

## 2023 Putha Hiunchuli Expedition

### 23,773 feet • 7246 meters

© 2022 International Mountain Guides

Travel to Nepal and climb Putha Hiunchuli in Autumn 2023 with IMG!

For years we had been looking for another high Himalayan mountain that can be climbed in the Autumn season without unreasonable avalanche hazard, and we're happy to say that Putha Hiunchuli (pronounced "POO-ta hoo-en-CHOO-lee") fit the bill. We have now run two very successful expeditions to this beautiful mountain and are looking forward to doing it again.

If you're adventurous and want to climb a remote mountain in the Dhaulagiri Range in Nepal, look no further!



View looking south from the Chhoila La Pass (5051m) on the 2015 IMG Dolpo Trek with Putha Hiunchuli and the west end of the Dhaulagiri Range (Adam Angel)

For the best possible chance of summiting this 7246-meter peak (23,773 feet) we will look to take advantage of the "window" of good weather that follows the end of the monsoon, but before the cold winter winds start picking up. We are also going to use oxygen for summit day which proved to be very beneficial to our Team on a windy cold summit day that saw other groups forced to turn back.

This climb is fantastic, giving you the opportunity to climb a big Himalayan mountain, become familiar with our great Sherpa team, and also gain experience using oxygen on the summit day. If an 8000-meter peak is in your future, we hope you will [join us](#) for Putha Hiunchuli. This will be great experience!

Greg Vernovage  
IMG Himalayan Expeditions  
[Everest@mountainguides.com](mailto:Everest@mountainguides.com)

#### Putha Hiunchuli: Just The Facts

**Summit:**  
23,773' • 7246m

**Set Your GPS:**  
28° 44' 50" N, 83° 8' 55" E

**Say what:**  
Putha Hiunchuli is also called Dhaulagiri VII. The local name Putha Hiunchuli is pronounced "POO-ta hoo-en-CHOO-lee."

**First Boot-Prints on Top:**  
Putha Hiunchuli has been climbed a few times from the south side, but most ascents have been from the north side (the same route we take). This was the route of the first ascent party 1954, led by the famous British Climber Jimmy Roberts. On this trip, they hiked practically from the Indian border and around the west end of the Dhaulagiri range. Their [expedition account](#) is a classic!

**The Wild West of Nepal:**  
Putha Hiunchuli is located in the remote Dhaulagiri Range, in the western part of Nepal. This area (and north towards the Tibet border) is known as the Dolpo region.

**How big is Putha Hiunchuli:**  
Putha Hiunchuli ranks as the 95<sup>th</sup> tallest peak in the world.

## Why Putha Hiunchuli?

Over the years, we have organized expeditions to many mountains in Nepal during the Autumn season including Hiunchuli, Singu Chuli, Tharpu Chuli, Baruntse, Mera, Imja Tse, Lobuche, Cholatse, Ama Dablam, Dhampus/Thapa Peak, Manaslu and Annapurna 4.

We understand that Putha Hiunchuli is not an 8000-meter peak. We also know it is an excellent Autumn season objective that will offer amazing opportunities to climb high and gain additional experience. It's location on the "dry" side of the Dhaulagiri Massif makes for a very nice trek to Base Camp. Above that, the climbing route is straightforward without unreasonable technical difficulties. Our IMG staff will work with you on your climbing skills, as well as teach you the tricks for going to high altitude. This is perfect for climbers with Denali, Bolivia, Ecuador or Aconcagua under their belts who are ready for a real Himalayan expedition, or for veteran Himalayan climbers who are missing the mountains and people of Nepal. Regardless, the experience you have on Putha Hiunchuli will be extremely valuable for future climbs in the Himalaya including Mount Everest.

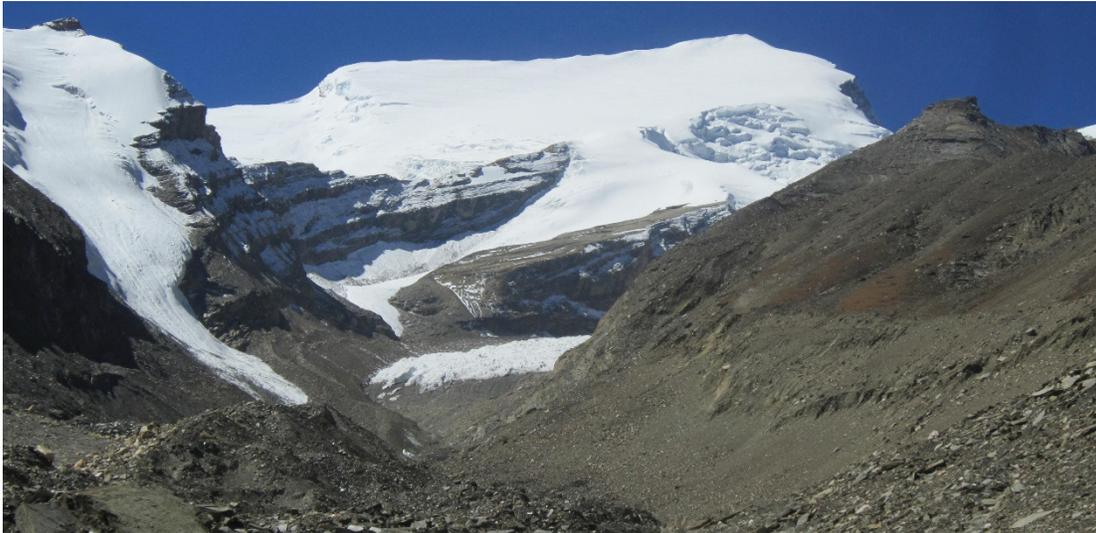
Our [Autumn 2023](#) trip begins with a flight from Kathmandu to Nepalgunj, in western Nepal, and from there we fly north to Juphal, the jumping off point. This is in the "Dolpo" area of Nepal. It is remote, very spectacular, with very few trekkers and climbers. Over the next week or so, we trek towards the east, gaining elevation. We will be camping along the way, with our Sherpa cook team preparing our meals. Eventually we enter the Bharbun Khola valley, [that wraps around the north side of the Dhaulagiri range](#).

Base Camp is at about 4900 meters (16,000 feet). Above BC, we will establish two camps. Camp 1 is in the moraine below the glacier and Camp 2 is on the glacier above. To assist we will staff the program with our top IMG Sherpa Guides, and we will have high altitude climbing oxygen available starting from Camp 2 on summit day. This is a great opportunity to practice for the 8000 meter peaks! Do you want a personal Sherpa? We can arrange that as well (\$6000). The cost for this program is \$12,500 USD, which is a great price for an awesome mountaineering expedition in a very remote region of Nepal. We are excited to run this program again and are looking forward to working with you on this expedition!



*IMG climbers on the summit of Putha Hiunchuli Oct 9 2017 (Karma Rita Sherpa)*

**Ama Dablam Extension:** Do you want to take advantage of your acclimatization and climb Ama Dablam after you return to Kathmandu? We can organize an accelerated [Ama Dablam](#) climb for you. The itineraries for Putha Hiunchuli and Ama Dablam match up perfectly, giving you some time back in KTM to rest and do laundry before getting on a helicopter and heading into the Khumbu Valley. Let us know if you are interested in adding Ama Dablam. We are [here](#) to help get your questions answered.



*Looking up toward the summit on the way to Camp 1*



*Sherpas at Camp 2*



*The last few steps to the summit*

# Putha Hiunchuli Expedition Details

**Dates: September 13 - October 18, 2023**

**Landcost: \$12,500**

## Costs included in trip fee:

- All airport transfers in Kathmandu before and after the climb
- Lodging on double occupancy basis
- Hotels with breakfast in Kathmandu for stated itinerary at beginning of expedition
- Welcome dinner
- All meals Kathmandu to Kathmandu
- Domestic Nepal flights
- Park fees, permits, liaison officer
- Sherpa guides, Sherpa climbers and cook staff
- Camp equipment including sleeping tents
- Dining facilities
- Cooking gear and fuel
- VHF radio and satellite communications systems
- Climbing route equipment
- First aid kit, hyperbaric (gamow) bag and emergency medical oxygen
- Climbing oxygen for summit day

## Costs not included in trip fee:

- International round-trip air fare and travel expenses to/from Kathmandu
- Single supplement accommodations in hotels
- Hotels and meals upon arrival back in Kathmandu AFTER the trip are not covered (we will make a hotel Reservation for you in Kathmandu and will cover the cost of your transfer to the Kathmandu airport)
- Personal gear
- Excess baggage charges
- Airport taxes and visas
- Sherpa tip pool
- Satellite telephone charges
- Personal sundries and beverages
- Costs incurred as a result of delays or events beyond the control of IMG
- Required Travel Insurance
- Customary but optional tips for the guides and Nepal staff

**Payment Schedule:** Application Fee of \$5000 due with your [IMG Forms](#) and passport copy. Balance of fees due 4 months before departure. IMG Physicians Certificate due 2 months before departure.

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. If you wish to bank wire, please advise. Our bank does not charge for incoming bank wires, however, please include wire fees charged by your bank or correspondent banks.

**REQUIRED Travel Insurance:** IMG requires that all participants on Himalayan programs purchase Travel Insurance that includes coverage for medical evacuation, repatriation and medical expenses for the duration of their IMG program. We strongly recommend that you add Trip Cancellation coverage to your policy to cover cancellation (before trip starts) or interruption (after trip starts). More info: [mountainguides.com/travel-insurance.shtml](http://mountainguides.com/travel-insurance.shtml) . If you need assistance with the various insurance options, give Becky Kjørvestad a call in the IMG Office (360 569 2609) or email [becky.kjorvestad@mountainguides.com](mailto:becky.kjorvestad@mountainguides.com). Note on end dates: **Climbers please extend your coverage to the day you have returned to your home country, so your air travel is also covered.**

**Tips:** We will collect for a tip pool, and ask the team members to please contribute \$500. We will collect this in Kathmandu and distribute this 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 guides (figure 5% if you are looking for a generous number).

**Single Supplements:** Single room in the hotel in Kathmandu, lodges (when used on trek), and a single tent while trekking and at Base Camp is \$500. Above Base Camp you will share a tent.

**Personal Sherpa:** We can arrange for you to have a personal Sherpa for the Putha Hiunchuli Expedition. A personal Sherpa can be helpful in carrying additional personal gear as well as a climbing partner who will have an extra set of eyes on you during your climb. If you find yourself needing additional support during expeditions, this would be a good option for you. We can arrange a personal Sherpa for an additional \$6,000. Please [let us know](#) if this is something you are interested in having during the expedition.

#### **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](mailto:img@cttdestinations.com) for help with your plans.

---

---

*“I can’t say enough about our Sherpas. They were all super helpful and friendly. I personally heard Sherpas with two other teams say that we had the strongest Sherpas on the mountain”*

—Pete F.

*“I just wanted to thank you and the rest of the IMG family... After seeing all the other expeditions, their resources and how they operate, I knew that I had chosen the best...”*

—Zach Z.

---

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

---

## Putha Hiunchuli Autumn 2023 Expedition Itinerary

**A Note on Dates:** The actual ending date is flexible, depending on weather and conditions. We have a number of contingency days built into the itinerary, but normally climbers will change their international departure flights when they know exactly when the expedition is going to end. **We recommend adding several contingency days to this itinerary below in case we must wait for weather or conditions.**

Day	Date	Itinerary
1	Wednesday, September 13, 2023	Arrive Kathmandu
2	Thursday, September 14, 2023	In Kathmandu
3	Friday, September 15, 2023	Kathmandu — Nepalgunj, overnight hotel
4	Saturday, September 16, 2023	Fly to Juphal (2470m), trek to Dunai (2140m) 3hrs. Lodge
5	Sunday, September 17, 2023	Trek to Tarakot (2537m) 6hrs. Camp
6	Monday, September 18, 2023	Trek to Musi Khola (2889m) 7hrs. Camp
7	Tuesday, September 19, 2023	Trek to Kagkot (3200m) 4hrs. Camp
8	Wednesday, September 20, 2023	Acclimatization/Contingency day. Camp
9	Thursday, September 21, 2023	Acclimatization/Contingency day. Camp
10	Friday, September 22, 2023	Trek to Panjing (4200m) 8hrs. Camp
11	Saturday, September 23, 2023	Trek to Putha Hiunchuli Base Camp (4900m) 3hrs.
12	Sunday, September 24, 2023	Rest/setup Base Camp
13	Monday, September 25, 2023	Rest/setup Base Camp
14	Tuesday, September 26, 2023	Puja and prepare equipment
15	Wednesday, September 27, 2023	Acclimatization hike to camp 1 and return to Base Camp
16	Thursday, September 28, 2023	Rest
17	Friday, September 29, 2023	Camp 1 to sleep
18	Saturday, September 30, 2023	Touch Camp 2 and return to Base Camp
19	Sunday, October 1, 2023	Rest
20	Monday, October 2, 2023	Rest
21	Tuesday, October 3, 2023	Camp 1 (5350m)
22	Wednesday, October 4, 2023	Camp 2 (6100m)
23	Thursday, October 5, 2023	Camp 3 (6600m)
24	Friday, October 6, 2023	Summit (7246m) day, descend to Camp 2
25	Saturday, October 7, 2023	Return to Base Camp
26	Sunday, October 8, 2023	Rest/Contingency
27	Monday, October 9, 2023	Contingency
28	Tuesday, October 10, 2023	Contingency
29	Wednesday, October 11, 2023	Pack up Base Camp/Contingency
30	Thursday, October 12, 2023	Putha Base Camp — Kagkot — 8hrs.
31	Friday, October 13, 2023	Kagkot — Lashicap (2775m) 7hrs.
32	Saturday, October 14, 2023	Lashicap — Dunai 7hrs.
33	Sunday, October 15, 2023	Dunai — Juphal 4hrs.
34	Monday, October 16, 2023	Fly to Nepalgunj and connect to Kathmandu

**Ama Dablam Extension:** Do you want to take advantage of your acclimatization and climb Ama Dablam after you return to Kathmandu? We can organize an accelerated [Ama Dablam](#) climb for you. The itineraries for Putha Hiunchuli and Ama Dablam match up perfectly, giving you some time back in KTM to rest and do laundry before getting on a helicopter and heading into the Khumbu Valley. Let us know if you are interested in adding Ama Dablam. We are [here](#) to help get your questions answered.

## Expedition Organization and Leadership

### International Mountain Guides (“IMG”)

IMG is the oldest and most respected high-altitude climbing service in the world and its Himalayan mountaineering programs are organized and directed by Eric Simonson and Greg Vernovage. IMG has conducted over 60 Himalayan expeditions with a group of guides and Sherpas who are the best in the business. Since 1990, over 800 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

Ang Jangbu and his staff in Kathmandu puts together for IMG one of the very best Sherpa teams. We are proud to have a group of climbers working for us who are among the best paid, best led, best equipped, and best trained in the business. The Sherpa staff on the expedition have many 8,000m summits under their belt! Many of our Khumbu Sherpas do intensive technical skills training on an annual basis with some of the best American climbers in their home town of Phortse, through the Khumbu Climbing School.

### IMG’s Philosophy

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

### References

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

---

---

*“Not only did IMG seem to have the best guiding, but we were by far the best provisioned. I wouldn’t climb with anybody else and will do my best to steer folks your way.”*

—Bruce D.

For more comments from IMG climbers, please see our website at: [www.mountainguides.com/comments.shtml](http://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.
- **IMG** always complies with all local, state, federal, and international regulations for the countries in which we climb. This includes proper visas and climbing permits, full insurance and equipment for our employees and Sherpa support teams, and complete adherence to all environmental regulations. Our great safety record allows us to operate with full liability insurance. All client funds are deposited in a regulated trust account. We take our business seriously!
- **IMG** Base Camp is top-notch and our enthusiastic cooks do a great job and our menus are well considered. It makes a difference! Some of the amenities we offer include: a shower tent, a separate communications tent, individual tents at base camp, excellent base camp food which often includes fresh baked goods, sushi, and tempura by our trained cooks, western snack food, thick foam pads for sleeping, etc. We feel these small comforts go a long way in making our clients more at home at base camp, and allow them to relax and focus on their climb.
- **IMG** itineraries are longer than most others offered on the market, and we allow enough time for a second attempt, if necessary. We know how to acclimatize properly and we don't rush.
- **IMG** brings advanced technology to the mountain. All climber/sherpa teams will be issued a VHF walkie-talkie radio. Solar power at Base Camp quietly supports our satellite communications, allowing us to maintain excellent emergency contact capabilities and keep friends and family informed of our progress during the long weeks away from home. IMG will [post](#) regular internet dispatches and/or send regular e mail updates to keep friends and families apprised of the climber's progress.
- **IMG** provides its state-of-the-art proprietary oxygen system to every summit climber. 1800 liters of oxygen will be placed at Camp 3 for use during the summit bid. Additional oxygen will be available for sleeping at C3 as well as emergency and backup.
- **IMG** maintains a full team medical kit at base camp and bring appropriately sized kit up with us to higher camps so we can properly deal with medical situations should they arise. We supply a gamow bag, pulse oximeter, and extra medical oxygen for emergencies.

---



---

***“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](http://www.mountainguides.com/comments.shtml)

---



---

## Putha Hiunchuli 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. This list has been carefully compiled by Eric Simonson and Greg Vernovage, the expedition organizers. Please 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, mules and yaks and should be sturdy and waterproof with your name written on bag (in case the tag gets 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, 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). Getting your Nepal visa on arrival in Kathmandu at the airport is easy.
- 2 additional passport photos for Nepal visas and local Sim card.

### 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 a duffel bag.
- Pack Cover: Waterproof rain cover for your pack.
- Sleeping Bag: Rated to -20 degrees Fahrenheit. Base Camp can get down to around 0-10 degrees F at night...so quite chilly.
- Thermarest type inflatable pad to augment the closed cell pads we will supply.

### Footwear

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

### Clothing

- Base Layer: 2 pair synthetic long johns: one midweight set and one expedition weight set.
- Mid Layers: Two 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).

International Mountain Guides ♦ [www.mountainguides.com](http://www.mountainguides.com) ♦ email: [office@mountainguides.com](mailto:office@mountainguides.com)

- Climbing/Trekking Pants: Look for construction that provides freedom of movement and/or stretch materials. Fabric should be a breathable synthetic that preferably holds up to abrasion and dries quickly. You can wear them over longjohns if it is cold.
- Warm Parka: Down or synthetic. This should be big enough to go over other garments. Many climbers also like insulated pants for cold mornings and evenings at BC.
- 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 (e.g., in Bangkok).

### **Clothing Accessories**

- Gloves:
  - Light gloves for hiking
  - Heavyweight gloves
  - High Altitude mittens
- Hats:
  - Warm wool or heavy fleece hat that fits under your helmet
  - Sun hat and bandana or buff
- A "Buff" or light balaclava to breathe through in the cold dry air. Good for preventing "Khumbu cough"

### **Camp Accessories**

- Headlamp: With several sets of extra batteries. Climbers should bring a second "back up" headlamp.
- Water Bottles: 2 water bottles with foam insulation shells
- Pee Bottle
- Water Treatment: Iodine tablets (Potable Aqua or similar), iodine crystals (Polar Pure) or Steripen.
- Camera: With spare batteries and a large capacity memory card. Consider a small, high capacity USB to make swapping photos with teammates easier.
- Pocket Knife
- Bowl, Cup, Spoon.

### **Personal Accessories**

- Wrist Watch: With alarm and light for reading in the dark. We like the Suunto ones.
- Eyewear: Bring good sunglasses. For contact lens wearers, ski goggles with light color lenses (for use at night) might be useful in windy conditions that cause blowing dust.
- Vision correction: Bring extra prescription eyeglasses or contact lenses if you wear them. Lens solutions are not widely available in Nepal, bring enough.
- Skin Care: Maximum SPF sunscreen and lip balm.
- Basic First Aid and personal: Bring plenty of hand sanitizer (Purell). Also you'll want moleskin, tape, aspirin (many climbers take an 81mg aspirin every day to prevent stroke), ibuprofen / acetaminophen, Imodium and Pepto Bismol for diarrhea, Band-Aids, antacid, insect repellent, ear plugs, and several rolls of toilet paper (we will have a supply at Base Camp), small towel, soap/shampoo, a few disposable dust masks, hand lotion (for chapped hands).
- Prescription Medications:
  - 1) Two regimens of antibiotic for respiratory and GI problems (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 (the climb/trek will not enter malaria likely zones)
  - 5) Asthma medication, if any history
  - 6) nifedipine (for pulmonary edema)
  - 7) dexamethasone (for cerebral edema)
- Cold medicine (Sudafed, etc.)
- Chloroseptic or Tessalon Perles throat lozenges

- High altitude snacks: Summit climbers should bring approximately 3 pounds of high-altitude snacks they know they will like to eat up high! You can also bring some drink mixes if you like these (add to your water bottle after giving iodine tablets 30 minutes of contact time).
- Personal entertainment including a Kindle, iPhone, Music, etc.
- Solar Panel with External Battery Pack for recharging your personal electronics

### ***Climbers add the following***

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

### ***Putha Hiunchuli Immunizations Checklist***

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

For more information, consult your physician or check out the Center for Disease Control Website at [cdc.gov](http://cdc.gov).