

Cho Oyu Climb and Tibet Trek

Autumn 2020

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Join our Team!

Thanks for your interest in our Cho Oyu Expedition. Cho Oyu is the 6th highest mountain in the world (8,201m) and is a classic Himalayan climb. Since 1995 we have seen 262 climbers reach the summit of Cho Oyu with our IMG teams on the 28 expeditions (26 successful) that we have conducted via the original 1954 route from Tibet. We're proud to have the best climbing record on the mountain. Our programs are recognized worldwide as well organized with first-rate logistics and experienced leaders. The IMG Team is here to help you with your plan to climb Cho Oyu!

IMG was one of the very first 8000m Himalayan operators to run Everest, Cho Oyu, and Shishapangma expeditions in Tibet, and 2020 marks 30 years of running 8000m expeditions in Tibet.

For Trekkers who wish to accompany the expedition, please contact us for more information. We have a limited number of spaces for trekkers on this team. If you are strong, it is possible to hike all the way to Camp 1 which is OVER 20,000 feet (as a day trip, but not spend the night there). Then, head to Rongbuk (Everest BC) for classic views of the North Face, in the footsteps of Mallory! If you are looking for a challenging trek, this is it!

Please [contact us](#) personally if you have further questions or would like to discuss different options. Please go to our website for the detailed itinerary: <https://www.mountainguides.com/cho-oyu-itin.shtml>

We will look forward to hearing from you. [Ready to Sign Up!](#)

Greg Vernovage
IMG Himalayan Program Director

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

—Tom R.

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

Cho Oyu: Just The Facts

Summit:

26,906' • 8201m

Set Your GPS:

28°, 06' N • 86°, 39' E

Size Does Matter:

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

First Boot-Prints on Top:

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

Hope They Brought a Jacket:

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

By Any Other Name:

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

Like Route 66, But Different:

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

Dates, Prices, Program Descriptions

NOTE ON DATES: Dates are listed starting with the arrival day to Kathmandu to the arrival day back to Kathmandu at the end of the trip. The ending dates for the Cho Oyu CLIMB are flexible, depending on weather and conditions. It would be normal for climbers to add at least 7 extra contingency days to these itineraries. Normally climbers will change their departure flights from Kathmandu when they know exactly when the expedition is going to end. We encourage you to come into the climb with patience and flexibility. We will be working hard to set ourselves up for a successful summit attempt and sometimes, that takes a little more time to get the weather.

CLASSIC CHO OYU SUMMIT CLIMB **\$29,500**

August 22 – October 2, 2020

This is our Classic IMG Cho Oyu program, designed for experienced climbers who want to enjoy the structure and leadership of a top-notch program, yet maintain some personal flexibility. Climbers joining our summit program will receive full logistics support for their climb, oxygen for Camp 2 overnight and summit day, Sherpa leaders and guides. If you are thinking about trying to climb Mt Everest, there is no better training than Cho Oyu!

PERSONAL SHERPA AND EXTRA OXYGEN OPTION **Additional cost: \$7,500**

In addition to the all the benefits and Sherpa support that goes with our Classic Cho Oyu program, we will also assign exclusively to you one of our very best Sherpas, who has summited Cho Oyu and Everest, been through the Khumbu Sherpa climbing school, and who speaks English. As a small two-person team, you will be able to take advantage of the “best of both worlds” with all the “horsepower” of the main IMG team at their disposal, but also having the additional flexibility of your own dedicated climbing partner. Your personal Sherpa will also be available to help carry your personal gear to the higher camps. In addition, we will provide extra oxygen so you can start using oxygen above the ice cliff during your summit rotation.

TIBET TREK with CHO OYU CLIMBERS **\$9,500**

August 22 – September 19, 2020

Visit the famous city of Lhasa to visit the Potala Palace, Jokhang, the Sera Monastery and Norbu Linka at the beginning of the trip and then head to Shigatse for a tour of the Tashi Lunpo Monastery. After acclimatizing with our climbing team in these two cities, you will then travel to Cho Oyu Base Camp and trek to Advanced Base Camp (18,500'). It is possible for trekkers to climb to Camp 1 for the day (over 20,000 feet/6000m) but not to overnight there. We will then move on to Rongbuk (Everest BC) for one night. After Rongbuk, the trek team will head back to Tingri and onto the border of Kyirong where they will enter Nepal and return to Kathmandu. There are very few treks in the world that you will be able to enjoy this much culture, trek to over 20,000' and visit two 8000 meter mountains with Cho Oyu and Everest!

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

—Kris E.

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

Cho Oyu Details

REQUIRED rescue and medical insurance: We require that you be able to pay for your evacuation, in case you get sick or injured. For this reason, Travel Insurance is required for your program and recommendations are listed on our website: <https://www.mountainguides.com/travel-insurance.shtml> For some rescue charges in Tibet *you may be required to pay for this upfront, and then file a claim for reimbursement.* Some insurance companies may require that you be hospitalized or evaluated by a doctor before they will agree to pay. For example, if you require evacuation from Base Camp and your insurance company does not agree to pay upfront for your evacuation you must have cash (for a jeep ride to the Nepal border) and available credit on your Visa or MasterCard (for a charter helicopter flight from the Nepal border to Kathmandu).

When purchasing a Travel Insurance policy, Cho Oyu Climbers should extend your coverage to include your return flight back to your home to allow for contingency days.

Credit cards are charged an additional 4% service fee by helicopter companies in Nepal (if you fly from the Nepal border to Kathmandu). 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 insure 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: <https://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).

What Kind of Visas do I Need?

Your passport must be valid for 6 months after the trip and have a minimum of two blank pages. Advanced visas are not required for entry into Nepal, you will simply get your visa on arrival at the airport in Kathmandu, where you will need to purchase a short-term Nepal tourist visa (\$50 plus a 2" x 2" color passport photo). You will need to do this again (need another \$50 plus another color passport photo) when you return to Nepal after visiting Tibet). For the Tibet visa (\$200 plus another color photo), we will assist you with the visa form in Kathmandu. An example of what your photos should look like can be found here: <https://in.usembassy.gov/u-s-citizen-services/passports/photos/>

You MUST arrive in Kathmandu on the specified day on the itinerary, or before, because your passport must go in with the group documents for the visa on the Chinese Embassy visa day. Some people may have multiple passports for different countries. **IMPORTANT:** You must enter Nepal and Tibet on the same passport that we use to obtain your climbing permit. The Tibetan Visa process takes approximately 3 days to complete and we will tour KTM and have meetings to go over the itinerary and plan for our trek to Cho Oyu ABC.

Air Travel Arrangements

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

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

—Tom G.

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

Tibet Trek

If you are interested in joining the Cho Oyu expedition but not interested in climbing an 8,000m peak, we've added a very unique trek option for fit and adventurous travelers. The Trekkers will travel with the climbing team from Kathmandu to Lhasa by air and will return to Nepal via the newly open road via Kyirong, Tibet and Dunche, Nepal. Three nights in Lhasa allow for exploration of the Potala, Jokhang, Barkhor, and other sites. Then, it is off to Shigatse and Tingri via Landcruiser. After a couple of days of acclimatization hiking, you move up to the Cho Oyu Base Camp (about 15,000'). After several more days at Base Camp, with hiking each day for good acclimatization, we move up to Advanced Base Camp (about 18,500') with the team and the yaks. It takes at least two days of rugged hiking to get to ABC, which is near the famous Nangpa La (an old trade route leading to the Khumbu and Namche Bazaar in Nepal).

Trekkers stay at ABC for several days for acclimatization and exploration. If desired, you can join the climbers on their first trip up to Camp 1 (over 20,000 feet or 6000m) on rugged but non-technical terrain. You are right at the base of the mountain, surrounded by the big Himalayan peaks. It is awesome scenery!

After leaving Cho Oyu ABC, the trek team will head by jeep to Rongbuk (Everest Base Camp). We have one night at Rongbuk (Everest BC) which will allow our well acclimatized trekkers to enjoy views up the Rongbuk Glacier and the North Face of Mount Everest.

From Rongbuk, the trek team will head to the Kyirong border and onto Kathmandu. You may elect to drive back to KTM or take a short helicopter flight. Driving is nice but the helicopter is much more comfortable and will get you back to KTM and a hot shower and good meal much faster. Please let us know and we will be happy to help organize this option for you.

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

—Kurt W., Cho Oyu Trek

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

—Robert M.

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

—Greg Y

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

Program Fees and Payment Schedule

INCLUDED / NOT INCLUDED

Costs included in trip fee:

- The team will meet in Kathmandu, per the itinerary (if you arrive or depart on a different schedule, you must cover the additional costs)
- All ground transportation will be covered
- All hotels are covered from the time the team arrives in Kathmandu until returning to the hotel in Kathmandu at the end of the trip
- Breakfast is included in Kathmandu, as is a “welcome dinner” for the group
- Park Fees and climbing permit fees
- International Flights to Lhasa for climbers and trekkers and airport transfers in Kathmandu
- 1:1 ratio between Western Leader(s) and Sherpa climbers vs. participants
- Sherpa climbers and cook staff
- Camp equipment including sleeping tents, dining facilities, cooking gear and fuel
- VHF radios
- Climbing route equipment
- 1800 liters climbing oxygen delivered to Camp 2 for the summit day
- Oxygen regulators and masks
- First aid kit
- Gamow bag

Costs not included in trip fee:

- Hotels and meals upon arrival in Kathmandu AFTER the trip are not covered (we will make a hotel reservation for you in Kathmandu and will assist with reconfirming tickets and will cover the cost of your transfer to the Kathmandu airport)
- International flights
- Helicopter flights from the Kyirong border to KTM if you choose to depart this way (Estimated cost from Kyirong to KTM is \$1,500 per helicopter (Heli can carry up to 4 people with luggage))
- Personal gear
- Excess baggage charges
- Airport taxes and entry visas for Nepal (\$50 X 2) and Tibet (\$200)
- Sherpa tip pool (we suggest \$500 per person for climbers and \$300 per person for trekkers)
- Satellite telephone charges
- Personal sundries and beverages
- Costs incurred as a result of delays or events beyond the control of IMG
- [Required travel insurance policy](#) (medical, evacuation, trip cancellation, etc.)

Payment Schedule*	<u>Tibet Trek</u>	<u>Summit Climb</u>
With Application	\$1,000	\$1,000
6 months prior departure	\$1,000	\$6,000
3 months prior departure	\$7,500	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. Payments made by wire transfer to IMG require inclusion of an additional \$30.00 wire transfer fee.

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 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

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. This includes Phunuru Sherpa, who has now climbed Cho Oyu more times than any other person (18 summits!)

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.

Difficulty

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

IMG’s Philosophy

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

Everest@MountainGuides.com

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

—Chris N.

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

Things to Consider

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

- **IMG** leaders are professionals and are great teachers as well as strong climbers. All have done numerous high-altitude expeditions, including the Himalaya. Our clients enjoy the immense benefit of a core group that has climbed together extensively, producing a team that knows how to work well together. We do not think you will find any other Cho Oyu climbing or trekking programs that will be led or staffed by persons of the caliber we will field for Cho Oyu.
- **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** Base Camp is top-notch, our enthusiastic cooks do a great job, and our menus are well considered. It makes a difference! Some of the amenities we offer include: a gas-powered hot shower, a shower tent, 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 Sherpa will be issued a VHF walkie-talkie radio and will be climbing with the team. Solar power at Base Camp quietly supports your Kindle and Music player as well as our satellite communications, allowing us to maintain excellent emergency contact capabilities and keep friends and family informed of our progress during the long weeks away from home. IMG will post regular internet dispatches and/or send regular e mail updates to keep friends and families apprised of the climbers' progress.
- **IMG** provides its state-of-the-art proprietary oxygen system to every summit climber. 1800 liters of oxygen will be placed at Camp 3 for use during the summit bid. Additional oxygen will be available for sleeping at C3 as well as emergency and backup.
- **IMG** maintains a full team medical kit at base camp and bring appropriately sized kit up with us to higher camps so we can properly deal with medical situations should they arise. We supply a gamow bag, pulse oximeter, and extra medical oxygen for emergencies.

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

—Reid C.

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

AUTUMN 2020 CHO OYU EXPEDITION ITINERARY

Day	Date	Climbers	Trekkers
1	Saturday, August 22, 2020	Arrive Kathmandu	Arrive Kathmandu
2	Sunday, August 23, 2020	Gear Check/Contingency Travel Day	Gear Check/Contingency Travel Day
3	Monday, August 24, 2020	Visa day 1	Visa day 1
4	Tuesday, August 25, 2020	Visa day 2	Visa day 2
5	Wednesday, August 26, 2020	Visa day 3	Visa day 3
6	Thursday, August 27, 2020	Fly Kathmandu to Lhasa	Fly Kathmandu to Lhasa
7	Friday, August 28, 2020	Lhasa: tour of Potala Palace and Jokhang Temple	Lhasa: tour of Potala Palace and Jokhang Temple
8	Saturday, August 29, 2020	Lhasa: tour of Sera Monasteries and Norbu Linka	Lhasa: tour of Sera Monasteries and Norbu Linka
9	Sunday, August 30, 2020	Drive to Shigatse via Yamdrok Lake	Drive to Shigatse via Yamdrok Lake
10	Monday, August 31, 2020	Acclimatization hike in Shigatse	Acclimatization hike in Shigatse
11	Tuesday, September 1, 2020	Drive to Tingri	Drive to Tingri
12	Wednesday, September 2, 2020	Acclimatization hike, overnight Tingri	Acclimatization hike, overnight Tingri
13	Thursday, September 3, 2020	Drive to Base Camp	Drive to Base Camp
14	Friday, September 4, 2020	Acclimatization hike	Acclimatization hike
15	Saturday, September 5, 2020	Acclimatization hike	Acclimatization hike
16	Sunday, September 6, 2020	Acclimatization hike	Acclimatization hike
17	Monday, September 7, 2020	Trek to Interim Camp	Trek to Interim Camp
18	Tuesday, September 8, 2020	Trek to ABC	Trek to ABC
19	Wednesday, September 9, 2020	Acclimatization day	Acclimatization day
20	Thursday, September 10, 2020	Acclimatization hike	Acclimatization hike
21	Friday, September 11, 2020	Acclimatization hike	Acclimatization hike
22	Saturday, September 12, 2020	Climb to Camp 1 for sleep	Climb to camp 1, descend to ABC
23	Sunday, September 13, 2020	Climb up towards the Ice Cliff, return to C1 for sleep	ABC rest
24	Monday, September 14, 2020	Climb above the Ice Cliff and sleep at Camp 1.5 (21,700' /6615m)	Drive to Rongbuk
25	Tuesday, September 15, 2020	Climb to Camp 2 and return to Camp 1 for sleep	Return to Tingri
26	Wednesday, September 16, 2020	Return to ABC	Drive to Kyirong
27	Thursday, September 17, 2020	Rest	Cross border and drive to Kathmandu
28	Friday, September 18, 2020	Rest	Day in Kathmandu
29	Saturday, September 19, 2020	Rest	Fly home
30	Sunday, September 20, 2020	Rest	
31	Monday, September 21, 2020	Rest	
32	Tuesday, September 22, 2020	Climb to Camp 1	
33	Wednesday, September 23, 2020	Climb to Camp 2 (climbers with Extra Oxygen start below C2)	
34	Thursday, September 24, 2020	Climb to Summit on O2 and descend to C2 or C1	
35	Friday, September 25, 2020	Return to ABC	
36	Saturday, September 26, 2020	Contingency	
37	Sunday, September 27, 2020	Contingency	
38	Monday, September 28, 2020	Contingency	
39	Tuesday, September 29, 2020	Contingency	
40	Wednesday, September 30, 2020	Depart ABC for Kyirong	
41	Thursday, October 1, 2020	Cross Border and drive to KTM	
42	Friday, October 2, 2020	Fly Home	

Cho Oyu Personal Equipment Checklist

This equipment list is meant to help you compile your personal gear for your high-altitude 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. Don't cut corners on the quality of your gear.

Travel Items

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

Trekking Gear

- Trekking Poles: Poles come in handy for balance and easing impact to your knees. Get collapsible poles that can attach to your backpack.
- Backpacks: The "day pack" is great for a travel carry-on and may be big enough for the trek (need room for your clothes, water, camera, food, etc during the day while hiking). Climbers will need a larger pack (60-70-liter size is popular) and this will also be fine for the trek. For the international flights put your backpack into the duffel bags.
- Pack Cover: Waterproof rain cover for your pack.
- Sleeping Bags: Rated to -10 degrees Fahrenheit. Synthetic or Down. Base Camp/ABC can get down to around 0 degrees F at night...so quite chilly. Climbers will want a second sleeping bag for up high. Your second sleeping bag for up high should be 0 to -10 degrees Fahrenheit rating.
- Trekkers do not need a pad (foam mattress will be provided for trek and Base Camp). Climbers should bring a Thermarest pad to augment the closed cell pads we put in the tents above ABC.

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. It is no problem to wash underwear, socks, etc at Base Camp!

Clothing

- Base Layer: 2 pair synthetic long johns: one midweight set and one expedition weight set.
- Mid Layers: One additional warm layer (wool sweater, another fleece jacket, shelled vest, etc, that can be worn in conjunction to the other layers).
- Shell Jacket: Waterproof/breathable jacket with hood.
- Shell Pants: Waterproof/breathable pants (full side zips are best).

- Climbing/Trekking Pants: Look for construction that provides freedom of movement and/or stretch materials. Fabric should be a breathable synthetic that preferably holds up to abrasion and dries quickly. You can wear them over longjohns if it is cold.
- Warm Parka: Down or synthetic. This should be big enough to go over other garments. Many climbers also like insulated pants for cold mornings and evenings at BC / ABC.
- Trekking Clothes: Light hiking pants and / or hiking shorts for warm weather down low- NOT cotton. Shirts for hiking on nice days (t-shirts OK, quick-drying synthetic fabric far better.)
- Casual Clothes: For travel/meals in dining rooms. You'll want a shirt or two with a collar to wear on flights and for restaurants. A sweatshirt or light jacket might be nice in the evening.
- Bathing Suit: Some of the hotels have pools (eg, in Bangkok).

Clothing Accessories

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

Camp Accessories

- Headlamp: With several sets of extra batteries. Climbers should bring a second "back up" headlamp (Beware of headlamps which do not accept lithium batteries).
- Water Bottles: 2 water bottles with foam insulation shells. Bring a Pee bottle too.
- Water Treatment: Iodine tablets (Potable Aqua or similar) or iodine crystals (Polar Pure).
- Camera: With spare batteries, and film or memory cards.
- Pocket Knife.

Personal Accessories

- Wrist Watch: With alarm and light for reading in the dark. We like the Suunto ones.
- Eyewear: Bring good sunglasses. For contact lens wearers, ski goggles with light color lenses (for use at night) might be useful in windy conditions that cause blowing dust.
- Vision correction: Bring extra prescription eyeglasses or contact lenses if you wear them. Lens solutions are not widely available in Nepal, bring enough.
- Skin Care: Maximum SPF sunscreen and lip balm.
- Basic First Aid and personal: Bring plenty of hand sanitizer (Purell). Also you'll want moleskin, tape, aspirin (many climbers take an 81mg aspirin every day to prevent stroke), ibuprofen / acetaminophen, Imodium and Pepto Bismol for diarrhea, Band-Aids, antacid, insect repellent, ear plugs, and several rolls of toilet paper (we will have a supply at Base Camp), small towel, soap/shampoo, a few disposable dust masks, hand cream (for chapped hands),
- Prescription Medications: 1) Two regimens of antibiotic for respiratory and GI problems (azithromycin / "Z-Pak"); 2) Diamox (acetazolamide) for acclimatization (125mg 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 5 pounds of personal snacks, also some drink mixes if you like these (add drink mix to your water bottle after giving iodine tablets 30 minutes of contact time). Summit climbers should bring some extra high-altitude snacks they know they will like to eat up high!
- Books/music. Plan on sharing among your team members. Bring a thumb drive for swapping photos.

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 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
- Bowl, Cup, Spoon
- 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.
- Ascender & Hardware:
 - Two large locking carabiners
 - Mechanical ascender
 - Rappel device (Figure 8 or ATC that will work on a variety of rope diameters from 7mm to 11mm)
 - 4 extra 48" sewn runners with carabiners
 - 20 feet of 8mm accessory cord to rig your ascender and safety sling (we will show you a good way to do this at ABC).
- Warm shelled mittens (down or similar insulated preferred).
- Plastic double boots and overboots or many climbers prefer the triple boot like Millet Everest or the La Sportiva Olympus Mons boots which have an integrated gaiter.
- 1 pair of Glacier glasses, with a spare pair as backup.
- A "Buff" or light balaclava to breath through in the cold dry air
- Goggles (a second pair of light yellow or clear lens for nighttime is recommended)
- Small repair kit. We'll have a large repair kit at Base Camp with tools, etc.
- A good 1-liter thermos bottle
- Extra socks (you can hand wash socks and underwear at BC, no problem).
- Down pants that work with the down parka or a down suit. Summit day can be very cold! Many climbers also like insulated pants for cold mornings and evenings at BC / ABC.
- Second sleeping bag rated 0 to -10 degrees Fahrenheit (available for rent)
- Second headlamp for backup
- 12 AA Lithium Batteries for use in the handheld radios on your summit rotation

Immunizations Checklist

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

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

"I can't say enough about our Sherpas. They were all super helpful and friendly. I personally heard Sherpas with two other teams say that we had the strongest Sherpas on the mountain. Jangbu and Ang Pasang did an excellent job of dealing with the Tibetan yak herders, as well as coordinating the setting up of and carries to the higher camps... And Pemba's fine cooking was a pleasant surprise. I'm sure I actually gained weight at A.B.C., which was key because I lost a lot of weight during the summit bid..."

—Pete F.

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

International Mountain Guides ♦ www.mountainguides.com ♦ email: office@mountainguides.com

PO Box 246 ♦ 31111 SR 706 E ♦ Ashford, WA 98304 ♦ phone: (360) 569-2609 ♦ fax: (866) 279-7455