

Everest 2019 with IMG



We've been organizing Everest expeditions for over 35 years, and each year do our best to put together a strong team with compatible climbers and top notch western and sherpa guides and leaders. Since 2009 Eric has been ably assisted by IMG's Greg Vernovage. We fill our trips, and thus can be picky; we've turned away many climbers whom we feel will not be a good fit with our program.

IMG has long been a leader in innovative climbing programs to the Himalayas. We were one of the very first companies to offer guided programs to Everest (1991), the first company to offer a stand-alone climb to the North Col (1994) and to 8000m (2001). We were one of the first companies to guide Shishapangma (1990) and Cho Oyu (1995), first to guide the Khumbu Icefall as a stand-alone program (2000), first to offer the option of personal sherpa guides to climbers (2002), first successfully guided climb of Lhotse (2009), first with the Hybrid concept (2010), first to offer an Everest "Express" itinerary (2010), and the first to rappel an alternate route around the Hillary Step (2013).

With over 600 summits of 8000-meter peaks to our IMG credit, and 482 of them on Mount Everest, we are still never satisfied and continue to look for ways to improve our IMG Everest program. For 2019 we continue our tradition of innovation and attention to the details. We put in place first class logistics and staffing. We don't cut corners. Our goal is to conduct the very best program that we can, at a fair price. We don't think you will be disappointed.

If you would like to join a world-class expedition to Everest, please give this Everest 2019 document a careful reading and then contact our IMG Team if you would like further information!

Eric Simonson and Greg Vernovage
IMG Himalayan Programs

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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 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:
According to the Himalayan Database, as of 2016 there have been 7,645 ascents of Mt Everest.

EVEREST 2019

Expedition overview

The 2019 IMG climbers and trekkers will travel to Everest Base Camp in **three separate teams**, each led by IMG guides and sherpas and composed of a nice mix of climbers and trekkers. For 2019, we will be using helicopters from KTM to Lukla for our Teams 1,2 & 3. Inclement weather can cause delays with the fixed wing flights and by utilizing helicopters, we will have a much better chance of staying on schedule.

Lobuche Base Camp

Our Lobuche Base Camp strategy has been working great the last 9 years, and we'll do it again in 2019 for the trekkers and climbers. Three nights of camping at Lobuche BC (with gorgeous day hiking in the area) provides for excellent acclimatization and means our climbers and trekkers will feel good when it's time for them to move up to Everest Base Camp! We'll have our own sherpa cook team preparing meals at Lobuche BC to keep our team members healthy.

Everest Base Camps

We will have two separate (adjacent) base camps, one for the IMG Climbers, and one for our IMG Sherpa team. Each camp will have separate dining, toilet, shower, and kitchen facilities. In between the camps, we have our common meeting facility—the giant Eureka Military MGPTS tent, complete with 70,000 BTU military hazmat tent heater that runs outside the tent and pumps the heated air inside (so no danger of carbon monoxide). This is the place to be if you want to hang out in a carpeted and warmed environment, watch movies, read, work on the computer, make a phone call, or just socialize! We have good charging capacity with both 12v solar and backup generators. Wireless internet will be available at Base Camp (price TBD). In our Communication tent, we have a VHF radio base station and large antennas that let us talk with the South Col and all the way down to Pheriche. We subscribe our climbers and Sherpas to the service provided by the HRA Base Camp Medical Clinic so you have access to unlimited consultation with the HRA doctors.

Food

Nothing is more important to health and morale on a long trip than good food. We have very experienced Lobuche BC, Everest BC, and Everest Camp 2 Sherpa cook teams. At Base Camp, they bake fresh bread, rolls, cakes, etc. on a daily basis. We receive regular deliveries of fresh fruit, vegetables, and meat to Base Camp in addition to staples purchased in Kathmandu and "goodies" brought from USA. We also include gluten free and vegan options (please advise if you have food issues). Most climbers will spend about two weeks at high altitude (over 6000m/20,000ft) during the course of the trip, when appetites really wane and life is truly miserable. We assist climbers to choose their high-altitude food items at Base Camp from our food supply tent, so you know exactly what you will be eating up high. Also, climbers should bring about 10 pounds/5 kg of additional "lunch" snacks which you know you can eat at high altitude, when some people's appetites become very picky.

"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.

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

EVEREST 2019

Dates and Prices

NOTE ON DATES: Dates are listed starting with the arrival day to Kathmandu to the return day back to Kathmandu from Lukla at the end of the trip.

The ending dates for the **EBC Classic Trek, Sherpa Trek, and Lobuche Climb** are **FIXED**, but you should add one contingency day in Kathmandu at the end, before flying home, in case of Lukla flight delay.

The ending dates for the **C2, C3, Everest and Lhotse Climbs** are **FLEXIBLE**, depending on weather and conditions. **For C2 and C3 Climbers, it would be prudent to add at least one week of contingency days to these itineraries as listed on the spreadsheet.** For **Everest and Lhotse Climbers**, please note on the itinerary the maximum number of days possible for climbing May 31st. We suggest you make your return plane reservation home for June 4th. Normally climbers will reconfirm or change their homeward departure flights when you know exactly when the expedition is going to end for you (contact your travel agent from Everest BC). We plan to stay at Base Camp for climbing until approximately the end of May.

DETAILED ITINERARIES: http://www.mountainguides.com/pdf/Everest_Itineraries2019.xlsx
PROGRAM APPLICATION FORMS: <http://www.mountainguides.com/pdf/IMG-Forms.pdf>

EVEREST CLIMBS		
Classic/Hybrid IMG Everest Climb	Team 1	March 23 – May 16, 2019 (plus contingency days through June 4, 2019)
Classic/Hybrid IMG Everest Climb	Team 2	March 26 – May 19, 2019 (plus contingency days through June 4, 2019)
Classic/Hybrid IMG Everest Climb	Team 3	April 04 – May 28, 2019 (plus contingency days through June 4, 2019)
IMG Private Everest Climb with 1:1 western guide with Team 2	Variable	Details for this option depends on the schedule and service desired by the climber; \$118,000
Everest Express Climb	Variable	Details for this option depends on the schedule and service desired by the climber; price variable
LOBUCHE, C2/C3, LHOTSE CLIMBS		
Lobuche Peak Climb	March 23 – April 15, 2019 March 26 – April 18, 2019 (with Team 2) April 04 – April 27, 2019 (with Team 3)	\$5,800
Khumbu Icefall Climb to Camp 2 with 1:1 sherpa guide	April 04 – May 7, 2019 (plus contingency days through May 14, 2019)	\$11,000
Khumbu Icefall Climb to Camp 3 with 1:1 sherpa guide	April 04 – May 7, 2019 (plus contingency days through May 14, 2019)	\$13,000
Lhotse Climb with 1:1 sherpa guide	April 04 – May 28, 2019 (plus contingency days through June 4, 2019)	\$24,600
Lhotse Climb (add to Everest climb)	Immediately after Everest Summit Bid	\$18,000
EVEREST TREKS		
Classic Everest Trek with the IMG Everest Team and several nights at Lobuche and Everest Base Camps	March 23 – April 11, 2019 (with Team 1) March 26 – April 14, 2019 (with Team 2) April 04 – April 23, 2019 (with Team 3)	\$4,500
Gokyo Extension to EBC Trek. Cross to Gokyo valley via the Cho La and Renjo La (5300+m passes). See one of the world's best mountain views from 5483m Gokyo Ri.	March 26 – April 20, 2019 (to EBC with Team 2) This longer departure option adds 6 days.	\$1,300
Sherpa Trek to Base Camp with sherpa guides. Includes several nights at Base Camp.	April 23 – May 10, 2019	\$3,200

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PROGRAM DESCRIPTIONS

Classic IMG Everest Climb with 1:1 sherpa guide		\$46,000
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This is the program which the majority of our IMG climbers have done over the years and is perfect for the climber with previous experience on big mountains. This is a complete expedition: no cutting corners, nothing less than the finest support on the mountain and offering you the ultimate in flexibility to tailor your schedule to your personal needs. This program is led by IMG senior guide Greg Vernovage and Ang Jangbu Sherpa (both Everest summiters) and includes unlimited consultation with the IMG staff, consultation with the docs at the HRA BC Medical clinic, Icefall fees, all expedition food, communications, oxygen, Sherpa support, complete trek service, and total expedition logistics from Kathmandu to Kathmandu. You will be assigned a personal sherpa guide for the acclimatization rotations and summit attempts. IMG does not allow members to climb solo. Our itinerary includes staying at our custom Lobuche Peak base camp for great acclimatization hiking on the way to Everest BC at the beginning of the expedition, a subsequent ascent of Lobuche for further acclimatization and training prior to the first rotation on Everest, then two acclimatization rotations (one to C2 and one to C3) prior to the Everest summit bids. The goal is maximum practice and acclimatization before going high on Everest, for the best possible chance of success.

Hybrid IMG Everest Climb with 1:2 Sherpa Guide AND Extra Oxygen		\$61,000
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Many of our customers have told us they want a higher level of support for climbing Mt. Everest. Now we have what you are looking for, with our revamped Hybrid Program which combines the oversight of our IMG Guides and Coaches, along with additional Sherpa Support (two Sherpa guides per climber) and Extra Oxygen (enough for climbing @ 4 liters per minute on the Summit Day). The general itinerary for the Hybrid Program is the same as the Classic climb. This program is led by IMG Expedition Leader Greg Vernovage and Ang Jangbu Sherpa (both Everest summiters). You will be assigned your personal Sherpa guides for the acclimatization rotations and summit attempts. IMG does not allow members to climb solo. With this revamped Hybrid Program, you will have more flexibility than if you were required to follow the schedule of other climbers. This program will give the Hybrid climber the maximum flexibility while climbing, maximum Sherpa support, and a generous amount of oxygen.

Private Everest Climb with 1:1 sherpa AND 1:1 western guide		\$118,000
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For the customer who is not cost sensitive, and who wants the optimum support, we assign one of our senior IMG guides (an Everest summitter) on a 1:1 basis and include our "extra" oxygen option (4LPM on summit day). This is the Cadillac program for the discerning climber who wants the very best.

Classic Everest Treks		
Classic Everest Trek and several nights at Everest Base Camp		\$4,500
ADD Gokyo Extension (+\$1300)		\$5,800

The trek to Everest BC is one of the world's classic human powered adventures! We have three trekking departures to Base Camp; each trek accompanies the IMG climbing team with sherpa and western guides and sees all the famous sights on the way up the Khumbu Valley. Our itinerary includes staying in lodges between Lukla and Pheriche, then in our custom Lobuche Peak base camp (for fantastic acclimatization hiking) for several nights prior to moving on up to Everest BC at the beginning of the expedition. Rub shoulders with the climbers and see what a real expedition is like. Climb Kala Pattar, hike up to the base of the Khumbu Icefall and get some photos, then join in with the expedition puja ceremony at Base Camp. You stay overnight at Everest Base Camp as a guest of the expedition; only trekkers associated with expeditions are allowed to stay at EBC. Then, trek back out to Lukla with our crack Sherpa team for the flight to Kathmandu. We have a limited number of positions available on these Classic EBC Treks, accompanying each of our three climbing teams.

For trekkers wishing to extend their trek, we have the **Gokyo Extension Option** with Trek Team 3 which adds 6 days of trekking. You'll cross two more high passes (Cho La and Renjo La @ 5300+m) and visit the famous Gokyo Valley. What a classic! From the summit of Gokyo Ri you see Cho Oyu (8153m), Gyangchung Kang (7922m), Lhotse (8501m), Makalu (8475 m), Cholatse (6440m), Taweche (6542m), Kantega (6685m), Thamserku (6808m), Lobuche (6145m) and Mt. Everest (8848m).

Lobuche Peak Climb with western and sherpa guides		\$5,800
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If you would like to visit Everest Base Camp with our Teams 1,2, or 3 and stay longer and go higher, bring your crampons and ice axe and add a climb of Lobuche Peak (to over 20,000 feet--we stop at the false summit—the last pitch to the real summit is difficult technical climbing). After spending several nights at Everest BC for acclimatization, our Lobuche climbers, guides, and Sherpas will drop one day back down the valley to climb this beautiful peak, with world class views of Everest from the summit. From the beautiful IMG Lobuche Base Camp tucked up a side valley from the EBC trek route, the route climbs to a high camp, then from there up rock scrambling to the glacier, which leads to the summit ridge. The steeper parts of the climb to the ridge are normally fixed with about 500 meters of rope. Lobuche Peak is a perfect objective if you are fit and have Mt. Rainier type skills. (ice axe, crampons, roped glacier travel). We will review use of fixed ropes for climbers who have not done this before. Afterward, trek back out to Lukla with our crack Sherpa team for the flight to Kathmandu.

Khumbu Icefall climbs to Camps 2 and 3		
Camp 2 w/Sherpa guide @ 1:1 ratio		\$11,000
Camp 3 w/Sherpa guide @ 1:1 ratio		\$13,000

Our Khumbu Icefall programs are for the climber who wants an up close and personal Everest experience without a summit attempt! All climbers join the Lobuche Peak itinerary with IMG western and sherpa guides, for instruction and evaluation. Then, you climb the famous Khumbu Icefall and beyond with your 1:1 sherpa guide. This is serious climbing, with some risk, so you need to be in good shape and have solid skills with crampons, fixed rope, etc. Camp 3 climbers will be provided oxygen for you to practice with as you climb the Lhotse Face to Camp 3. For the really fit and adventurous climber, if you are thinking about coming back to climb Everest someday, this is great practice!

Lhotse Climb with 1:1 sherpa guide		
Standalone climb		\$24,600
Add to Everest climb		\$18,000

Lhotse climbers accompany the Lobuche climbers to EBC, and for the acclimatization climb of that peak. After that, we have two rotations planned (same as for Everest climbers) to ensure that you are ready to ascent the world's 4th highest peak. The Lhotse route follows the Everest route to above the Yellow Band, then heads up the couloir. Lhotse is a stiff climb, more difficult than Cho Oyu. Our Sherpa team will fix the route all the way to the summit, but there is steep ice and rock in the Lhotse Couloir so you need to be very fit and capable. On summit bid you will be provided 7200 liters of climbing oxygen (same as Everest climbers) with 1800L at C3, 3600L at Col, 1800L higher on the climb. The goal will be to descend to C2 after the summit. IMG has now done five Lhotse climbs, each successful ('09,'10,'11,'12,'13).

Everest Express Climb	Details for this option depend on the schedule and service desired by the climber	variable
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For experienced climbers, we provide the option of a shorter itinerary and a different acclimatization profile. We can tailor the itinerary to shorten the total length of the expedition by using pre-acclimatization, additional oxygen, and use of helicopter to expedite travel to and from Base Camp. Please contact Eric Simonson and Greg Vernovage to discuss this program and various alternatives.

Sherpa Trek with sherpa guides		\$3,200
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Our Sherpa led Everest trek, with top notch support and logistics, this group also stays at IMG Base Camp, near the end of the expedition, normally about the time of the summit bids. This is an exciting time to be there! After the Base Camp overnights, trek back out to Lukla with our crack Sherpa team for the flight to Kathmandu. With a slightly accelerated itinerary, you can do this trip in 3 weeks of vacation time!

Program Fees and Payment Schedule

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, welcome dinner in Kathmandu for members traveling on published itinerary, flight to Lukla (Teams 1,2,& 3 by helicopter and Sherpa Trek by fixed wing), Lukla--Kathmandu flight by fixed wing, all group equipment, all meals once trip starts (since appetites are sensitive at high altitude, we suggest climbers bring some favorite high altitude snacks which they like to eat), Park and Municipality fees, climbing permit fees, liaison officers, Sherpas, camp staff, radio communications, 110v power supply at Base Camp for charging electronics (solar and generator backup), yaks and porters, hyperbaric bag, pulse oximeter, emergency medical oxygen, unlimited medical consultation at the HRA EBC Medical clinic, and unlimited consultation with the IMG leaders. High speed internet is available at EBC (price TBD). Trekkers and climbers are provided with a foam trekking mattress for EBC. Everest, Lhotse, C2, C3, climbers will be provided a single tent at Base Camp (Trekkers and Lobuche Climbers will have double occupancy accommodations at EBC).

Climbing sherpas will establish the route and camps, carry both team gear and some of your personal member gear (for example your second sleeping bag, down suit, and high altitude gear can be sent up to C2 with sherpas). Each climber/sherpa team will be provided a handheld radio. Everest climbers will be provided 7200 liters of climbing oxygen as follows: 1800L at C3, 3600L at Col, 1800L at Balcony. This includes sleeping oxygen at Camp 3 and 4 on the summit bid and oxygen for "practice" at Base Camp prior to the summit bids. Additional oxygen and additional Sherpa support is available but must be arranged before the expedition.

Costs not included in trip fee: International round-trip air fare and travel expenses to/from Nepal/KTM, meals in Kathmandu not indicated above, hotels in Kathmandu after the trek/climb, single occupancy room upcharge, personal gear, excess baggage charges, airport taxes and Nepal entry visas, 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 and customary but optional tips for Sherpas and IMG staff.

REQUIRED rescue and medical insurance: We require that you be able to pay for your helicopter evacuation, in case you get sick or injured. For this reason, Travel Insurance is required for your program, recommendations are listed on our website here: <http://www.mountainguides.com/travel-insurance.shtml>. However, it's important to understand that *you may be required to pay for this upfront, and then file a claim for reimbursement*. Most insurance companies will require that you be hospitalized or evaluated by a doctor before they will agree to pay. In case your insurance company does not agree to pay upfront for your evacuation you must have available credit on your Visa or MasterCard. (NOTE—credit cards are charged an additional 4% service fee by helicopter companies). Trekkers must have \$5,000 available credit and climbers must have \$10,000 available credit (the average rescue from EBC runs about \$5,000 but if you need to be airlifted from higher than EBC, it will be much more expensive).

When purchasing a Travel Insurance policy, Everest and Lhotse Climbers should extend your coverage to include contingency days through June 4 (last possible day of climbing is May 31st) in case you are delayed with your departure from Nepal and need to be covered for some event late in the expedition. C2 and C3 climbers should extend their coverage one week to cover contingency days.

Credit cards are charged an additional 4% service fee by helicopter companies in Nepal. In addition to the required Travel Insurance (evacuation/repatriation/medical expense coverage) we strongly recommend that you add Trip Cancellation coverage to your policy to cover cancellation (before the trip starts) or interruption (after trip starts). Note, the "Cancel for any Reason" policies commonly require that you cover ALL your expenses. Climbers – please double check that your policy includes coverage for mountaineering (commonly defined by insurance companies as using ropes and crampons).

For more insurance information please see: <http://www.mountainguides.com/travel-insurance.shtml> . If you need assistance with the various insurance options, contact Becky Kjørvestad in the IMG Office (360 569 2609 or email becky.kjorvestad@mountainguides.com).

Tips: We will collect for a tip pool, and ask the trekkers to please contribute \$200, Lobuche/C2/C3 climbers \$300, and Everest/Lhotse climbers \$500. We will collect the tip pool in Kathmandu and distribute it after the trip on behalf of the team as a thank you gift to the many unsung people that make the whole operation run smoothly: the porters, trek staff, cooks and helpers, hotel staff, Kathmandu staff, climbing sherpas, and others. You may **also** wish to provide additional tip to your Sherpas and IMG staff (figure 5% of your trip cost if you are looking for a generous number).

Single Supplements: Single room in the hotel in Kathmandu and lodges on the trek, and a single tent at Lobuche and Everest BC is \$500. Please advise IMG and we will adjust your statement. **Deadline for reserving a single supplement accommodation is December 14, 2018.**

For people **arriving early in Kathmandu**, we'll put in the reservation based on the itinerary you send to us and you can pay for your extra nights direct at the Front Desk for your additional nights.

Extra Nights at EBC are \$125 / night.

Air Travel

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.

Fee Payment Schedule for 2019 Everest programs:

Due Date	Treks, Lobuche, C2/C3	Lhotse Summit	Everest Summit
Application Fee	\$1,000	\$5,000	\$10,000
Oct. 12, 2018	\$1,000	\$2,500	\$10,000
Dec. 14, 2018	Balance	Balance	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 and any discounts. Our bank does not charge for incoming bank wires, however, please include wire fees charged by your bank or correspondent banks.

“I had the expedition and experience of a lifetime!! The whole expedition was fantastic, of course getting to the top makes it that much sweeter. Everything was first class, and the way our Sherpas took control on summit day was amazing... I don't have the words to explain really how great the whole expedition was. If you ever need me to speak to a future client, don't ever hesitate. I am already planning my next trip with IMG!”

—Jeff G.

For more comments from IMG climbers, please see: 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. IMG’s Himalayan mountaineering programs are organized and directed by Eric Simonson and Greg Vernovage. Their teams include a group of professionals and Sherpas who are the best in the business. Since 1990, we have conducted over 60 Himalayan 8000 meter expeditions and over 600 IMG team members have summited the world’s classic 8,000-meter peaks, including Everest, Lhotse, 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 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 encourage you to interview us thoroughly. We are here to answer your questions, so please do not hesitate to get in contact.

IMG’s Everest Philosophy

IMG leads the way! Our goal is to minimize risk while helping as many members as possible reach their goal, and we invest in the logistics and manpower to make this possible. We will not sit back and let other teams do the work. Our IMG Sherpas are part of the rope fixing efforts preparing the route for future summit bids. We value our reputation as one of the premiere international climbing companies. If you would like to join a world-class team on Everest, we encourage you to contact us to discuss your goals and qualifications for membership in the IMG Everest team!

“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.

“I’m writing to you for several reasons, the foremost of which is to thank you for providing me with an excellent trip to Everest... I can’t say enough good things about both the logistics and the staff. As you know I am a crusty old IFMGA mountain guide with previous experience on the mountain, and so 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. How do you keep the price so low? The facilities, equipment, and staff equaled surpassed any service on the mountain, even the expensive ones. Anyway, thanks again for a perfect trip!”

—Dan G.

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

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. We do not think you will find any other Everest climbing or trekking programs that will be led or staffed by persons of the caliber we will field for Everest 2019.
- **IMG 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 Base Camp** is fully stocked with double wall dining tents with carpets, top notch food (fresh food delivered weekly), propane heated showers, custom weather forecast, high speed internet is available (price TBD). 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 from all of our teams during Everest 2019. We have multiple generators for backup power on the inevitable snowy/cloudy days, and 110v power for charging your electrical devices.

“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.

“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.”

—Jeff

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

Everest Personal Equipment Checklist

This equipment list is meant to help you compile your personal gear for a high-altitude trek or climb. 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. 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 (\$40 for trekkers, \$100 for climbers).
- Additional passport photos: one for Nepal visa (needed on arrival at KTM airport). If you plan on buying a local sim card for your unlocked cell phone you will need one (also a copy of your passport).
- Photocopy of passport and photocopy of flight itinerary
- Bathing Suit: Some of the hotels have pools (eg, in Bangkok).

Trekking Gear

- Trekking Poles: 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 (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 provided for trek and Base Camp). Climbers should have a Thermarest, NeoAir, or similar lightweight pad to augment the closed cell pads in higher camps.

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 while trekking to Base Camp.
- Socks: at least 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. It is no problem to wash underwear, socks, etc at Base Camp!
- For trekkers on the Gokyo departure option (crossing high passes) we suggest bringing Kahtoola Microspikes or similar traction devices in case of slippery trail conditions.

Clothing

- Base Layer: 2 pair synthetic long johns: one midweight set and one expedition weight set.
- Mid Layers: One additional warm layer (wool sweater, fleece jacket, shelled vest, light puffy, etc).
- 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 and trekkers also like insulated pants for cold mornings and evenings.
- 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 hotels. 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.
- 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

- 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) are easy and inexpensive. Many people also like to use the "Steri Pen" or similar devices. Filters can freeze.
- Hand sanitizer (Purell), 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).
- Headlamp. Climbers should bring a second "back up" headlamp. For high altitude we recommend use of lithium AA batteries (beware of headlamps which do not accept lithium batteries).
- Camera: With spare batteries and memory cards (also for swapping photos).
- Pocket Knife (climbers need a small sharp knife that is accessible if you really need it).
- Wrist Watch: With alarm and light for reading in the dark. We like the Suunto altimeter 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: you'll want moleskin, tape, ibuprofen, acetaminophen, aspirin (many climbers take 81mg every day to prevent stroke), Imodium and Pepto Bismol for diarrhea, Band-Aids, antacid.
- Prescription Medications: 1) Antibiotic for respiratory and GI problems (two courses of azithromycin/Z-Pak); 2) Diamox (acetazolamide) for acclimatization (125 mg tabs recommended, enough for a week); 3) Sleeping pills for jet lag; 4) Malaria Chemoprophylaxis, if needed based on travel plans; 5) Asthma medication, if any history (many climbers use Advair inhalers at high altitude to prevent Khumbu cough); 6) nifedipine (for pulmonary edema); and 7) dexamethasone (for cerebral edema).
- Cold medicine (Sudafed, etc), Chloroseptic or Tessalon Perles throat lozenges.
- Personal Snack Food: Approximately 10 pounds of personal snacks (for Everest climbers) or 5 pounds (for EBC Trekkers and Lobuche climbers). Also, some drink mixes if you like these (add drink mix to your water bottle after giving iodine tablets 30 minutes of contact time). Everest climbers should really focus on bringing snacks you know you will be able to tolerate up high!
- Books/ Ipods/ Kindle. 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. 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 be compatible and stay on your boots, period! Petzl Vasaks, BD Sabertooth, Grivel G12 are all reasonable choices. Make sure your crampon straps are long enough to go around your big boots!
- 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.
- Ascender & Hardware: Two large locking carabiners, mechanical ascender with slings, rappel device (Figure 8 that will work on a variety of rope diameters from 7mm to 11mm), 4 extra 24" shoulder slings with 'biners. Bring 30 feet of 7 or 8mm 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 are OK for Lobuche or Camp 2. For C3 and higher most climbers prefer the Millet Everest, La Sportiva Olympus Mons or other type of high altitude boots.
- Insulated pants. Great for the cold evenings at Base Camp, and up higher.
- 1 pair of Glacier glasses, with a spare pair as backup.
- Bowl, Cup, Spoon.
- Small repair kit. We'll have a large repair kit at Base Camp with tools, etc.
- Hand Warmers and Foot Warmers

Everest, Lhotse, and South Col Climbers additional equipment

- We would like to discuss this in detail with you individually to make sure you have the correct gear!! For C3 and higher we recommend a down suit (or down trousers and parka) and extra socks, warm mittens, goggles (including light yellow/ clear for night climbing), a 1-liter thermos bottle, back-up headlamp, avalanche beacon (available for rent), 12 AA Lithium Batteries (for headlamp and walkie talkie back up at high altitude). **Everest and Lhotse climbers will need to bring a second sleeping bag** (available for rent if you do not have a suitable one - please let us know by the December final payment if you want to rent a sleeping bag for \$200, so we can verify availability).

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 the Center for Disease Control Website at www.cdc.gov for the most up to date information.

“Jangbu and all the Sherpas were the strongest on the mountain — by far. I can't say enough good things about them. They just outclassed everybody.”

—Bruce D.

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

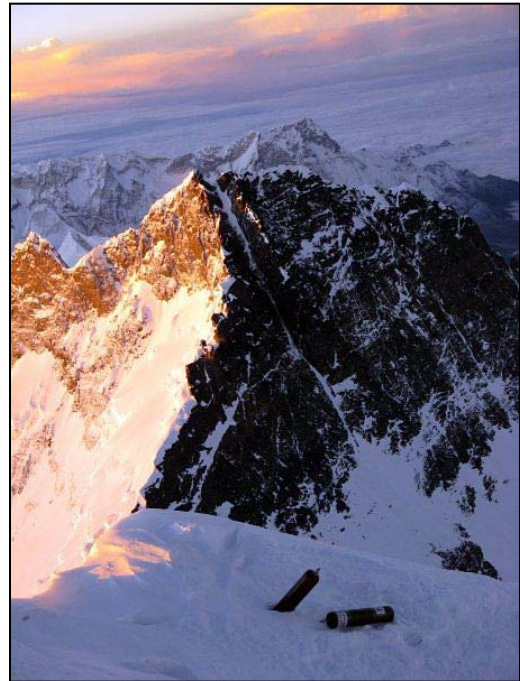
IMG Everest Climber's Notes

Dear Team and Prospective Team members,

For Spring 2019, we are looking forward to our 27th expedition to the world's highest mountain. We have seen over 482 climbers summit Everest with our IMG teams over the years. Among IMG clients in the past 8 years who reached the South Col, about 85% have gone on to reach the summit. IMG is an international guide service, and we welcome climbers from around the world.

"We support Climbers"

Much has changed since Eric Simonson first went to Everest back in 1982. Now you might have close to 1000 climbers and Sherpas on the mountain, so you will not be lonely! The negative side of this is that there are an increasing number of climbers on Mt. Everest that do not belong there, or who are poorly supported, so that if they have a problem, it might soon become your problem! To mitigate this, we do a number of things. For example, we want IMG climbers empowered with the freedom and flexibility to leave early and get ahead of slow climbers and slow groups. We want to have in place the manpower and logistics to split our team up if necessary, to beat the traffic jams. If climbers need help, we want to have in place the support and logistics to be able to render assistance without negatively impacting our team members. If you want to climb with a large slow group, we suggest you seek another guide service. We have the logistics to support a variety of summit bid scenarios. Our goal is to provide great infrastructure, support, and flexibility to our climbers with a good fun team.



Sherpas

Most IMG Sherpas are from Phortse and Pangboche. We have a great crew of guys working for us, and many have been with IMG exclusively for over ten years. It is a tight knit bunch, managed by Ang Jangbu and Ang Pasang. The senior guys (the ones we assign to climb with our climbers) have solid English language skills, first aid and rescue training, and tremendous 8000m experience. For 2019 we have over 75 sherpas and cooks working for our customers – the largest and strongest sherpa team on the hill!

Prerequisites

If you are going to be a member of IMG Everest expedition, you need to be a solid climber. That means that you are in excellent physical condition, with good technical skills and previous altitude experience. You need to be proficient with crampons, fixed rope, ascenders, rappelling, and have climbed previously to at least 20,000 ft / 6000m and demonstrated your ability to acclimatize normally. Over the course of the Everest expedition (starting with the Lobuche climb and on the acclimatization rotations) we expect you to demonstrate your skills and fitness in order to qualify for the summit bids. The single most important thing that you can do to increase your safety on Mt. Everest is to minimize the time that you spend on the dangerous parts of the climb. This includes the Icefall, on the Lhotse Face, and in the Death Zone (above 26,000ft/8000m).

"IMG was clearly the leading team on Everest from base camp facilities to on-mountain support to the behind the scenes logistics. I had attempted Everest before and am very appreciative to Eric and the entire IMG team for my safe and successful summit."

—Alan A.

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

Guided / Non-Guided / Western-guided / Sherpa-guided

These terms all become pretty confusing these days. The IMG Everest programs are ALL guided expeditions; they are NOT non-guided. Our IMG Everest goal is to meet the needs of our customers with programs that combine the best attributes of both Sherpa and western leadership, at competitive prices. There are many different styles of guiding on Everest, and they are not the same. At the \$46,000 price, we offer a 1:1 Sherpa guide assigned to climb with you and a supply of oxygen that enables you to climb at 3lpm on your summit rotation. For \$61,000 we offer the oversight of two Sherpa guides along with extra oxygen that enables you to climb from the South Col to the summit on 4 LPM. For \$118,000 you get 1:1 western guide and extra oxygen. Lots of choices depending on what you want, what you need, and what you want to spend! The Sherpas that work for IMG are some of the very best Everest climbers, period. In order to compare different styles of Everest programs you need to understand who is going to be actually climbing with you and what support will be available if there is a problem. These are fair questions to ask of any company, and you should be comfortable with the answers you receive.

IMG Summit Statistics for NON sherpa climbers

2006-- 2017 IMG EVEREST climber's statistics	Total clients and western guides to reach EBC	HIGHPOINT						Number CLIENTS reaching summit (not including western guides)	% of clients and western guides to EBC that reach the summit	% of clients and western guides climbing from Col/C4 reaching summit	% CLIENT summiters from Col (not including western guides)
		BC	C1/ C2	C3	C4	Balcony	Summit				
2006	16	0	2	0	0	2	12	10	75.00	85.71	83.33
2007	22	0	4	0	1	2	14	13	63.64	82.35	92.86
2008	26	0	6	2	0	2	16	13	61.54	88.89	81.25
2009	23	0	3	1	1	1	17	15	73.91	94.44	88.24
2010	28	3	1	0	1	3	20	16	71.43	86.96	80.00
2011	28	0	4	3	0	4	17	15	60.71	80.95	88.24
2012	34	1	5	2	0	3	23	20	67.65	88.46	86.96
2013	36	2	2	1	2	9	20	15	55.55	68.97	75.00
2016	36	2	6	2	3	3	20	16	55.56%	86.96%	69.57%
2017	32	0	7	2	0	0	23	19	79.31%	100.00%	100.00%
TOTALS / AVERAGE	281	8	40	13	8	29	159	133	66.43%	86.37%	84.55%

IMG Everest Summiters List: click the “Summit Digits” link in the right column on our main Everest page: <http://www.mountainguides.com/everest-south.shtml>

IMG Everest Strategy

Our IMG guides and staff will work with you to decide on the best strategy for you. We have seen many times that this is not the same for all climbers. It depends on variables like people’s health, fitness, acclimatization, aggressiveness, etc. For example, there is debate whether it is better to go up to C1 and then to C2 on your first rotation, or just to C1 and come back to BC. Some people do not like to stay at Camp 1 due to potential avalanche activity, so is it better to go all the way to Camp 2? How many nights should you stay at C2? Is it really necessary to sleep at C3 before summit bids and if so, how many nights? This kind of planning is not written in stone and will be affected by other factors such as your health, the weather, your fitness and how well you are acclimatizing, etc. For our IMG climbers, we offer considerable flexibility on the mountain to adapt your climb, especially down low. We would expect for the team to break up into a couple different “rotations” as each person finds the schedule that works best for themselves. Our IMG Everest climb is NOT a “free for all”. You are a member of an expedition team and everything you do on the mountain must fit into the larger picture, especially when it comes to occupation of Camps 3 and 4. Up high it will be especially important that everyone work together and communicate clearly. With IMG, you will always be with a very experienced IMG Sherpa guide. With IMG, you’ll always have other climbers and their Sherpa guides in the immediate vicinity. You will also have additional IMG guides and Sherpas in position to respond in an emergency. The size and strength of our IMG team means we can offer a high level of support to you at all phases of the expedition.

Trek to Base Camp, Acclimatization and Training

Getting to Base Camp strong and healthy is super important. Our climbing and trek teams will use lodges (“tea houses”) for the lower valley where they are of suitable quality, but above Pheriche we use tent camping so we can control our environment better. At Lobuche we camp in our beautiful Lobuche Peak Base Camp facility (with dining tent and Sherpa cook staff) for several days of prime acclimatization hiking, and then go direct to Everest Base Camp from here (climb Kala Pattar too). Once we get to Base Camp we will do training on the ice seracs of the lower Khumbu Glacier to check climbers’ equipment and review climbing and rescue techniques. Then, we are back down to Lobuche Peak, an attractive 20,000-foot climb just down the valley from Base Camp. Lobuche Peak is a perfect warm-up climb for further acclimatization, practice of climbing techniques, and a good chance to get to know everyone better. After Lobuche Peak, we return to Base Camp and get ready to head up Mt Everest! Most climbers will do two “acclimatization rotations” on Everest, prior to the summit bids. Camp 1 is commonly used on the first rotation only and is skipped on subsequent trips up the hill. The first trip up will go to C1 (19,500ft/5950m), then to C2 (21,000ft/6400m) for a couple nights, tag the Lhotse Face but not overnight at C3 (24,500ft/7470m), back to C2 for a night and finally back to BC. After a rest period the second rotation will return to C3, this time for an overnight stay at the camp. After the C3 overnight, we descend to BC to prepare for the summit bids. **To reiterate, each phase of the IMG Everest expedition is an opportunity to evaluate our team members. We do not send people up high for summit bids unless they can demonstrate the skills necessary to climb safely and take care of themselves so that they are an asset to the team.**

Leaving Everest Base Camp at the end of the expedition

After the Treks and Climbs, we plan the normal 3-day hike out from EBC back to Lukla with sherpas and porters for your duffels, so you travel with your luggage. For people who wish to trek out slower, they can leave EBC one day earlier and take 4 days. With the advent of more reliable helicopter service in Khumbu, some trekkers and climbers will choose to fly out (at their cost) by helicopter (to either Lukla or Kathmandu), or a combination (for example, trek to Pheriche and fly from there). The cost of the helicopter depends upon passenger load and whether the helicopter has to come from Kathmandu, or if it is already in the Khumbu area. If you accelerate your trek out (for example, hike out fast in 2 days) the porters (with your duffel bags) may not be able to keep up with you. You may also get separated from your luggage if you fly out by helicopter (payload weight restrictions). Please note that at the very end of the expedition, when many expedition teams are all leaving Base Camp at the same time (often complicated by poor weather as the monsoon approaches) the duffel bag situation can also become an issue (airlines will prioritize passengers over baggage on Lukla flights). We will get your duffel bags to Kathmandu by porter and flights as best as we can. If you depart Kathmandu for home before your duffel bags arrive back to Kathmandu, we can have them shipped home to you, but this will be at your cost.

Icefall

When we head up the Icefall, we break up into two-person climber/Sherpa teams. We want to minimize unnecessary stopping and waiting in this dangerous area, and we have found the two-person climber/Sherpa teams the best way to allow climbers to keep moving, so you are not waiting for slower climbers or slow groups. Each climber/Sherpa team is issued radios and a rescue rope (the Sherpa will normally carry the rope and radio). We have required check in points along the route, and this is logged at BC. You are on an open frequency, so you know when the climbers ahead and below you have passed a check point. There are many climbers and Sherpas, from many teams, moving up and down in the Icefall and it all gets confusing. You do not want to get stuck behind a big slow group! Each climber stays with their Sherpa who knows the route well, allowing maximum flexibility in the Icefall to negotiate steep spots and move around large slow groups. We do not allow climbers to climb solo. Climbing the Icefall quickly and smoothly is the single most important thing you can do to minimize risk.

Camps 1,2,3,4

At Camp 1 and Camp 2 we have large kitchen/dining tents, gear storage tents (you can leave items here) and sleeping tents with closed cell pads (two persons per tent). Camp 1 is normally utilized on the first acclimatization rotation, but most climbers will skip it on the second time up, going straight through from BC to Camp 2. Generally, the Sherpas will do all of the cooking/melting at Camp 1, 2, 3, and 4. At the South Col we keep a dedicated Sherpa there just to cook, melt, and monitor the radio during the climb.

Personal Gear and Pack weights

Generally speaking, you will only need to carry the items which you require during the day while climbing. The Sherpas will carry loads (including a reasonable amount of your personal gear) between the camps. When you are using oxygen, you will never carry more than one cylinder and regulator (16lbs/7.3kg).

Sleeping bags

Everest and Lhotse climbers need to bring two sleeping bags, one for Base Camp and one for the higher camps. Sherpas will assist you to move your sleeping bag between camps. We have warm down bags available for rent if you do not have a suitable one (please let us know well in advance if you want to rent a sleeping bag for \$200, we will check availability).

Communications

We utilize VHF radios and satellite phones to maintain good comms, ensuring that IMG climbers, guides, and Sherpas work very closely together as a team. Each climber/Sherpa team is issued a handheld radio. We constantly monitor the radio 24/7 anytime climbers are on the mountain and we have required check in places/times and logging of all transmissions.

Cell phones and Internet

There is cell phone coverage in Kathmandu and Khumbu all the way up to Everest Base Camp (with the exception of Pheriche) which will work with GSM enabled phones (still spotty in some locations). You can purchase cheap GSM phones and local sim cards in Kathmandu and scratch minutes which can be loaded onto the phone. Internet is available at most lodges with purchase of "Everest Link" scratch cards. At EBC there will be internet available (exact pricing TBD) or you can hike down to Gorak Shep and use the internet there.

Oxygen

Our IMG cylinders hold 1800 liters, which is enough for 10 hours @ 3 liters per minute (LPM). Each bottle and regulator weighs about 16lbs/7.3kg total. You will never carry more than this. We use the "Topout" and "Summit Oxygen" masks with carbon fiber composite cylinders – the "state of the art". You can try different masks at EBC to see which is the best fit for your facial structure (we encourage men to shave, to provide a better fit for the mask). For the summit bid we provide oxygen for sleeping at Camps 3 and 4 @ 1 LPM and climbing during the day @ 3LPM. This is considered quite a generous flow rate. Most climbers will use about 7200 liters total on the summit bid, from Camp 3 to the top and back to Camp 3, but we have more oxygen if necessary for emergency. For the climb to the summit you start with a full bottle at the Col and use about half of it on the way up to the Balcony (it is usually about a 5 hour climb to Balcony). You will switch to another full bottle at the Balcony and leave the half full bottle at Balcony for emergency back-up. Leaving the Balcony with a full bottle you go to the summit and back to the Col (normally this is about 8 hours). With our system, you do not need to do a bottle change at the South Summit (there have been many cases of missing/lost/stolen bottles from here over the years). We also send backup oxygen, masks, and regulators up high with the Sherpas for emergency. On summit bid we have additional Sherpas who will carry oxygen just up to the Balcony, and who will then descend back to the Col to wait in reserve in case of emergency up high. This is an important safety aspect – having climbers ready at the South Col to support climbers in trouble up high.

Extra oxygen

We can provide another cylinder delivered at the South Summit which enables climbing @ 4LPM on summit day. **Cost is \$6000** for 1800 liters, but we need to know before the expedition...you cannot order "on the spot"! The deadline for ordering Extra Oxygen is when final payment is due on December 14, 2018. Many climbers have asked about "practicing" at home with a mask. The Topout and Summit masks are built on the 3M 6000 series half facepiece respirator body (you can Google that) and doing workouts at home with the 3M mask will simulate some of the issues using oxygen. For climbers familiar with scuba diving, remember the necessity to breathe easy and steady, don't pant, just focus on moving the air efficiently. Check how the mask fits with your goggles. On Everest, we have both Topout and Summit Oxygen masks, in different sizes, so you can choose one with a good fit to your face.

Weather Forecasting

IMG subscribes to custom weather forecasting services which enable us to provide the best weather forecasting available to our IMG climbers!

Rescues

Our first priority is always going to be supporting our fellow IMG climbers. We are also willing to assist with other teams that need help with rescue, but this will take second priority to our IMG climbers. At and below Camp 2 the cost of a helicopter evacuation depends on the type of helicopter involved, the amount of flight time, and the number of landings. The Eurocopter AS350 B3 helicopters now available in Nepal are very capable and very expensive. We **REQUIRE** a [rescue insurance policy](#). NOTE -- you may be required to pay for the helicopter upfront, and then file a claim for reimbursement. Most insurance companies will require that you be hospitalized and/or evaluated by a doctor in Kathmandu before they will agree to pay. In case your insurance company does not agree to pay upfront for your evacuation you must have available credit on your Visa or MasterCard. Trekkers must have \$5,000 available credit and climbers must have \$10,000 available credit (the average rescue from EBC runs about \$5,000 but if you need to be airlifted from higher than EBC, it will be much more expensive). Credit cards are charged an additional 4% service fee by helicopter companies.



Questions? We're Here To Help!

Even though we've tried, we can't answer every question in this document. Please direct all additional questions to the good people below.

Greg Vernovage – Everest Expedition Leader/Program Director: Everest@mountainguides.com

- All things Everest pass through Greg's hands at one time or another, so he's a great resource.

Tye Chapman – International Program Director: Tye.Chapman@mountainguides.com

- Questions about trekking or gear? Drop Tye a note, and he'll get you the answers you need.

Becky Kjørvestad – Program Coordinator: Becky.Kjørvestad@mountainguides.com

- Do you have questions about the reservation, payment or insurance process? Email Becky!