gumpa (monastery) in Jeeps early the next morning, you'll get a chance to drive up to Rongbuk Base Camp (17,000') for the World's Best Everest View before turning and heading for Nyalam, near the Nepal border. The following day, you will descend by Jeep into one of the world's great canyons to Zhangmu and the Friendship Bridge and Friendship Highway. It is the wildest ride in the world--go over a 17,000 foot pass and in a few hours go up or down over 15,000 feet in of the world's deepest gorges. You'll be able to enjoy a full day of some final shopping and sightseeing in Kathmandu before heading back out to the airport the next day for your return flight to home.

Detailed Tibet Trek itinerary: <http://www.mountainguides.com/tibet-trek-itin.shtml>

"I had a great time trekking... I appreciate all the organizing and work you and your staff put into the Cho Oyu Expedition. The fact that there were no major missed dates, show up times, missing yaks, missing equipment or major problems, is a direct result of your team's successful efforts. Plus we had fun. Please pass on my appreciation especially to the Nepal based Sherpas. These guys are great!!! On every occasion they exceeded expectations. All the Sherpas and KTM office/field staff (drivers, etc.) were on time, helpful, friendly and super hard workers. Special thanks to Kaji Sherpa for feeding, guiding and interpreting on the trek..."

—Kurt W., Cho Oyu Trek

"You clearly have Himalayan climbing "dialed in" from years of experience. Nothing was overlooked. Safety was always top priority, and no shortcuts were allowed. And if I didn't immediately recognize this, the contrast couldn't have been more apparent as we moved up the mountain. I was so glad to be an IMG client. I don't want to criticize other services, but there really is a world of difference, and it's worth every penny!"

—Robert M.

"I also found that Eric Simonson's reputation and experience in the Himalaya has given IMG leaders greater ease in dealing with the Chinese government, in choosing more experienced climbing Sherpas, and in interacting with the leaders of the other expeditions. It was this kind of experience, or lack of it, that determined which expeditions were successful and which were not on Cho Oyu..."

—Greg Y

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Cho Oyu Personal Equipment Checklist

This equipment list is meant to help you compile your personal gear for a high altitude trekking trip. Most items are required. Please consider each item carefully and be sure you understand the function of each piece of equipment before you substitute or delete items from your duffel. Keep in mind that this list has been carefully compiled by Eric Simonson, the expedition organizer. Don't cut corners on the quality of your gear.

Travel Items

- Duffel Bags: One duffel will accompany you on the trek to BC. Climbers will need a second duffel, which will be packed with the mountain equipment and which will go direct to BC. Duffels are carried by porters and yaks and should be sturdy and waterproof with name written on bag (in case tag is lost). Bags with wheels are nice for the airport, but the porters and yaks don't like to carry them, so don't bring wheeled bags. You will also store some travel clothes at the hotel in Kathmandu while trekking, so a smaller additional bag with a lock might be handy. **Tip:** Bring 5 large plastic garbage bags to pack gear inside duffels to protect gear from rain.
- Daypack: Large daypack or bag with a shoulder strap, so you don't have to set it down while doing the duffel shuffle or handling travel documents while going through passport control and customs at the airport. It needs to be big enough to hold everything you'll need for an overnight stop.
- Locks: You'll want padlocks in Nepal and Tibet, but for flying out of the USA, it might be better to use plastic zip ties which can be cut by TSA staff if necessary (bring extra zip ties).
- Travel Wallet: Important for carrying your important documents including passport, extra photos, duffel inventory list, and money. We suggest that you use a travel wallet that you can hang around your neck and place inside your shirt, or around your waist tucked under your shirt or trousers.
- Passport (valid for at least 6 months after the trip ends with sufficient extra pages for visa stamps and in **same name as airline ticket** (or with endorsement-for women who changed name w/ marriage). Get your Nepal visa on arrival in Kathmandu at the airport (and in Kodari on the return to Nepal).
- 2 additional passport photos for Nepal visas.

Trekking Gear

- Trekking Poles: Poles come in handy for balance and easing impact to your knees. Get collapsible poles that can attach to your backpack.
- Backpacks: The "day pack" is great for a travel carry-on and may be big enough for the trek (need room for your clothes, water, camera, food, etc during the day while hiking). Climbers will need a larger pack (50-60 liter size is popular) and this will also be fine for the trek. For the international flights put your backpack into the duffel bags.
- Pack Cover: Waterproof rain cover for your pack.
- Sleeping Bag: Rated to at least 0 degrees Fahrenheit. Synthetic or Down. Base Camp can get down to around 0-10 degrees F at night...so quite chilly.
- Trekkers do not need a pad (foam mattress will be provided for trek and Base Camp). Climbers should bring a Thermarest pad to augment the closed cell pads we put in the tents above BC.

Footwear

- Lightweight Shoes: Running/tennis shoes and sandals for camp, around town, etc.
- Hiking Boots: Medium-weight hiking boots, waterproofed and broken-in.
- Gaiters: To keep snow, mud, and scree out of your hiking boots.
- Socks: 5 complete changes of socks, in a combination that you have used and know works for you. Make sure your boots are roomy enough for the sock combination you intend to use. Tight boots will make your feet cold.

Clothing

- Base Layer: 2 pair synthetic long johns: one midweight set and one expedition weight set.
- Mid Layers: One additional warm layer (wool sweater, another fleece jacket, shelled vest, etc, that can be worn in conjunction to the other layers).
- Shell Jacket: Waterproof/breathable jacket with hood.
- Shell Pants: Waterproof/breathable pants (full side zips are best).
- Climbing/Trekking Pants: Look for construction that provides freedom of movement and/or stretch materials. Fabric should be a breathable synthetic that preferably holds up to abrasion and dries quickly. You can wear them over longjohns if it is cold.
- Warm Parka: Down or synthetic. This should be big enough to go over other garments. Many climbers also like insulated pants for cold mornings and evenings at BC / ABC.
- Trekking Clothes: Light hiking pants and / or hiking shorts for warm weather down low- NOT cotton. Shirts for hiking on nice days (t-shirts OK, quick-drying synthetic fabric far better.)
- Casual Clothes: For travel/meals in dining rooms. You'll want a shirt or two with a collar to wear on flights and for restaurants. A sweatshirt or light jacket might be nice in the evening.
- Bathing Suit: Some of the hotels have pools (eg, in Bangkok).

Clothing Accessories

- Gloves: Light gloves for hiking and warm ski gloves. Bring mittens too if your hands tend to get cold.
- Hats: Warm wool or heavy fleece hat, sun hat and bandana.
- A "Buff" or light balaclava to breathe through in the cold dry air. Good for preventing "Khumbu cough"

Camp Accessories

- Headlamp: With several sets of extra batteries. Climbers should bring a second "back up" headlamp.
- Water Bottles: 2 water bottles with foam insulation shells. Bring a Pee bottle too.
- Water Treatment: Iodine tablets (Potable Aqua or similar) or iodine crystals (Polar Pure).
- Camera: With spare batteries, and film or memory cards.
- Pocket Knife. Climbers need to bring Bowl, Cup spoon.

Personal Accessories

- Wrist Watch: With alarm and light for reading in the dark. We like the Suunto ones.
- Eyewear: Bring good sunglasses. For contact lens wearers, ski goggles with light color lenses (for use at night) might be useful in windy conditions that cause blowing dust.
- Vision correction: Bring extra prescription eyeglasses or contact lenses if you wear them. Lens solutions are not widely available in Nepal, bring enough.
- Skin Care: Maximum SPF sunscreen and lip balm.
- Basic First Aid and personal: Bring plenty of hand sanitizer (Purell). Also you'll want moleskin, tape, aspirin (many climbers take an 81mg aspirin every day to prevent stroke), ibuprofen / acetaminophen, Imodium and Pepto Bismol for diarrhea, Band-Aids, antacid, insect repellent, ear plugs, and several rolls of toilet paper (we will have a supply at Base Camp), small towel, soap/shampoo, a few disposable dust masks, hand cream (for chapped hands),
- Prescription Medications: 1) Antibiotic for upper respiratory problems (azithromycin) 2) Antibiotic for GI problems (Cipro or azithromycin); 3) Diamox (acetazolamide) for acclimatization (125 mg tabs recommended, enough for a week); 4) Sleeping pills for jet lag; 5) Tylenol 3 or similar for severe headaches; 6) Malaria Chemoprophylaxis, if needed based on travel plans; 7) Asthma medication, if any history (many climbers use Advair inhalers at high altitude to prevent Khumbu cough). For serious illness on high altitude expeditions standard treatment protocol is 8) nifedipine (for pulmonary edema) and 9) dexamethasone (for cerebral edema) in association with immediate descent.
- Cold medicine (Sudafed, etc), Chloroseptic or Tessalon Perles throat lozenges.
- Personal Snack Food: Approximately 5 pounds of personal snacks, also some drink mixes if you like these (add drink mix to your water bottle after giving iodine tablets 30 minutes of contact time). Summit climbers should bring some extra high altitude snacks they know they will like to eat up high!
- Books/ tapes/CD's. Plan on sharing among your team members. You can also borrow from and add to the Base Camp Library we establish every year.

Climbers add the following

- Ice axe: We like a general purpose axe in the 60-70 cm range, depending upon your height and the type of climbing you anticipate. A wrist leash is useful for wearing while crossing snow bridges or on steep slopes where losing an axe would be a big problem. A spike with a point is preferable to a tubular shape (which can glance off the ice at certain angles).
- Crampons: The number one rule with crampons is that they need to stay on your boots no matter what. Make sure your boots are compatible with your crampons. Avoid "cookie cutter" crampons with a vertical side rail. They tend to ball up in soft snow. Mono points, heel hooks, and various technical ice paraphernalia may be great for an icicle, but are unnecessary for mountaineering.
- Helmet
- Bowl, Cup, Spoon, Pocketknife for up high
- Climbing Harness: We prefer a harness with a minimum of padding that can be adjusted to fit over bulky clothing with leg loops that open up so you don't have to step into the harness.
- Ascenders & Hardware: Two large locking carabiners, mechanical ascenders with slings, rappel device (Figure 8 or ATC that will work on a variety of rope diameters from 6mm to half inch braided rope), 4 extra shoulder slings with 'biners. Bring 30 feet of 6mm accessory cord or ½ inch tape webbing to rig your ascender and safety sling (we will show you a good way to do this).
- Warm shelled mittens (down or similar insulated preferred)
- Plastic double boots and overboots or many climbers prefer the Millet Everest or the La Sportiva Olympus Mons boots which have an integrated gaiter.
- 1 pair of Glacier glasses, with a spare pair as backup.
- A "Buff" or light balaclava to breath through in the cold dry air
- Goggles (including light yellow or clear lens for night if it is cold)
- Small repair kit. We'll have a large repair kit at Base Camp with tools, etc.
- Holster or other manner for stowing ice axe (between shoulders under pack?). Must be out of the way and easy to reach with one hand.
- Good 1 liter thermos bottle
- Extra socks (you can hand wash socks and underwear at BC, no problem).
- Down pants that work with the down parka or a down suit. Summit day can be very cold! Many climbers also like insulated pants for cold mornings and evenings at BC / ABC.

Immunizations Checklist

- Tetanus-Diphtheria** - You should already have. Do you need a booster?
- Polio** - You should already have. Do you need a booster?
- MMR** - You should already have. Do you need a booster?
- Meningitis** - Recommended. Consult your physician.
- Hepatitis A** - Recommended. Consult your physician.
- Hepatitis B** - Not a bad idea. Ask your physician.
- Cholera** - Ask your physician. Not usually recommended any more.
- Typhoid** - Not a bad idea to be safe. The tablet form, Vivotif Berna, is good for five years.
- Rabies** - The new vaccine is easy. Rabid animals are occasionally encountered in China.
- Malaria** – Not necessary unless you plan on traveling, for example, to certain parts of Thailand before/after the trip...then malaria chemoprophylaxis is recommended.

We recommend that you visit the travel clinic at a major University Hospital or your local Public Health Department for the most up to date info on travel requirements, or check the Center for Disease Control Website at www.cdc.gov

“I could go on and on, but the bottom line is that your organization is first-rate in every respect. Thanks for everything... I hope to make use of your services again...” —Tom G.

For more comments from IMG climbers, please see our website at: www.mountainguides.com/comments.shtml
