

Everest Base Camp Trek and Lobuche Peak Climb Autumn 2012

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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 on the mountain. For Autumn 2012 IMG will continue to offer an exciting array of Everest Trek options, under the direction of legendary climber and expedition leader Eric Simonson. We offer something for everyone...from treks to summit climbs. We have designed our programs to be truly unique and special – not like anything else you'll find on the market, so please read on!

Everest Base Camp Trek October 9-25, 2012 (Kathmandu to Kathmandu)

This is the classic Everest Base Camp Trek, with the extra bonus of getting to start out with the Ama Dablam Expedition. Join the expedition team on the flight to Lukla, trek to Namche, Tengboche, Pangboche, and on to Dingboche. Then, continue on up the Dudh Kosi Valley to Lobuche, Gorak Shep, Kala Pattar and Everest Base Camp.

For people in a rush, trim 4 days with a Helicopter departure from Pheriche (about 14,000 feet) on the way down - contact Eric for further details.

Everest Base Camp Trek and Lobuche Peak October 9-30, 2012 (Kathmandu to Kathmandu)

*This unique 25 day trek is designed for **introductory level climbers**. We have added to this program extra acclimatization time and climbing instruction on the glacier adjacent high camp. Learn basic skills for ice axe, ropes, crampons and then use those skills to climb beautiful and spectacular Lobuche Peak. After the climb, trek to Ama Dablam Base Camp, where you join the Ama Dablam team with their expedition puja. After saying goodbye, trek to Everest Base Camp and climb Kala Pattar for your own adventure. This is a great trip!!*

Our Nepal Base Camp Treks and Lobuche Peak climb will be organized by Eric Simonson and Ang Jangbu Sherpa. These are unique trips and you will enjoy starting out with the climbing team!

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.

I'll look forward to hearing from you,

Eric Simonson
IMG Himalayan Program Director

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 summiters 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 1,500 climbers from about 30 countries have climbed to the summit by various routes.

Program Fees, Deposit and Payment Schedule

AUTUMN 2011 EVEREST BASE CAMP TREKS

October 9-25, 2012.....(Everest Base Camp)..... Landcost: \$3,000

Oct 9–Nov 2, 2012.....(Lobuche Peak and Everest Base Camp)..... Landcost: \$5,150

NOTE ON DATES: These dates begin the day you arrive in Kathmandu (October 9) and end on the day you are scheduled to return back to Kathmandu from the Khumbu. To be on the safe side, you should schedule your international departure from Kathmandu two days later (Oct 27 for EBC Trek and Nov 3 for Lobuche).

Costs included in trip fee: Transportation to and from airport in Kathmandu, hotels with breakfast in Kathmandu for stated itinerary at beginning of expedition, welcome and farewell dinner, round-trip flight to Lukla, all group camping supplies such as tents, stoves, etc., all meals while trekking, Park fees, Sherpas, camp staff, radio comms and satellite telephone equipment, yaks and porters, hyperbaric bag and emergency medical oxygen.

Costs not included in trip fee: International round-trip air fare and travel expenses to/from Nepal/KTM, helicopter, meals in Kathmandu, hotels in Kathmandu after the trek/climb, personal gear, excess baggage charges, airport taxes and Nepal entry visas, Sherpa tip pool (we suggest \$200 per person for trekkers), satellite telephone air charges, personal sundries and beverages, costs incurred as a result of delays or events beyond the control of IMG, [recommended insurance policies](#) (medical, evacuation, trip cancellation, etc.), and customary but optional tips for IMG staff.

Single Supplement: BC Trek-- \$300

Fee Payment Schedule for 2012 Everest Base Camp Treks (Autumn):

Payment Schedule*	<u>BCTrek</u>	<u>Lobuche Peak and EBC Trek</u>
With Application	\$1000	\$1,000
July 9, 2012	\$1,700	\$4,150

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.

“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

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, nearly 400 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 staff put together one of the very best Sherpa teams for IMG. We are proud to have a group of Sherpas working for us who are among the best paid, best led, best equipped, and best trained in the business.

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.

“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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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, 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.
- **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. Our enthusiastic cooks do a great job and our menus are well considered. It makes a difference!
- **IMG** trek itineraries are longer than most others offered on the market. We know how to acclimatize properly and we don't rush. Unlike most other teams, we actually take our trekkers to Base Camp and invite them to stay there for several days as members of an expedition team. If you want to trek to Everest Base Camp, go with a team that actually gives you a real chance to fully experience it!
- **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 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](#).

“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 a altitude oriented adventure, to connect with the guys at IMG. You run a great show...”

—W.G.S.

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

IMG Autumn Nepal Expedition Itineraries

Day	Date	Everest BC Trekkers	Lobuche Climbers	Ama Dablam Climbers
1	Tuesday, Oct 09, 2012	Arrive Kathmandu	Arrive Kathmandu	Arrive Kathmandu
2	Wednesday, Oct 10, 2012	Free Day in Kathmandu	Free day in Kathmandu	Free day in Kathmandu
3	Thursday, Oct 11, 2012	Fly to Lukla, Phakding	Fly to Lukla, Phakding	Fly to Lukla, Phakding
4	Friday, Oct 12, 2012	Namche	Namche	Namche
5	Saturday, Oct 13, 2012	Namche	Namche	Namche
6	Sunday, Oct 14, 2012	Namche	Namche	Namche
7	Monday, Oct 15, 2012	Deboche	Deboche	Deboche
8	Tuesday, Oct 16, 2012	Deboche	Deboche	Deboche
9	Wednesday, Oct 17, 2012	Pheriche	Pheriche	Pheriche
10	Thursday, Oct 18, 2012	Pheriche	Pheriche	Pheriche
11	Friday, Oct 19, 2012	Lobuche BC	Lobuche BC	Lobuche BC
12	Saturday, Oct 20, 2012	Lobuche BC	Lobuche BC	Lobuche BC
13	Sunday, Oct 21, 2012	Kala Pattar, overnight GorakShep	Kala Pattar, descend to Lobuche BC	Kala Pattar, descend to Lobuche BC
14	Monday, Oct 22, 2012	Pheriche	Lobuche BC	Lobuche BC
15	Tuesday, Oct 23, 2012	Namche	High camp	High camp
16	Wednesday, Oct 24, 2012	Lukla	Training/acclimatization	Training/acclimatization
17	Thursday, Oct 25, 2012	Fly to Kathmandu	Climb Lobuche Peak	Climb Lobuche Peak
18	Friday, Oct 26, 2012		Dingboche	Dingboche
19	Saturday, Oct 27, 2012		Ama Dablam BC	Ama Dablam BC
20	Sunday, Oct 28, 2012		Namche	
21	Monday, Oct 29, 2012		Lukla	
22	Tuesday, Oct 30, 2012		Fly to Kathmandu	
23	Wednesday, Oct 31, 2012			
24	Thursday, Nov 01, 2012			
25	Friday, Nov 02, 2012			
26	Saturday, Nov 03, 2012			
27	Sunday, Nov 04, 2012			
28	Monday, Nov 05, 2012			
29	Tuesday, Nov 06, 2012			
30	Wednesday, Nov 07, 2012			
31	Thursday, Nov 08, 2012			Return to Namche
32	Friday, Nov 09, 2012			Return to Lukla
33	Saturday, Nov 10, 2012			Fly to Kathmandu

“I was very impressed with how everything was so well organized. It seemed like every little detail was covered. IMG is way better than the others. Way better! You guys are the best in the business...”

—Jim P.

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

Everest Trek 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. In order to assist our clients in understanding and selecting the appropriate equipment for this program, IMG has worked with online outdoor retailer Mountain Gear (www.mountaingear.com) to post gear lists, along with specific product recommendations, on the Mountain Gear website.

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
- Additional passport photos -- at least two: one for Nepal visa, one for trek permit.

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, 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. Base Camp can get down to around 0-10 degrees F at night...so quite chilly. Everest and Lhotse climbers will want to bring a second sleeping bag (available for rent if you do not have a suitable one).
- 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.

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. Small USB drive to make it easy to share photos with your teammates.
- Pocket Knife.

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.

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. 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"

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 (Zithromax Z-Pak); 2) Antibiotic for GI problems (Cipro and/or Z-Pak); 3) Diamox (acetazolamide) for acclimatization (125 mg tabs recommended, enough for a week); 4) a few Sleeping pills for the first few days of jet lag; 5) Malaria Chemoprophylaxis, (not needed unless you go to low areas in Nepal or Thailand, in which case we suggest Malarone); 6) 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.) ; 7) nifedipine (for pulmonary edema, the 30 mg time release x 2 tablets) and 8) 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).
- MP3 Player and Books. Plan on sharing books with the Base Camp Library we establish every year.
- Pee bottle
- Chemical hand warmers(6)

Nepal Lobuche Peak Climbers add the following

- Ice axe: We like a general purpose axe in the 60-70 cm range. A wrist leash or tether to the harness is useful 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
- 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 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 7mm to half inch braided rope), 4 extra shoulder slings with 'biners. Bring 30 feet of 6mm accessory cord to rig your ascender and safety sling (we will show you a good way to do this).
- Warm shelled mittens
- Plastic double boots or equivalent.
- 1 pair of Glacier glasses
- Bowl, Cup, Spoon.

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 and 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 out the Center for Disease Control Website at www.cdc.gov.

“I want to let you know that I am grateful that I got my money's worth. I worked so hard to be able to afford the trip, and it was worth every cent... Thank you for everything.”

—Gary G.

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