

## Everest Base Camp Trek December 2018



IMG's Everest programs are recognized worldwide as simply outstanding, with a reputation for our highly professional staff of leaders, climbers and Sherpas, first-rate logistics and our resulting safety and success record in the Himalayas. Under the direction of legendary climber and expedition leader Eric Simonson, we offer something for everyone...from treks to summit climbs.

For December 2018, we have added a custom Everest Base Camp Trek for a group of trekkers who want to share the trail with some likeminded travelers. **Spend Christmas at EBC!** This is a guaranteed departure!

This trek starts out with the famous flight to Lukla and trek to Namche Bazaar. Then, on to Tengboche, through Pangboche, Dingboche, and a nice acclimatization hike onto the ridge to see the North Ridge of Ama Dablam. We continue up to Lobuche Village, from where we will take acclimatization hikes to the surrounding sights including the old weather station. From Lobuche we head up to the small village of Gorak Shep and celebrate Christmas Eve with an afternoon climb of Kala Pattar (18,192ft.). On Christmas Day the team will trek to Everest Base Camp (about 17,500ft).

After departing EBC, the team will descend back down the Khumbu Valley with minimal backtracking. We'll visit Pheriche and Phortse, the home of many IMG Sherpa. After Phortse the team will trek to Namche where some members will depart by helicopter, some might trek to Lukla, while others may have flown out from higher up in the valley.

We hope you can join IMG for Christmas at EBC!

International Program Directors  
Greg Vernovage ([Everest@mountainguides.com](mailto:Everest@mountainguides.com))  
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### Everest: Just The Facts

**Summit:**

29,035' • 8850m

**Set Your GPS:**

27° 59' N 86° 56' E

**First Boot-Prints on Top:**

In 1953, Edmund Hillary and Sherpa Tenzing Norgay became the first known summitters of Everest (neither saying who stepped on top first.) Some people speculate about the success of British climbers George Mallory and Andrew Irvine who perished on the north side of the mountain high on a summit attempt in 1924. In 1921, Mallory was part of the first ever expedition to Everest.

**Size Does Matter:**

The elevation of 29,035' (8850m) was determined using GPS satellite equipment on May 5, 1999. It was previously believed to be slightly lower (29,028'/8848m), as determined in 1954 by averaging measurements from various sites around the mountain.

**As India Slides Under China:**

GPS research suggests that plate tectonics is causing Everest to grow 3-5mm and move 27mm northeast annually. The mountain is 60 million years old and is believed to have once been a seabed. While seashells haven't been found on the summit, there are rocks that had once made up the Tethys ocean floor.

**By Any Other Name:**

The Tibetans call Mount Everest "Chomolungma" which means "mother goddess of the world." Once known to westerners as Peak XV, it was named in 1859 for Sir George Everest, the British surveyor-general of India. The Nepali name is Sagarmatha which translates to "churning stick in the sea of existence."

**No Longer Just for Loners:**

More than 4,000 climbers have climbed to the summit over 6800 times by various routes.

# Program Fees, Deposit and Payment Schedule

## Everest Base Camp Trek and Gokyo Loop

**Dec. 12 – Dec. 30, 2018**.....**Landcost: \$3,700**

- This program does not use helicopters. It is trekking from Lukla to EBC and back to Lukla.

**Dec. 12 – Dec. 29, 2018 (plus helicopter costs from Namche To KTM)**.....**Landcost: \$3,600\*\***

- We have a group already scheduled to fly by helicopter from Namche directly to Kathmandu. You can join this group's departure and split the helicopter costs with them.

**Dec. 12 – Dec. 26, 2018 (plus helicopter costs from Gorakshep)**.....**Landcost: \$3,500\*\***

- This is an option for team members who might want to shorten the trek even more and fly out by helicopter from Gorakshep after visiting EBC.

**\*\*For team members looking to shorten this trek, it is possible to fly out from higher up the Khumbu valley (for example, Phortse, Pheriche or Gorakshep). We can arrange helicopter transport for you, and you will pay the helicopter company directly. Helicopter costs are determined by the number of people in the helicopter, pick-up and drop-off locations. Please contact us for more information regarding the helicopter departure options.**

**NOTE ON DATES:** These dates begin the day you arrive in Kathmandu and end on the day you are scheduled to return back to Kathmandu from the Khumbu. To be on the safe side, we suggest you add one contingency day in Kathmandu after the trek.

**Costs included in trip fee:** Transfers between hotel and airport in Kathmandu, double occupancy room at hotel with breakfast in Kathmandu for stated itinerary at beginning of expedition, double occupancy in the lodges on the trek, fixed wing flight from KTM to Lukla, fixed wing flight from Lukla to KTM (for trek option), all group equipment, all meals once trip starts, Park fees, Sherpas, camp staff, yaks and porters, hyperbaric bag, emergency medical oxygen.

**Costs not included in trip fee:** International round-trip air fare and travel expenses to/from Nepal/KTM, meals in Kathmandu, hotels in Kathmandu after the trek, single occupancy room, personal gear, excess baggage charges, airport taxes and Nepal entry visas, required travel insurance, tip pool, internet, satellite phone, personal sundries and beverages, costs incurred as a result of delays or events beyond the control of IMG, required insurance coverage (medical, rescue/repatriation), helicopter costs as listed above and customary but optional tips for sherpas.

**Single Supplement for BC Trek: \$500**

### Fee Payment Schedule\*

With Application	\$1,000
September 12, 2018	Balance

**\*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. Our bank does not charge for incoming bank wires, however, please include wire fees charged by your bank or correspondent banks.**

# Expedition Organization and Leadership

## 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 600 IMG team members have summited the world’s classic 8,000-meter peaks, including Everest, Cho Oyu and Shishapangma.

## Ang Jangbu and the IMG Sherpa Team

A veteran of dozens of expeditions and an Everest summiter, Ang Jangbu has worked with Eric Simonson on every IMG Himalayan program since 1991 and is a very popular leader. Ang Jangbu Sherpa and his Sherpa team do a great job!

## 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 clients. When you’re ready to make the decision, we’ll be happy to provide you with a complete list of references.

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*“We put a lot of effort and research into choosing the right way to go for Everest, and I left the mountain without a doubt that we chose and were with the best organization and people on the hill. I think most of the rest of base camp knew it too...”*

*If I had to sum up what impressed me the most, I would have to say that it was never once in the entire 2-plus months, did I ever feel like IMG or its people ever cut a corner on anything. Everything was a class act, well organized, and people really seemed thrilled and enthusiastic about being a part of something great...”*

—Jeff

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For more comments from IMG climbers, please see our website at: [www.mountainguides.com/comments.shtml](http://www.mountainguides.com/comments.shtml)

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## Things to Consider

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.
- **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** Sherpas are top-notch. We hire the same great Sherpas every year, we treat them with respect, we pay them well and they like working with our teams. Most of them have been on many climbs with us over the years and many of them have multiple Everest summits.
- **IMG** trek itineraries are longer than most others offered on the market. We know how to acclimatize properly, and we don't rush.
- **IMG** treks are supported by 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.

### Air Travel and Insurance 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 at 800/909-6647 or [img@cttdestinations.com](mailto:img@cttdestinations.com) for help with your plans.

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 strongly recommend 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. We recommend Travelex as a sole provider of [Trip Cancellation and Travel Insurance](#).

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***“I have been trying to think of what sets IMG apart from other companies. I suppose others are competent, organized, but Eric and Phil really and truly care about the person...”***

—Phil J.

***“A lot of people have asked me about my trip and I've told them that if they ever want to go on an altitude oriented adventure, to connect with the guys at IMG. You run a great show...”***

—W.G.S.

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For more comments from IMG climbers, please see our website at: [www.mountainguides.com/comments.shtml](http://www.mountainguides.com/comments.shtml)

## IMG December EBC Trek Itinerary

Day	Date	EBC Trek
1	Wednesday, December 12, 2018	Arrive Kathmandu
2	Thursday, December 13, 2018	Kathmandu (get organized, repacked, errands, etc.)
3	Friday, December 14, 2018	Fixed Wing Flight to Lukla, trek to Phakding
4	Saturday, December 15, 2018	Trek to Namche
5	Sunday, December 16, 2018	Namche acclimatization day – Market / Visit Sherpa Museum & relax.
6	Monday, December 17, 2018	Namche acclimatization day - Visit Everest View Hotel & Khumjung
7	Tuesday, December 18, 2018	Trek to Tengboche - Visit Monastery in the afternoon.
8	Wednesday, December 19, 2018	Trek to Pangboche – Visit Monastery
9	Thursday, December 20, 2018	Trek to Dingboche
10	Friday, December 21, 2018	Dingboche – Acclimatization hike.
11	Saturday, December 22, 2018	Trek to Lobuche
12	Sunday, December 23, 2018	Lobuche rest day.
13	Monday, December 24, 2018	Trek to Gorakshep (afternoon option Kalapattar)
14	Tuesday, December 25, 2018	Everest BC or Kalapattar
15	Wednesday, December 26, 2018	Trek to Pheriche
16	Thursday, December 27, 2018	Trek to Phortse
17	Friday, December 28, 2018	Trek to Namche
18	Saturday, December 29, 2018	Trek to Lukla (**Group helicopter departure option from Namche to Kathmandu)
19	Sunday, December 30, 2018	Fly to Kathmandu

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***“I can't say enough good things about both the logistics and the staff. I had plenty of ideas about how the trip should go and what was possible. Your expedition service surpassed all my expectations, provided me with the best opportunity to summit, even compared to the super expensive guided trips, and as such, I was successful in fulfilling a dream of 20 years. I will recommend your service to anyone interested. It was simply the best on the mountain.”***

—Dan G.

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## Everest Trek Personal Equipment Checklist

This equipment list is meant to help you compile your personal gear for and Everest Base Camp Trek. Most items are required. Please consider each item carefully. Be sure to understand the function of each piece of equipment before you substitute or delete items. Don't cut corners on the quality of your gear.

### Travel Items

- Duffel Bags: One duffel will accompany you on the trek 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 can store some travel clothes at the hotel in Kathmandu while trekking, so a smaller additional bag or suitcase with locks is recommended. 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 (or TSA approved locks) 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
- Additional passport photos -- at least two: one for Nepal visa, one for trek permit.
- Optional - cellphone with international roaming capability. Better yet, for cheapest calls, a phone with the capability of using a Nepal GSM sim card that you can purchase in Kathmandu.

### 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.
- 45-50L Backpack: 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). For the international flights put your backpack into the duffel bags, but carry it on the plane for the Lukla flight.
- Pack Cover: Waterproof rain cover for your pack.
- Sleeping Bag: Rated to at least 0 degrees Fahrenheit. Synthetic or Down.

### Camp Accessories

- Headlamp: With several sets of extra batteries.
- Water Bottles: 2 water bottles with foam insulation shells.
- Water Treatment: Iodine tablets (Potable Aqua or similar) or iodine crystals (Polar Pure).
- Camera: With spare batteries, and memory cards.
- Pocket Knife.
- Pee bottle

### 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: At least 3 complete changes of socks, in a combination that you have used and know works for you. Boots must be enough for the sock combination; tight boots will make your feet cold.
- [Yaktrax Crampons](#) or [Kahtoola Microspikes](#) in case of snow.

**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.
- 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.
- 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"

**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 & GI problems (Azithromycin/Z-Pak); 2) Diamox (acetazolamide) for acclimatization (125 mg tabs recommended, enough for a week); 3) a few Sleeping pills for the first few days of jet lag; 4) Malaria Chemoprophylaxis, (not needed unless you go to low areas in Nepal or Thailand, in which case we suggest Malarone); 5) Asthma medication, if any history (for example an Advair inhaler – many people find this VERY useful for "Khumbu Cough" bronchitis/irritation which can ruin your expedition and prevent you from climbing.) ; 6) nifedipine (for pulmonary edema, the 30 mg time release x 2 tablets) and 7) dexamethasone (for cerebral edema, 4 mg x 10 tablets).
- Cold medicine (Sudafed, etc), Chloroseptic or Tessalon Perles throat lozenges.
- Personal Snack Food: Lunches are included but you might like to bring a modest amount 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).
- "Entertainment" --iPod, Kindle, music, lightweight book(s).
- Chemical hand warmers (6)

### **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. Kathmandu and Nepal have rabid animals.
- Malaria** – No problem in Kathmandu, since we are above the zone of malaria, but if you plan on traveling to lower elevations in Nepal, or to certain parts of Thailand before/after the trip then malaria chemoprophylaxis is highly recommended.

Consult your physician or check out the Center for Disease Control Website at [www.cdc.gov](http://www.cdc.gov).



*Lukla (photo: Dirck Lowe)*