

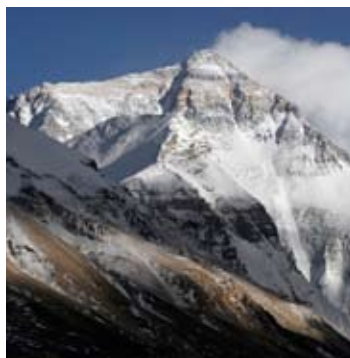
Everest Advance Base Camp Expedition 2011



Information Pack

Trek to Everest Advance Base Camp (Tibet) 6,400m

Adventure Facts:



Dates: _____ September 2012

see www.dcxp.com for prices and options

Start at: _____ Beijing, China

Finish at: _____ Kathmandu, Nepal

Duration: _____ 25 days

Hotels: _____ 2 nights Beijing, 7 nights Tibet, 2 nights Kathmandu

Train: _____ 2 nights sleeper

Camping: _____ 11 nights single tent

(share available - itinerary subject to change)

Meals provided: _____ 24 Breakfasts, 16 Lunches, 16 Dinners

Group Size: _____ 6 to 12 (Maximum)

Activity Split (days): _____ 13 travel and tour, 5 trek, 6 rest



Highlights

- Enjoy the sights of Beijing, followed by a forty eight hour scenic train ride to Lhasa and visit the Potala Palace
- An experienced team is there to ensure your safety and enjoyment
- Enjoy the breathtaking scenery of the Tibetan plateau and the grandeur of Mount Everest
- Develop high altitude expedition experience
- Trek between stunning glaciers and peaks to Advanced Base Camp at 6,400 metres
- Experience the culture and sights of Kathmandu, Nepal

Attractions

Surely this is the best way to begin the pilgrimage to Mount Everest...

Arriving in Beijing, we have two days to explore the city before boarding our train for the 48 hour trip. For those who would like to take more time in this amazing city feel free to arrive early - we can assist you with hotel bookings for a few free days before the rest of the group arrive.

We then take in the sights of Lhasa – including the former home of the Dalai Lama, the Potala Palace - as we steadily continue to acclimatise, which gives you the best opportunity for success as well as enjoying your stay in Tibet. We drive in comfort to Everest Base Camp, to slowly acclimatise and allow our bodies to rest while still adjusting to the ever increasing altitude.

Our achievable four-day trek to ABC (Advanced Base Camp) is among stunning glaciers and peaks. A truly memorable experience!



Beijing



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delivering success

Brief Itinerary



Day 1	Arrive in Beijing
Day 2-3	Sightseeing & cultural tour around Beijing, board train for Lhasa late on Day 3
Days 4-5	Train to Lhasa
Days 6-7	Sightseeing in Lhasa
Days 8-11	4WD across Tibet to the Everest Base Camp
Days 12-16	Acclimatise in Everest Base Camp
Days 17-19	Glacial trek to ABC
Day 19-20	Stay ABC
Days 21	Trek back to BC
Day 22-23	Drive to Kathmandu
Day 24	Kathmandu
Day 25	Depart Kathmandu

The Journey

The early stages of this expedition involve sightseeing and experiencing the traditional Chinese culture in Beijing, and then boarding our train on the world's highest railway, the Qinghai-Tibet railway. As this train does climb to high altitude it has been equipped with supplementary oxygen equipment.

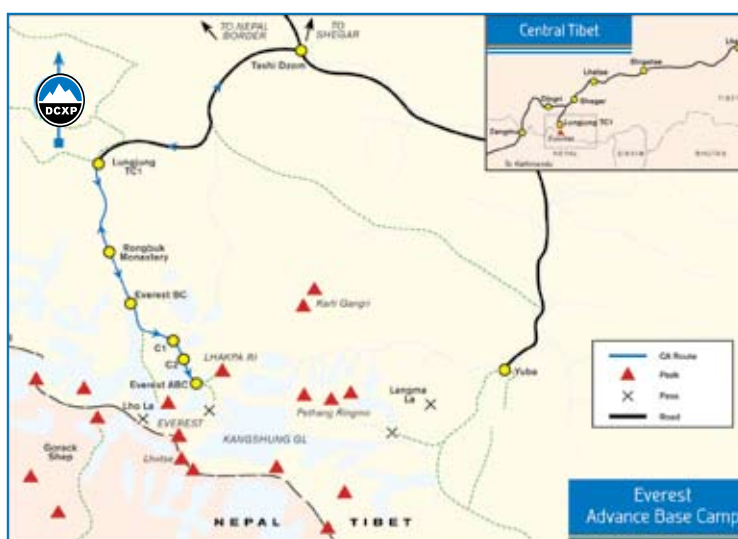
We then commence exploring the Buddhist temples and palaces, markets and scenic spots around the ancient forbidden city of Lhasa. On the last day the many stairs of Potala Palace make for a good acclimatisation trek!

When our bodies have adjusted we move out via Toyota Landcruisers toward the start of our trek stopping for a look at Shigatse, the second-largest city in Tibet with a population of 80,000 and the traditional seat of the Panchen Lama.

We continue to Shegar where we have our first views of Everest, Cho Oyu and Makalu from the ground. Our jeeps provide a comfortable journey along the rough and bumpy Friendship Highway that links Kathmandu and Lhasa.

We take three days to travel to Base Camp to allow our bodies to adjust to the ever-increasing altitude. On arrival at Base Camp, we take several days to rest and explore the area, before heading up the glacier to Advance Base Camp.

The 22km to Advanced Base Camp is a demanding section along a rough trail on the glacial moraine of the Rongbuk Glacier. We use two camps along the way before finally reaching the staggering height of 6,400m at Advanced Base Camp. The approach to ABC is a particularly challenging day as you push your body to acclimatise to 6,400m.



We have planned plenty of time here to allow our bodies to adjust to the extreme altitude. We rest in ABC before returning to BC and the drive to Kathmandu via Zhangmu then a night's rest before heading for home.

Why go with DCXP

Our itinerary is designed to maximise your enjoyment of the trip through steady acclimatisation, and to provide a variety of activities that will make your trip memorable with comfortable camps and exceptional support.

Over the years DCXP has gained a proven track record in providing safe, professional and successful mountain journeys. Our unmatched success rates, quality equipment, dedicated staff and attention to logistical detail have resulted in a great many of our participants returning for another DCXP' expedition.

DCXP's expeditions are led by talented and experienced leaders. Your leadership team will consist of our tried and trusted Nepalese staff, many of whom are qualified by the Nepalese Mountaineering Instructors Association (NMIA). Trained cooks and support crew make up a very talented close-knit group of staff that we know well, trust implicitly and have trained up over years of expeditions.

We pride ourselves on well planned, well led, and well resourced expeditions with good quality food, transport, equipment, first aid and communications. That's why our clients keep coming back!

About DCXP

DCXP was started by Duncan Chessell and has been operating trips around the world for many years. The experience gained in expedition logistics and health, has been utilised in developing teams of talented staff that are the basis of DCXP consistently high quality expeditions. DCXP is now managed by Katie Sarah, who has been involved with this business since 2006, and has now gained her own experience both in the field - from the remote wilderness of Antarctica to the summit of Everest - and in operating expeditions.

Our adventures are to mountainous destinations worldwide including to the seven summits (Mt Kilimanjaro in Tanzania, Mt El'brus in Russia and the extreme summit of Mt Everest to name a few). We arrange custom expeditions worldwide for groups who are looking for an experience that is both an adventure in remote and exciting destinations, but also has the infrastructure and support to help you achieve your goals.



Is it right for me?



Potala Palace

Trekking to ABC is an appropriate goal for trekkers wanting to experience Beijing, Tibet, including Lhasa and Everest's north-side base camp and people seeking an experience of altitude (6,400m). This is a strenuous trek due to the altitude, so a background in trekking at altitude is an advantage.

The trekking days are not especially long, you will need to be able to walk for 6-8 hours a day with a daypack. We have yaks and vehicles to carry our equipment, all the way to Everest ABC, so you can walk with your daypack (usually 5-8kg).

What's included

- All airport/train station transfers in Beijing, Lhasa and Nepal
- Sightseeing tour in Beijing
- Hotels in Beijing, Kathmandu & Lhasa, including breakfast
- Hotel accommodation and all meals in Tibetan towns (other than Lhasa)
- Chinese/Tibetan visa, trekking permits, peak fees and National Park entry fees
- Individual tents and sleeping mats
- Sleeping bag and down jacket rental are included
- Guide(s), Sherpas, cooks, yaks, porters
- Local staff insurance
- Lhasa-Beijing train fare
- Group kitchen/dining equipment and tents
- All meals on trek and in base camps
- The crew will carry a comprehensive medical kit including medical oxygen, Gammov bag and specialised drugs, as well as a satellite phone for emergency communications. Safety of the entire group is our first priority.



Kathmandu



Advance Base Camp, 6,400m

What's not included

- International & home country domestic airfares, & excess baggage
- Nepalese visas: available on entry (currently USD \$25 for <15 days)
- Nepal international departure tax (USD \$25)
- Tips for crew (USD \$100- \$130 usually)
- Personal travel insurance (REQUIRED)
- Changes in itinerary or break from the group
- Personal expenses such as gifts, phone calls, laundry and drinks (including alcohol)
- Meals and accommodation other than those specified
- Lunch & dinner in Beijing, Kathmandu and Lhasa
- Emergency evacuation due to any natural calamity or any unforeseen events
- Optional trips and sightseeing tours

Mountain Designs Equipment - VIP privileges

Members of DCXP expeditions receive a Mountain Designs VIP 15-20% discount card valid from the time your deposit is received to the start of the expedition. Mountain Designs manufactures high quality outdoor gear suitable for your expedition. You can visit one of Mountain Designs' 35 outlets in Australia and New Zealand (see www.mountaindesigns.com for locations).

Travel Insurance

We recommend cancellation insurance to protect your investment. We require participants to have travel insurance that covers medical expenses, evacuation and repatriation.

Please ensure that your chosen policy provides cover for the activities and in the localities in which you will travel (Nepal, China and Tibet to elevations up to 6,400 metres above sea level). You may already have your own policy but if not we can suggest either World Nomads <http://www.worldnomads.com> or Covermore <http://covermore.com.au>.

Whichever policy you choose, please read the relevant policy details in full.

How do I book?

Step 1 Forward to us the booking form contained in this document.

Step 2 Pay your deposit by telegraphic transfer. Please use the bank details below, make sure you tag your payment with YOUR name, note details of payment and email them to us.

Step 3 Once you have completed your booking form online, you will receive a confirmation of your booking, and a trip dossier, including what to expect, training tips and so on. This will answer many remaining questions!

Bank details for direct payments **USD DOLLARS**

Via direct payment at a branch or internet transfer use:

Bank: Nepal Investment Bank Ltd
Swift Code: NIBLNPKT
Account Name: Arun Treks and Expeditions (P) Ltd
Account Number: 2431902
Branch address: Main Branch Durbar Marg, Kathmandu, Nepal



PO Box 644 Kensington Park 5065 South Australia
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Personal and group gear checklist

✓ Personal Clothing etc

- Sun hat suitable for snow conditions
- Sunglasses: glacier type, UV & polarized are ideal
- Warm (fleece/wool) hat or beanie
- Fleece scarf or neck gaiter
- 1-2 pairs of thermal liner gloves
- Wind stopper fleece gloves
- T-shirt/long-sleeved shirt
- 2 Thermal tops and/or 1 thermal + 1 light fleece vest or top
- Fleece jacket/pullover light weight
- Fleece jacket heavy weight

DCXP Heavy weight down jacket

- Rain and wind-proof jacket, preferably Gore-Tex
- Rain and wind-proof pants, preferably full zip sides
- Trekking shorts &/or long pants light weight
- 1-2 Thermal long pants
- Fleece long pants, mid weight
- Fleece long pants, heavy weight
- Several pairs socks and underwear
- Trekking boots – we suggest strong leather boots
- Warm camp boots (e.g. sheep skin boots) *Optional but great!

✓ Other Personal Gear

- Sun screen, zinc cream and lip balm
- Running shoes, shorts and travel clothes for Kathmandu, Lhasa
- Wash kit (small personal toiletries, nail clippers and pack towel)
- First aid kit and blister kit (tape or moleskin, band aids, betadine, bandages etc)
- Personal medicines including your usual medicines AND 1 course each of:
 - respiratory antibiotic (e.g. Amoxicillin)
 - gastrointestinal antibiotic (e.g. Ciprofloxacin)
 - gastro treatment (e.g. Imodium)
 - mild pain killers (e.g. Aspirin/paracetamol/ibuprofen)
 - throat lozenges & cough medicine
 - altitude medication (e.g. Diamox)

✓ Personal Equipment

- Day pack 30L-40L
- Water containers: minimum 3L:
e.g. Nalgene wide mouth bottles 1L &/or Camelbak bladder.
- DCXP Base Camp Foam sleeping mats - thick ones in BC, IC and ABC
- An extra sleeping mat (*recommended; e.g. ThermoRest or RidgeRest)
- DCXP Sleeping bag(s) for BC / ABC use
- Water-proof bag for sleeping bag (e.g. dry bag or robust plastic bag(s))
- Head lamp, spare batteries (with LED globes)
- Pee bottle – wide mouth Nalgene's are good *Optional
- Adjustable trekking pole(s) *Optional

✓ Group Equipment Supplied by DCXP

- DCXP Group medical kit (for altitude illness, trauma, reserve antibiotics); emergency oxygen and portable altitude chamber
- DCXP Satellite phone (pay for air time used)
- DCXP Tents, dining tent, all cooking and eating equipment & food on trek/climb
- DCXP Generator & Solar panels to recharge camera batteries & for solar light (you'll need a car adapter for your device)
- DCXP Duffel bag for transporting personal gear by Yak
- DCXP Climbing ropes, fixed safety ropes
- DCXP Snow anchors, ice anchors, rock anchors, v-thread cord

NOTE: You must have all of the above personal gear, clothing and equipment. It may be possible to buy some extra equipment (if forgotten) but don't rely on it. DCXP: DCXP provides this item



Personal details & trip details

Name as on passport: First name(s): _____ Middle names: _____
 Last name: _____ Sex: Male or Female
 Passport number: _____
 Home address: _____
 Postal address: _____
 Phone number: AH: _____ BH: _____
 Mobile phone: _____ Which is your preferred phone number: Home Work or Mobile
 Email address: _____
 Date of birth: (dd/mm/yyyy) _____ Nationality (as on passport): _____
 Shirt size: XS S M L XL XXL Boot Size: _____ UK or USA (for climbing trips)
 Trip applied for: _____
 Start date: _____ Finish date: _____
 How did you hear about the trip?: _____
 Previous Experience: _____
 Special Dietary Requirements/Food Allergies?: _____

Next of kin (Emergency) contact details

Name: _____ Relationship to you: _____
 Phone number (preferred): _____ Mobile ph: _____
 Email: _____
 Residential Address: _____

Self assessed fitness / readiness for trip

Height (cm): _____ Weight (kg): _____ Resting heart rate: _____
 Evaluate your general health: poor average good excellent
 Evaluate your fitness: poor average good excellent
 Please NOTE that you will on most trips be required to have your Doctor fill out a medical clearance certificate in addition to this information

Self assessed questions	Yes	No	Details
Do you feel you are physically prepared (or will be before commencement) for the trip that you are planning to undertake?			
Do you have any medical illnesses, infirmities, disabilities that require the regular care of a doctor?			
Do you have allergies, to food, bites, stings, drugs?			
Are you allergic to penicillin?			
List all the medications you are taking currently and the dosages			
Have you been hospitalised or had surgery in the last five years?			
Do you have any heart or respiratory problems?			
Are you a diabetic?			
Do you suffer from epilepsy or seizures of any kind?			
Do you have any physical or mental limitations that might preclude you from this trip?			
Are you pregnant?			

Booking conditions, waiver, pricing policy

Name as on passport: First name(s): _____ Last name: _____

Trip Name: _____ Start Date: _____

Total Trip cost: _____ Currency (listed on website): USDS _____

Deposit due: _____ Currency (listed on website): USDS _____

Base Currency price policy

Each trip is generally quoted in USD as listed on the website. The currency converter is indicative of a "mid rate" and the actual FX rates vary widely from bank to bank.

We require payment in this currency to be able to stabilise the price. Our agents and offices hold multi-currency bank accounts to facilitate this process, speak to your booking agent who will obtain an invoice for you from Arun Treks and Expeditions (P) Ltd (hereafter referred to as Arun Treks) in the appropriate currency and assist with payment either by EFT, telegraphic transfer, cheque or cash as appropriate. If you pay by prior arrangement with your agent in another currency be advised a FX surcharge may apply.

Travel insurance & Doctors certificate

As a pre-condition for delivery of service you agree to return 60 days ahead of the start date of your trip, a Doctors certificate (that we will supply) stating you are fit for your intended journey and hold valid travel insurance appropriate to the journey intended that covers medical expenses and evacuation, i.e. climbing coverage for expeditions.

Booking Conditions

Risk Awareness / Liability Waiver

I have been advised by DCXP as agent for Arun of the following matters in relation to my upcoming trip with Arun Treks. I have been advised that travel, trekking, climbing and especially mountaineering are inherently dangerous activities. I may be killed, injured, incapacitated and experience pain, illness and suffering. I may experience loss, damage or theft of my property. Any of the above may not be Arun Treks or DCXP's fault or the fault of anyone. These incidents may be caused by others in my party, employees or directors of Arun Treks, their subcontractors or even my guide, may be caused by environmental factors, or even just physical or mental exhaustion which can happen at any time on my trip. There is no way of predicting all the hazards I may face. While Arun Treks will take reasonable precautions to minimise the risks, there is no way Arun Treks can guarantee my safety on this trip 100%.

I acknowledge that often the areas of operation are remote with little or no immediate medical support. In some remote areas self-rescue is the only option. My guide may need to begin first aid appropriate to the remoteness of the area and the nature of my ailment. By signing this document I certify that I have read and understood these risks and they are acceptable to me.

I also agree not to seek compensation, financial or otherwise from any incident that might occur during or associated with the trip, from Arun Treks or DCXP, or their respective directors, officers, employees, agents, partners or subcontractors.

Arun Treks and its agents including employees, guides, leaders, subcontractors and porters shall not be liable for loss, death or injury, to any of its clients or loss or damage or delay to their baggage, personal effects or other property arising from the following:

1. Acts of God including but not limited to Landslides, Ice Cliff Collapse, Avalanche, Earthquakes, Flooding and Fire;
2. Civil disturbances of any nature including but not limited to War, Revolution, Riots, Strikes or Labour Shortages;
3. Environmental Factors such as changes to trails rivers and valleys, loose rocks, unstable snow, unstable ground, bad weather;
4. Any other circumstance beyond our control and responsibility.

Cancellation Policy

Your non-refundable deposit amount is specific to each trip and listed on the DCXP website or trip documentation. If you cancel you lose your deposit.

Payment in full is normally due 60 days ahead of departure date, if you don't pay by this date you can lose your place on the trip and your deposit is forfeit. In rare cases earlier payment will be required.

Normal Policy Is:

If you cancel 60-31 days before departure date you lose 50% of your payments.

If you cancel less than 31 days before departure date you lose 100% of your payments.

If you cancel and we are able to fill your place on the trip we may refund your money at our discretion. This would normally be subject to an administration fee. We may also choose to offer you another trip (transferable) at our discretion. Arun Treks reserves the right to vary or cancel a trip or a specific departure and will endeavour to advise you of cancellations not less than 42 days before departure. In the event of Arun Treks cancelling a trip, we would work with all the members of the trip to try to provide an alternative venue. If you do not accept alternative arrangements we will refund all payments you have made to Arun Treks, less any unrecoverable costs. Arun Treks will not be liable for any additional costs incurred by you such as airticket cancellation fees or changes. We advise you to have a travel insurance policy that covers cancellation.

Itinerary Policy

Arun Treks will make every effort to achieve the objectives of the given trip/expedition. By signing below I understand that variations may be necessary for reasons including but not limited to; safety, interruptions to transportation, political unrest, prevailing weather conditions and the needs of the group.

Trip Price Policy

The trip price may change at any stage. Changes might be due to international currency fluctuations, inflation, fuel prices, conditions, fees or other changes. Once your full payment has cleared into our account, we would normally not vary the price. If the trip price were to vary considerably (>10%) after you had paid your non-refundable deposit and you decided to cancel we would likely allow a full refund or transfer to another trip.

For included/excluded items and any special conditions, see the Info Pack for each specific expedition.

Acceptance

I have read and understood, and accept, the Risk Awareness / Liability Waiver, Cancellation Policy and the Trip Price Policy. I acknowledge and accept that DCXP is an agent of Arun Treks.

I understand and accept the risks that have been explained to me, I hereby waive my right to bring any legal claim against Arun Treks even where Arun Treks and its Employees, Agents or Contractors would otherwise be deemed liable due to Gross Negligence, Breach of Contract or otherwise.

Signed: Date: Name:

If under the age of 18 please have a parent or guardian sign for you.

Instructions

These documents are DUE 60 days from the start of the trip please.

PLEASE attend to these details at the first available moment.

Please fill out this as carefully as possible and fax, post or scan/email this into our reservations team.

Latest contact details can be found on the website.

If you can only fill out one section send that in now and update the second part later, thanks :-)

Personal details & trip details

Name as on passport: First name(s): _____ Middle names: _____
 Last name (Surname) : _____ Sex: Male or Female
 Trip name: _____ Start date: _____
 Passport Number: _____ Nationality: _____

International flight information

Arrival City: _____ (city name) Departure City: _____ (city name) _____
 Arrival Date: _____ (dd-mm-yyyy) Departure Date: _____ (dd-mm-yyyy)
 Arrival Time: _____ Departure Time: _____
 Arrival Flight No: _____ Departure Flight No: _____

Hotels: Single Supplement and Travelling Companion

Do you require a SINGLE SUPPLEMENT for your Hotel: Yes or No: _____ Camping/Lodges: Yes or No: _____

Note that some trips a single supplement is included, if not a quote for the specific trip will be sent to you for approval and payment, before we book it.

If you are travelling with someone and would like to be allocated a hotel room together, please specify below. Note some trips are share basis and you will be assigned someone to share with if you do not specify someone below. EXCEPTION - females will not be required to share with a male unless specifically requested! A single room will be provided for you in this situation at no cost.

Name of travelling companion: _____ Room Setup: Twin Share (two single beds) or Double (one large bed)

Further instructions: _____

Travel insurance details

Please Note: The insurance company you have chosen to take cover with has a 24 Hour world-wide emergency assistance service. Should an accident occur after you have departed for your trip, DCXP needs to be able to contact the emergency assistance section of your insurance company. Therefore we need to know who they are and a contact phone number for them. Please note this is a different number to general enquiries and claims.

The following are two **examples** of Insurance companies and their emergency assistance contact details.

Company: **Covermore**
 24 hour emergency provider: Customer Care Pty Ltd
 24 hour emergency Ph: +61 2 8907 5619

Company: **IHI** (good for mountaineering cover) www.ihl.com
 24 hour emergency provider: IHI
 24 hour emergency Ph: +45 33 15 33 00

Primary Policy

Company: _____

Policy Number: _____

24 HR Emergency Provider: _____

24 HR Emergency Ph: _____

Second Policy (if required)

Company: _____

Policy Number: _____

24 HR Emergency Provider: _____

24 HR Emergency Ph: _____

It is in your best interest to purchase travel insurance as soon as you book your trip to cover cancellation costs, for example if you become ill before the trip and can not attend some travel insurance policies will re-imburse all your lost funds.