

EVEREST 2024

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Early morning climbers in the Icefall and on the Lhotse Face (Ang Jangbu Sherpa)

We've been organizing Everest expeditions for over 40 years, and each year do our best to put together a strong team with compatible climbers and top-notch guides and leaders. We fill our trips, and thus can be picky; we've turned away many climbers whom we felt would 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 Nepalese 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 800 summits of 8000-meter peaks to our IMG credit, and [605 of them on Mount Everest](#), we are still never satisfied and continue to look for ways to improve our IMG Everest program. For 2024 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 2024 document a careful reading and then contact our [IMG Everest Team](#) if you would like further information!

Eric Simonson
IMG Himalayan Programs

Everest: Just The Facts

Summit:

29,032' • 8849m

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 29,032' (8849m) was determined by Chinese surveyors in 2020. This is about halfway between the 1954 Survey of India calculation of 8,848m (29,028 ft) and the slightly greater height of 8,850m (29,035 ft) determined in 1999 by the National Geographic Society and Boston's Museum of Science with the help of an IMG team on 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 2021 there have been 10,742 total ascents of Everest and 308 deaths.

EXPEDITION OVERVIEW

The 2024 IMG climbers and trekkers will travel to Everest Base Camp in **two separate teams**, each led by IMG guides and composed of a nice mix of climbers and trekkers. We will be using helicopters to Lukla for Teams 1 & 2. 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 for many years, and we will do it again in 2024 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 will have our own 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 Nepalese Staff. 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 local staff 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 cook teams. At Base Camp, they bake fresh bread, rolls, cakes, etc. regularly. 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 uncomfortable. 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.

Gear

Please review our [Equipment List](#) carefully. It 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!

2024 Programs Details

DETAILED ITINERARIES: mountainguides.com/everest-south-itin.shtml. 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.

NOTE ON END DATES:

- **EBC Classic Trek and Lobuche Climb** end dates are FIXED, but you should add one contingency day in Kathmandu at the end, before flying home, in case of Lukla flight delay.
- **Everest, Lhotse, C1 & C2 Climbs** end dates are FLEXIBLE, depending on weather and conditions.
 - Everest and Lhotse Climbers: please note on the itinerary the maximum number of days possible for climbing, we plan to stay at Base Camp for climbing until approximately the end of May. We suggest you make your return plane reservation home for June 1. 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).
- o 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.

Classic IMG Everest Climb Team 1: March 25-May 18, 2024 (plus contingency days through June 1, 2024) Team 2: March 28-May 21, 2024 (plus contingency days through June 1, 2024)	\$49,500
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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 guides and you will be assigned a personal guide when climbing. IMG does not allow members to climb solo. Included is unlimited consultation with the IMG staff, consultation with the docs at the HRA BC Medical clinic, Icefall fees, all expedition food, communications, oxygen, support during summit rotation, complete trek service, and total expedition logistics from Kathmandu to Kathmandu. 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 Extra Guidance AND Extra Oxygen Team 1: March 25-May 18, 2024 (plus contingency days through June 1, 2024) Team 2: March 28-May 21, 2024 (plus contingency days through June 1, 2024)	\$67,500
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Some of our customers have asked about a higher level of support for climbing Mt. Everest. We have what you are looking for, with our revamped Hybrid Program which combines the oversight of our IMG Senior guides, along with additional support (two guides per climber) and Extra Oxygen at Camp 2 and Summit day (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. You will be assigned your personal 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 support, and a generous amount of oxygen.

Private Everest Climb with 1:1 Senior IMG Guide Details for this option depends on the schedule and service desired by the climber	\$118,500
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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 on a 1:1 basis and include our "extra" oxygen option (1 bottle at C2 and 4LPM on summit day during your summit rotation). At Base Camp you will be provided a large standup personal tent with a cot for sleeping and organizing. This is the Cadillac program for the discerning climber who wants the very best. Please [contact our team](#) for more information.

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 our team](#) for more information.

Classic Everest Base Camp Trek	
Classic Everest Trek and several nights at Everest Base Camp Team 1: March 25-April 13, 2024 Team 2: March 28-April 16, 2024	\$4,500
ADD Gokyo Extension (+\$1300) Team 2: March 28 – April 22, 2024. This longer departure option adds 6 days.	\$5,800

The trek to Everest BC is one of the world's classic human powered adventures! We have two trekking departures to Base Camp; each trek accompanies the IMG climbing team and sees all the famous sights on the way up and down 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 guide 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 2 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 Team 1: March 25-April 17, 2024 Team 2: March 28-April 20, 2024	\$6,000
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If you would like to visit Everest Base Camp with Teams 1 or 2 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 and members of the Guide Team 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 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, and 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 Nepalese Trekking Team for the flight to Kathmandu.

Lobuche & Island Peak Climb Team 2: March 28-April 27, 2024	\$7,400
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Trekking to Everest Base Camp is great and adding the climb of Lobuche Peak is a nice goal for climbers, so why stop there? Add the climb of Island Peak (Imja Tse) for another crack at 20,000 ft/6000m! Island Peak is another fun climb that will give you great views of the South Face of Lhotse and Baruntse and Makalu to the East. Contact us for more information!

Khumbu Icefall climbs to Camps 2 and 3	
Camp 2 March 28 – April 30, 2024 (plus contingency days through May 7, 2024)	\$13,000
Camp 3 March 28 – April 30, 2024 (plus contingency days through May 7, 2024)	\$15,200

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 the IMG guide team for instruction and evaluation. Then, you climb the famous Khumbu Icefall and on up the Western Cwm to Camps 1 and 2. Similar to our Classic IMG Everest Climb, this program is led by IMG Senior guides and you will be assigned a personal guide when climbing. This is real 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 fit and adventurous climber, if you are thinking about coming back to climb Everest someday, this is great practice!

Lhotse Climb	
Standalone climb: March 28 – May 22, 2024 (plus contingency days through June 1, 2024)	\$28,800
Add to Everest climb: Immediately following Everest Summit Bid	\$18,500

Lhotse climbers accompany the Everest and Lobuche climbers to EBC, and for the acclimatization climb of Lobuche Peak. Similar to our Classic IMG Everest Climb, this program is led by IMG Senior guides and you will

be assigned a personal guide when climbing. We have two rotations planned (same as for Everest climbers) to ensure that you are ready to ascend the world's 4th highest peak. The Lhotse route follows the Everest route to the South Col (which is a better campsite). From there you traverse into the Lhotse Couloir and then climb directly up to the summit. Lhotse is a stiff climb, more difficult than Cho Oyu. Our 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 nine Lhotse climbs, each successful ('09, '10, '11, '12, '13, '18, '19, '21 and '22).

Ama Dablam Climb	
Classic Standalone climb: April 9 – May 8, 2024	\$14,500
Hybrid Standalone climb: April 9 – May 8, 2024	\$19,500

This is one of the most famous and beautiful peaks in the world, rising above the Dudh Kosi River valley on the way to Everest Base Camp in Nepal. Our Ama Dablam expedition will utilize the new model we pioneered in 2022, with the team acclimatizing on Mera Peak, and then flying by helicopter direct to Ama Dablam BC. Mera Peak is a fun climb, higher than 21,000 ft, the perfect preparation for Ama Dablam, plus you get to visit the Hinku Valley and see a different part of Nepal! The Classic program is suitable for experienced climbers and will be led by our IMG guides from USA and Nepal. The Hybrid Program is an excellent choice for climbers who would prefer additional support.

Ama Dablam with Everest Classic or Lhotse Classic	
Ama Dablam + Lhotse Classic April 9 – June 1, 2024	\$41,000
Ama Dablam + Everest Classic April 9 – June 1, 2024	\$61,000

For those that want to add an 8000 meter peak after Ama Dablam, why not take on Lhotse or Everest itself?

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 by helicopter), Lukla--Kathmandu flight by fixed wing, all group equipment, all meals once we are in the Khumbu Valley (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, guides, 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 and Lhotse climbers will be provided a large, single standup tent at Base Camp; C2 and C3, climbers will be provided a single tent at Base Camp; Trekkers and Lobuche Climbers will have double occupancy accommodations at EBC.

Climbing guides 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 IMG Staff members). Each 2-person team (you and your Sherpa guide) will be provided a handheld radio. Everest climbers will be provided 7200 liters of climbing oxygen as follows: 1800L at C2 for summit bid ascent to C3, 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 support are 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 emergency travel insurance and customary but optional ***tips for the IMG staff who climbs and treks with you.

***Air Travel: Plan to arrive on Day 1 of your itinerary. For best service and support, we recommend that you work with a knowledgeable travel agent that can assist you quickly should you need help while traveling.**

****REQUIRED Emergency Evacuation/Rescue and Medical Expense Coverage (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 (Emergency Medical and Evacuation) is required for your program, a few suggestions are listed on our [website](#). 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 Master Card. (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, IMG suggests that you cover your trip from door to door – from the day you depart home until the day you return home, to align with your full flight itinerary and your IMG program itinerary (including designated contingency days) in case you are delayed with your departure from Nepal and need to be covered for some event late in the expedition. **It is your responsibility to understand your policy, including coverage details, your dates of coverage and any preauthorization process in the event of evacuation.**

*****Tips:** We will collect a tip pool in Kathmandu and ask the trekkers to please contribute \$200, Lobuche/C2/C3 climbers \$300, and Everest/Lhotse climbers \$500. We will distribute the tip pool 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, and others. You may **also** wish to provide additional tip to your local guide and IMG staff (figure 5% of your trip cost if you are looking for a generous number).

EXTRAS: Must be requested in writing, please contact our team to confirm. Deadline to reserve and pay for Extras is December 15, 2023.

- **Single Supplement:** Accommodations are based on double occupancy. Single room in the hotel in Kathmandu and lodges on the trek, and a single tent at Lobuche and Everest BC is available for **\$500** and can be requested on your application package or in writing to IMG. *For people **arriving early in Kathmandu**, we reserve your hotel room based on the flight itinerary you send to us and you can pay for your extra nights direct to our partners in Nepal upon arrival. If your flight to KTM arrives in the middle of the night, we will reserve your room for your early arrival but it will count as a full night's stay of the prior evening at your expense.*
- **Extra Nights at EBC** are \$150/night (beyond scheduled itinerary).
- **Large standup tent at EBC with sleeping cot for duration of expedition (max occupancy 2):** \$450. (Everest and Lhotse climbers will be provided these).
- **Sleeping bags:** Everest and Lhotse climbers need to bring two sleeping bags, one for Base Camp and one for the higher camps. Our staff 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).
- **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. We must know before the expedition; you cannot order "on the spot"!

Fee Payment Schedule for 2024 Everest programs:

Due Date	Treks, Lobuche, C2/C3	Ama Dablam, Lhotse Summit*	Everest Summit*
At Registration	\$1,500 Application Fee	\$5,000 Application Fee	\$10,000 Application Fee
Oct. 13, 2023	\$1,000 Installment	\$2,500 Installment	\$10,000 Installment
Dec 15, 2023	Balance	Balance	Balance

All IMG program fees are quoted and payable 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 and correspondent banks.

*Combined programs require payments for each programs.

Expedition Organization and Leadership

International Mountain Guides (“IMG”)

IMG is the oldest and most respected high-altitude climbing service in the world and IMG’s Himalayan mountaineering programs are organized and directed by Eric Simonson and include a group of professionals 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, Manaslu and Shishapangma. Our Everest programs are led by our IMG Senior guides.

Ang Jangbu Sherpa and the Nepalese Team

A veteran of dozens of expeditions and an Everest summitter, Ang Jangbu has worked on every IMG Himalayan program since 1991 and is an immensely popular leader. Ang Jangbu puts together a superb local staff for IMG. We are proud to have a group of Sherpa guides and cooks working for us who are among the best paid, best led, best equipped, and best trained in the business. Many of these individuals have been on multiple IMG programs over the years.

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 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!

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 2024.

- **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 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 Sherpa Guides** are top-notch. We hire the same great Team 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, 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 2024. We have multiple generators for backup power on the inevitable snowy/cloudy days, and 110v power for charging your electrical devices.

IMG Everest Climber's Notes

For Spring 2024, we are looking forward to our 31st expedition to the world's highest mountain (28 successful, '14 and '15 cancelled due to avalanche/earthquake). We have seen [605 climbers summit Everest with our IMG teams over the years](#). Among IMG clients 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 local guides 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.

Nepalese Staff

Most IMG Sherpa Guides are from Phortse and Pangboche. We have a great crew of men and women working for us, and many have been with IMG exclusively for over ten years. It is a tight knit bunch, managed by Ang Jangbu, Phunuru and Ang Pasang. The Senior guides (the ones we assign to climb with our climbers) have solid English language skills, first aid and rescue training, and tremendous 8000m experience.

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).

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 local and western leadership, at competitive prices. There are many different styles of guiding on Everest, and they are not the same. At the \$49,500 price, we offer a 1:1 guide assigned to climb with you and a supply of oxygen that enables you to climb at 3LPM on your summit rotation. For \$67,500 we offer the oversight of two guides along with extra oxygen that enables you to climb from Camp 2 to Camp 3 on 3 LPM and from the South Col to the summit on 4 LPM. For \$118,500 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 guides 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 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 climber 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 guide team. With IMG, you'll always have other climbers and their guides in the immediate vicinity. You will also have additional IMG guides 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 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 Trek and Climb, we plan the normal 3-day hike out from EBC back to Lukla with our guide team 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 teams. We want to minimize unnecessary stopping and waiting in this dangerous area, and we have found the smaller teams the best way to allow climbers to keep moving, so you are not waiting for slower climbers or slow groups. Each team is issued radios and a rescue rope (the Guides will 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, 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! All climbers stay with guides who know 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 guides will do all of the cooking/melting at Camp 1, 2, 3, and 4. At the South Col we keep a dedicated guide(s) 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 Nepalese staff will carry loads (including a reasonable amount of your personal gear) between the camps. When using oxygen, you will never carry more than one cylinder and regulator (16lbs/7.3kg).

Communications, cell phones and Internet

We utilize VHF radios and satellite phones to maintain good comms, ensuring that IMG climbers and guides 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.

There is cell phone coverage in Kathmandu and Khumbu all the way up to Everest Base Camp which will work with GSM enabled phones (service is spotty in some locations). You can purchase 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 oxygen 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 climbing starting at Camp 2, and 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 9000 liters total on the summit bid, from Camp 2 to the top and back to Camp 2, 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 Guide Team for emergency. On summit bid we have additional staff 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.

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.

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. **REMEMBER: IMG **REQUIRES** that you carry a [rescue insurance policy](#).** 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.



Back at the Col after a successful climb!