

Everest Expedition 2011

Beijing to Kathmandu, the hard way

Led By Duncan Chessell



Information Pack



Dates:	12 April to 13 June 2011
Start:	Beijing, China
Finish:	Kathmandu, Nepal
Duration:	63 days
Hotels:	2 nights Beijing, 7 nights Tibet, 1 night Kathmandu
Train:	2 nights sleeper
Camping:	50 nights
Meals provided:	62 Breakfasts, 55 Lunches, 55 Dinners (ALL in BC and on the mountain)
Group Size:	Minimum of 6
Activity split:	14 travel days, 49 climbing program days
Price:	US\$ 45,000



Call us to book: +61 8 8232 4433

Level 1, 228 Rundle Street Adelaide Australia

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Highlights



Climb Everest via the North-East ridge

Expert leadership with Duncan Chessell and Namgya Sherpa

Western and sherpa guides who have summited multiple times

Includes train journey and sightseeing across Tibet and China

Chessell Adventures Everest Experience

In 2007 Duncan Chessell on his third expedition to Mt Everest led the most successful Australian Everest expedition ever, placing 15 of 19 climbers (8 of 10 western clients) on the summit without incident. This was Duncan's second summit of Everest personally and third trip as expedition leader.

We have an extremely experienced sherpa team including Namgya Sherpa, 9 times summitter, to look after the team and help Duncan do everything possible to ensure the safety of our climbers on the mountain.

We are also pleased to again include a dedicated Expedition Doctor in our 2010 Everest expedition. In 2010 our team doctor will be Dr Rob North who has climbed to 8600m on Everest already in 2007.

Our mission on Everest in 2010 is to see YOU on the summit and back down safely.

This expedition is an opportunity to climb Everest with a professional team dedicated to your success. Don't miss out.

Quality Expedition to the summit of Everest

We provide full support including all tents, all meals at base camp (BC), Interim Camp (IC), Advanced Base Camp (ABC) and on the mountain, oxygen, walkie talkies, 1:1 sherpa ratio on summit day, satellite phones, email communications and plenty more. The entire expedition is western-managed by a highly experienced Everest summitter, Duncan Chessell.

Talk to people who have previously climbed with our teams: you get what you pay for and more. We have consistently delivered a top quality product for a very reasonable price, and supported many other expeditions with technology and medical services. People have always been surprised by how much we deliver.

If you are after the summit, go with people who know what they are doing, have already 'been there, done that' and are there to support you on your summit bid. Join us for your journey to the roof of the world.



Namgya Sherpa, 9 times summitter

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The Journey

Getting truly acclimatized for Everest takes time, but too long at altitude can be detrimental. Over the years we have tried various tactics with good success. We are setting the team up to take best advantage of the usual late May-early June



Potala Palace

weather window without being too tired and discouraged as a result of a long lead up. Our previous summit dates have been 23rd, 29th, 30th, 31st of May and 4th and 5th of June.

While there can be a weather window early in the season, often there is:

- too many people attempting to climb, causing bottlenecks
- it is often too cold and windy with a higher risk of frostbite, exposure and complications.

So by going later, we largely avoid the crowds and the traffic dangers associated with that, and get warmer weather conditions.

Thus our itinerary is designed so that you are ready to summit 4-6 weeks after reaching BC which, from experience, is about right for everyone. Many other teams will have been there too long by that stage and their members will get itchy feet and try to summit in early bad weather or give up. We will not fall into these traps.

It is possible to endlessly debate the pros and cons of this approach, but early summits (e.g. 5 May) are COLD, and far more risky. We normally wait until the weather turns, which is far safer (e.g. 23 May to 8 June).

All of that said, we always re-evaluate our plans as a part of our ongoing expedition leadership and we will vary plans for the best possible outcome for everyone.



Lhakpa Ri in the background, taken from the North Col

The Journey - Day by Day itinerary

Date	Everest	North Col or Lhakpa Ri
12 Apr	Arrive Beijing	Arrive Beijing
13 Apr	Beijing	Beijing (day tour Beijing)
14 Apr	Depart Beijing on train (8pm)	Beijing (visit Great Wall then train)
15 Apr	Train	Train
16 Apr	Lhasa (arrive 9pm)	Lhasa (arrive 9pm)
17 Apr	Lhasa	Lhasa
18 Apr	Lhasa	Lhasa
19 Apr	Drive Shigatse	Drive Shigatse
20 Apr	Drive Shegar	Drive Shegar
21 Apr	Day walk Old Shegar	Day walk Old Shegar
22 Apr	Drive BC	Drive BC
23 Apr	Everest BC	Everest BC
24 Apr	Everest BC	Everest BC
25 Apr	Everest BC	Everest BC
26 Apr	Everest BC	Everest BC
27 Apr	Everest BC	Everest BC
28 Apr	Trek Interim (IC)	Trek Interim (IC)
29 Apr	Changste BC (temp camp)	Changste BC (temp camp)
30 Apr	Trek ABC	Trek ABC
1 May	ABC	ABC
2 May	ABC	ABC
3 May	North Col return	North Col return
4 May	Rest ABC	Rest ABC
5 May	Rest ABC	Lhakpa Ri ret ABC
6 May	Rest ABC	Rest day
7 May	Rest ABC	Rest day
8 May	Stay North Col	Return to Base Camp
9 May	North Col	Drive Base Camp - Zhangmu
10 May	C2 ret stay North Col	Drive Zhangmu - Kathmandu
11 May	ABC	Depart Kathmandu
12 May	climbing program to 9 June	
9 Jun	Clear North Col	
10 Jun	Trek BC	
11 Jun	Drive Zhangmu	
12 Jun	Drive Kathmandu	
13 Jun	Depart Kathmandu	

The climbing section is in four phases:

Phase one:	North Col Phase	Ascend to North Col (camp 1, 7000m)
Phase two:	Acclimatize high phase	Stay at North Col for three nights, 7000m, tag 7700m if possible
Phase three:	Rest phase	Rest at BC or lower, and wait for favourable weather reports
Phase four:	Summit push	BC (5300m) - IC (5900m) - ABC (6400m) - rest ABC - Camp 1 (North Col 7050m) - Camp 2 (7700m) - Camp 3 (8200m) - Summit (8850m) - ABC - BC

This itinerary is supplied as a guide

Chimbing the biggest mountain in the world (and it's near neighbours) requires a flexible approach. We will make every effort to achieve the objectives of the expedition. 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.

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Our summit day plan

This is where it is all on the line. Success, failure, triumph, life and death. We aim for three out of five!

Our summit day plan utilises set times between milestones on the route. Progress and well-being are monitored over the radio by our base camp manager and/or one of the guides and relayed back up the mountain to the guides, climbers and sherpa by radio. In this way we have someone with a clear head keeping track of everyone and their oxygen usage. This has worked well in the past and we consider that this approach gives the best chance for success and to meet our other two objectives of everyone safe and supporting everyone to the highest point they can go.

Leadership

Duncan Chessell, Director of Chessell Adventures, is the expedition leader and climbing guide for this expedition.

Duncan's vast mountaineering experience and Nepalese Sherpa friends will be a fantastic asset to the trip. Duncan is a qualified climbing guide (NZMGA) and has led and participated in over 100 expeditions worldwide. He has led successful expeditions to all of the seven summits (most of them twice).

In 2007 he led the most successful Australian Everest Expedition ever, placing 15 of 19 climbers on the summit, his second ascent of Mt Everest. He will ensure every aspect of the expedition runs smoothly, safely and successfully. He and his Sherpa staff will handle all the ground logistics from arrival in Beijing airport until you are safely back on the plane heading for home.



Duncan Chessell

Why go with Chessell Adventures?

We aim to provide leadership that "makes it happen", where others would fail, because your success is our success. The expedition leader is the Director of the company and therefore has a serious vested interest in making the trip everything it can possibly be for you!



Smiling Sherpas

Objectives of the expedition:

- 1) Everyone safely supported to as high as they can go,
- 2) Everyone who can make it, up on the summit, and
- 3) Everyone enjoying the experience - well, for most of it!

Proven track record:

- All the equipment we have works, and works well.
- Our staff are fantastic. Our Sherpa teams are loyal, organised, honest, hard working and experienced.
- We know how to make it happen.
- Being on top of the details. For example we have excellent communication equipment, such as one radio per person, with loads of extra batteries and we use the correct type for cold conditions.
- These and hundreds of other details make the difference...

Chessell Adventures / DCXP has an impressive track record in providing safe, professional and successful adventures, worldwide, and in the Himalayas in particular. Our successful 2007 and 2010 teams were entirely without incident - major or minor. No frostbite and no other injuries for the entire team is a phenomenal achievement in these relatively inhospitable conditions.

Our dedicated staff, quality equipment, and attention to logistical detail result in many of our participants returning for more "Chessell Adventures"!

Is it right for me?

What to Expect

Technically Everest by either of the standard routes is moderate to easy. However, you will be moving over broken mixed snow, rock and icy ground at night, at 8500m in a down suit carrying oxygen bottles in your pack, with your pathway illuminated by the glow of a headlamp. You will not have slept well for the last two evenings, having battled exhaustion just to get to high camp at 8300m, stepping past frozen bodies along the way. As you glance down to BC some 3500m below you it might occur that you are in a slightly exposed position. Given that a good day being -20°C , and all this after 4-6 weeks of living out of a tent a long way from home, you will realize that the climb is a little tougher than if it was in your own back yard...

Admittedly you have not had to carry the loads, fix the camps, set ropes to the summit before the climbers arrive, or download and interpret weather forecasts. Nor will you need to buy all the food, ensure fresh vegetables are arriving from the nearest markets days away, cope with the permits and logistics, medical backups, or the hiring of Doctors, Sherpa and Tibetan staff. In this regard you have a huge advantage over the early explorers such as Mallory and Irvine who battled up in tweed jackets and leather boots on a 7 month expedition which started by sailing from London... You will be well catered for with fresh bread baked at BC in our oven (brought in by truck), have the latest weather information available, latest radios and other equipment, and be looked after by a team of proven Everest summiters who are professional climbers with international experience. Your personal equipment will be the latest design, a far cry from the frozen cursed boots that Mallory and Hillary wore on their journey into the unknown. If you get ill an experienced high altitude Doctor will treat you, if you need rescuing a team of fast, motivated Sherpas and western guides will come to your aid.



As you make your way to the top you will be led by western guide(s) and Sherpas who have summited before and know every step of the way. They will support and encourage you to stay on target and climb to the roof of the world. All sleeping bags, mats, stoves, cooking pots and gas cylinders will be pre-placed at every camp for you. BC, IC (interim Camp) and ABC are attended by a cook and kitchen hands, and fresh vegetables are carried in each week by porters from the Shigatse markets. Well appointed dining tents with gas heaters and covered floors keep the dust and cold out. Medical and comms tents at each main camp are also provided. The kitchen tent is a hive of activity and will be placed nearby to provide 24HR hot water for drinks, supplying three meals a day, plus plenty of snacks in-between. Remember, good food and hygiene are essential for a successful summit.

Skills, experience, fitness and determination required to succeed

Equipment:

The equipment on the list is required. So bring it, and DO NOT skimp on poor quality or no-name brands. Your fingers, toes and life are at stake.

Fitness:

We suggest a 6-12 month training program which focuses on extreme cardio and endurance in the legs. You will not need hugely strong arms as the more muscle you carry up top the more it will slow you down and draw down oxygen that your legs will be screaming for. Whilst endurance is of prime importance, short incredibly intense "sprints" such as the second step will require severe lactic acid burn resilience. You will need to climb a short 30m high section broken into two parts with a rest ledge half way. Whilst most of this is covered by a ladder, you will need to move quickly and efficiently through this section. Practice climbing ladders with boots and mitts on.

Fitness guidelines: you should be capable of covering around 50kms in approximately 6 hours on foot in hilly terrain.

Skills:

You need to master basic fixed rope techniques. Moving along a fixed rope with a jumar on all angles of terrain including vertical, passing knots and anchors using lanyards (or "cowstails") to maintain safety very efficiently: practice, practice, practice. You should also be able to switch to abseil and descend fixed line quickly and efficiently on BOTH hands i.e. abseil left OR right handed so you don't get tangled in ropes. You need to be good at putting on, taking off, adjusting and re-fixing your crampons onto your boots with thin liner gloves on. You must be able to put your harness on fast correctly

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over huge down suit lying in a tent in a cramped location. You will need efficient french cramponing technique, the more efficient you are at this the faster and safer you will climb: practice practice practice!! You do NOT need to front point or swing your ice axe above your head or any form of ice climbing, it is NEVER that steep.

Summary skills: high proficiency in fixed rope skills; french cramponing; practice and familiarity with all equipment.

Experience:

Ideally you would have served an apprenticeship of 3-5 years of climbing. This typically starts with a climbing course such as a H5P (Himalayan Five Peaks) or a course in New Zealand (TMC). This would be followed up by some personal rock climbing to give you familiarisation with ropes and you would own your own harness and jumar, with extensive practice of fixed line work at your local crag or in the trees in your back yard. A season of climbing some 3000m peaks in Europe or New Zealand and some multi pitch rock routes would cement the learning and some would begin leading their own rock climbs. A trip to the Himalayas on a more technical major expedition peak such as Ama Dablam 6856m or Himlung 7126m where you are sleeping out in high camps and doing load carries would be ideal. Even better subsequent to this would be a climb of Cho Oyu or to 8000m on Everest itself. Alternatives that would constitute a major expedition peak could be Denali, Vinson or Aconcagua, which all require multiple days immersed "in" the environment.

Summary experience: H5P or TMC; moderate rock climbing; fixed rope proficiency; two 3000m to 6000m peaks; + one minimum, preferably two or more of: Ama Dablam, Himlung, Denali, Vinson, Aconcagua or another 8000m peak.

Note - if we are uncertain that your training or experience is indeed adequate for this undertaking, we may require you to employ an extra personal climbing Sherpa for the trip (see options for costs) to keep you safe.

Mental Toughness:

You need to be able to endure sleepless nights, nausea, extreme cold, high winds, dusty conditions, horizontal snow, and long periods isolated from friends, family and work. Lactic acid will burn your legs every step up the mountain. You must resist the temptation to turn around and let gravity take you home and take away the pain of climbing up. You will be a long way from your favourite restaurants and luxuries. Climbing Everest is not for the faint hearted.

Word of warning:

To summit you must be operating at a level of 100% of both your physical and mental capabilities. If you cave in mentally you will descend before your physical high point. IF however you are having a bad day but are stubborn, if you do not listen to your body and realise you are not capable physically on that day you can easily push yourself too far and become one of the statistics... You must know your own limits, push right to the edge but don't overstep the mark. I recommend in your training you do some severe sessions to exhaustion where you discover in a safe environment just how far you can push your body until you can go no further, (for example walking continuously until you drop; 24-36-48 hours, whatever it takes). You do not want the first time you do this to find yourself at 8830m totally spent...

The satisfaction of reaching the summit is hard earned and only the highly motivated, well prepared will make it.



What's included

- 2 nights accommodation in Beijing
- Beijing-Lhasa train journey
- 3 nights in Lhasa with day tours available
- All accommodation in China according to itinerary
- Weather Reports (extremely important)
- 10 Bottles of Oxygen per climber (unused oxygen not refunded) includes 3 bottles for your Sherpa
- Oxygen mask and regulator per climber
- 1:1 Sherpa or western guide on summit day
- Airport transfers
- 1 night at the Shanker Hotel (4 star) in Kathmandu, single room with breakfast
- All group transportation by private vehicle
- All climbing and travel permits
- Base/ ABC western Doctor
- Western Expedition Leader - Duncan Chessell
- Mountain guides in addition to load carrying sherpas: we will have additional western or sherpa guides, client numbers dependant



Camp 3 - High Camp, 8200m with

During expedition: BC - IC -ABC - North Col (C1) - 7700m (C2) - High Camp (8200m) - summit - return

- Free email from BC and ABC (text only)
- walkie talkies, one per climber
- all meals - fresh vegetables weekly, freshly baked bread
- all tents
- cooks and kitchen hands
- climbing sherpas and western and sherpa guides
- Chinese permits for travel and climbing
- Base camp and ABC personal tents
- High camps - sleeping bag and mattresses North Col, C2, and high camp
- BC/ABC down jacket for camp use

In Beijing

You will be picked up at the airport by one of our representatives, and you will be met by our representative(s) and your Chinese Mountaineering Association liaison either at the airport or at the hotel. Because we provide all tents, oxygen, dehydrated meals, gas, stoves on the mountain etc, you should be able to get to Beijing without excess baggage.

In Tibet

We handle all the paperwork for the Tibet travel and climbing permits. You will need to obtain a Chinese Visa from your local embassy before your arrival. Going to Tibet, we handle all the transportation. Once in Tibet all meals are usually included; hotels are 'interesting' though, sometimes doubles, sometimes only dormitories. We take what we can get... Lhasa is nice but it goes down hill after that. Usually we get decent rooms all the way to BC but Tibet can be an adventure!

Base Camp and ABC

At base camp we have a permanent kitchen with cook and helpers, large dining tent and smaller ones as required, solar power for recharging, satellite phone contact with ABC, radio contact with ABC and camps on the mountain and internet. We provide 1 BC tent per member. We provide three good meals a day and afternoon tea, plus all hot drinks and boiled water for drinking. At ABC we provide the same. At BC there are also showers and good toilets.



East Rongbuk Glacier

We have good solar power systems providing 12V DC, so you can charge all digital cameras, video cameras, battery packs and laptops. 220-240 V AC is available in BC only via a generator which is run intermittently as required. We do not provide unlimited power in ABC or BC, as the solar power system is at the mercy of the weather. Please discuss heavy usage requirements with us ahead of time. BRING ADAPTERS for your equipment to charge from car sockets.

We have laptops available for exclusive use of our teams. Email (text only) is free. Alternatively for heavier users please bring your own but you must have a 12V DC adaptor to charge it. Note that not all laptops will work at 5000m+. If possible ensure your laptop has one of the newer solid state hard drives rather than the traditional spinning versions which perish at altitude.

Mobile phones will work to BC very well and from Camp 2 to the summit also. ABC and North Col camps are blackspot for mobile coverage.

You can surf the web?!?!? why you would want to, I am not sure... or check hotmail

and yahoo etc, \$15 a MB

Climbing

All mountain tents and meals (a good variety), gas and stoves are included. Fixed rope charges are included. The sherpas are responsible for stocking and positioning all the camps. Sometimes they climb with you but normally climb separately until the summit push. The sherpas don't normally carry your personal gear such as spare gloves etc. All tents on the mountain will be provisioned with oxygen cylinders, sleeping mats, sleeping BAGS (yes that's correct), stove, gas and pots. Everyone carries their own food as required above ABC. This is to avoid excess food being carried up by Sherpas and to make sure you choose and get the food you want. We have a mini-shopping market at ABC to choose from.

Oxygen

We use Poisk oxygen and will have to four 4L bottles and three 3L available for each climber (7 total) + mask and regulator. Additionally we include three (3) 4L Sherpa oxygen bottles separately. Unused oxygen is not refundable - high flow packages for summit day are included, with 4L/min flow used. This a big difference to other teams and increases your chance of summiting.

Weather reports

We pay for a subscription to the best weather forecast available, Meteotest from Switzerland. Judging the weather is one of the most important issues surrounding climbing Everest.

Communications and radios

Every climber Sherpa, westerner and client will have a personal 5 watt walkie talkie. Your position will be monitored by the base camp manager and/or guides who will be using 65 watt base station radio units, which can also communicate between ABC and BC if required. This communication is paramount to your safety and smooth running of the trip. Radio protocols will help track you and monitor your safety.

Website updates

We will be providing updates using our own website and specialised dispatch software so regardless of whether you have your own communications or not, your family and friends will know what is happening. You will be amazed at the level of interest. We can assist you with this if you need a few hints.



Top of second step

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Expedition Doctor and BC/ABC manager

We have our own dedicated team Doctor, who will be climbing with the team as far as the North Col / ABC or BC for medical consultations. They have extensive experience at altitude and will be a real asset to the team. Health and weather are the two biggest random factors in determining your success on the peak. While on the mountain our western climbing leader(s) have extensive experience in dealing with any medical issues that might arise.

Emergency evacuation

We have a PAC bag usually stationed at ABC, and emergency oxygen at ABC and BC, plus full medical kits. If you have to leave the mountain early alone or as two people then there will be a jeep charge of up to \$700 per vehicle for transport payable in cash directly to the Chinese liaison officer. If you are a group of three or four then there is unlikely to be a charge but it may be a while before your baggage arrives in Kathmandu. (As 4 people is a jeep load).

Medical kit

We have a comprehensive medical kit at BC and ABC. You should be prepared with a SMALL personal medical kit for on the mountain. Expedition guides are used to dealing with altitude issues and intestinal problems.

Environment

We remove all garbage from the mountain to BC and this includes toilet waste from BC and ABC. This is then disposed of by the Chinese.



Dr Rob North

What's not included

- Personal travel and climbing insurance (we can assist you in your arrangements for this, both climbing and standard cover)
- Departure taxes, Nepal visas (transit visas are free for less than 3 days stay)
- Meals in Kathmandu (breakfast included with room)
- Personal climbing equipment (e.g. personal sleeping bag for BC/ABC)
- Emergency evacuation
- Equipment rental, alcohol and soft drinks, laundry, tipping and other items of a personal nature
- Summit bonus to each of your climbing Sherpa(s) USD \$500 minimum (mandatory if you summit!)
- General staff tips (\$300+), tips to western guides are not mandatory but appreciated :-)
- Early departure or change of itinerary from the group can incur heavy costs typically leaving BC early on your own can cost US \$700 for a vehicle to the border but this can be shared with up to four passengers to cut costs if there is other people wanting to leave at the same time.
- Chinese visa (official invitations from the CMA will be issued closer to the expedition - visas cannot be applied for without this document from the CMA)

Price (in USD)

Trip cost (ex Beijing, China / finish Kathmandu, Nepal), all with the Everest team

- Everest summit climber north side US\$45,000

Early Bird and previous client discounts apply - see below

Options for friends or family wishing to join the team:

- North Col climber, 30 days US\$ 9,900
- Lhakpa Ri climber, 30 days US\$ 10,500
- North Col + Lhakpa Ri climber, 30 days US\$ 11,500
- ABC trekker, 25 days US\$ 5,500
- Stay on at ABC or BC for extra days US\$ 75 / day
- Beijing-Lhasa-BC-KTM - 17 days, no trekking US\$ 3,450

All prices are subject to change. Please request our separate detailed information packs for the above options.

Special offers *not to be combined :-) with any other offer, all deposits due 15th Sept '09, final balance due 60 days prior to departure or offer is rescinded.

5% Previous client discount

ALL clients who have participated in a previous overseas DCXP/Chessell Adventures climbing expedition will receive a 5% discount if booking and deposit received prior to 15th September 2010, available on all options.

Early bird discount

Book and pay your deposit before 15th September and receive a

US\$1,000 discount for summit climbers

US\$ 300 for all other climbing options (N. Col etc)

US\$ 200 for trekkers or BC supporters

Friends / family support groups *booking by 15 Sept

If you bring a group of four (4) or more trekkers or BC supporters get **10% discount** for the whole group

Small groups *booking by 15 Sept

Join up with a team of **4 or more** friends and book together and receive **10% off** any of the above options

Deposits

Due 15th September 2010 for offers to apply

Summit climbers: US \$ 10,000

North Col, Lhakpa Ri: US \$ 2,000

Trekkers to ABC: US \$ 1,500

BC support travellers: US \$ 900



Base Camp, 5200m

Optional extras

- extra oxygen... you already have 7 bottles though - USD \$600/ 4L poisk delivered to high camp(s)
- Extra personal Sherpa Guide for entire expedition – to carry your camera, food and make you a cup of tea on the summit (well high camp anyway) – most do not need this. USD\$ 6,500 to USD \$8,000 depending on experience of the sherpa

Mountain Designs Equipment - VIP privileges

ALL members of our team receive a Mountain Designs VIP 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 (China, Tibet, Nepal) and climbing with ropes to elevations up to 8,850 metres above sea level).

We can suggest insurance for you. Your trip dossier has further details and a full brochure is available on request.

How do I book?

- Step 1** Go to the Chessell Adventures website and locate the trip that you wish to book or forward to us the booking form contained in this document.
- Step 2** Follow the prompts, and enter your details and 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 an automatic confirmation of your booking, and have access to downloads for trip dossier, including what to expect, training tips and so on. This will answer many remaining questions!

Bank details for direct payments of deposits **USD DOLLARS**. Please contact Chessell Adventures to confirm bank details before making final payment

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



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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
- Snow goggles (as for skiing)
- Warm (fleece/wool) hat or beanie
- Fleece scarf or neck gaiter AND Balaclava
- 1-2 pairs of thermal liner gloves
- Wind stopper fleece gloves
- Fleece/wool mitts with wind/waterproof shell (note: mitts not 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
- One piece down suit

ChAdv 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. Amoxycillin)
 - 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)

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.

ChAdv: Chessell Adventures provides this item

✓ Personal Equipment

- Large pack 50-70L (to carry oxygen cylinders in)
 - Day pack 40L-50L (can use large pack)
 - Water containers: minimum 3L:
e.g. Nalgene wide mouth bottles 1L &/or Camelbak bladder.
- ChAdv Base Camp Foam sleeping mats - thick ones in BC, IC and ABC
- ChAdv High camp foam mats + Sleeping Bags provided IN place
- An extra sleeping mat (*recommended; e.g. ThermoRest or RidgeRest)
 - Sleeping bag(s) for BC / ABC use, 950 grams of down min, winter grade
 - 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
 - Millet Everest boots
 - Crampons of rapid-fix, quick-release bail type to suit your boots
 - Adjustable trekking pole(s) *Optional
 - Ice axe: one only, 65-75cm
 - Climbing harness with a belay loop, adjustable leg loops
 - Belay/Abseiling gear: ATC or any belay plate
 - 3 Non-locking carabiners
 - 3 Locking carabiners (wide gate preferred)
 - 1 Jumar or mechanical ascender and sling to attach
 - Double Lanyard ('cow's tail') + 3m spare climbing tube tape
 - 2 Prusiks of 6mm cord: one 1.5m, one 2.0m

Group Equipment Supplied by ChAdv

ChAdv Group medical kit (for altitude illness, trauma, reserve antibiotics);
emergency oxygen and portable altitude chamber

ChAdv Satellite phone (pay for air time used)

ChAdv Satellite internet and laptop for email

ChAdv Tents, dining tent, all cooking and eating equipment & food on trek/climb

ChAdv Generator & Solar panels to recharge camera batteries & for solar light
(you'll need a car adapter for your device)

ChAdv Duffle bag for transporting personal gear by Yak

ChAdv Climbing ropes, fixed safety ropes

ChAdv Snow anchors, ice anchors, rock anchors, v-thread cord

Gear notes

Personal gear

You **MUST HAVE ALL** of the following personal gear, clothing and equipment for the trip. It may be possible to buy some last minute equipment in Beijing or Lhasa but this cannot be relied on.

Drinking water system

Due to the extreme cold up high on the mountain it is important to get your drinking water system well sorted. I would suggest for most of the trekking use a 2L to 3L capacity Camelbak with an insulated hose.

Above the North Col (7000m) I would not use a bladder (camelbak) system as it will likely freeze. For summit day many people use a small thermos of 500mL capacity to supplement their Nalgene 1L (wide mouth) plastic bottles.

I always take a minimum of two 1L Nalgene plastic water bottles, (no other brand is reliable so far) bought in a western country NOT Nepal or Lhasa as they are often fakes... I have an insulated cover for one bottle in my pack – wrapped in any spare clothes and the other bottle I put on the inside of my down suit for summit day, without a cover on it. In addition to this I also take a pee bottle up on the mountain, also use a Nalgene for this...so be careful.

Sleeping bags

The sherpas will stock North Col (7000m), Camp 2 (7700m) and High Camp (8200m) with sleeping bags provided by Chessell Adventures. Thus you do not need to carry personal sleeping bags on the hill, this cuts down on carrying equipment up and down a number of times. You will need a very good bag for BC, IC, ABC; we recommend an 950 to 1100 gram down bag at a minimum. Many people bring a 2nd bag to leave in BC when they go to ABC.

Down Suit

Option A: Standard Gore-Tex shell over fleece and light down jackets to 7000m, one piece down suit after this. This is the best option by far. Above the North Col is very cold.

Option B: Heavy weight Down Jacket + down pants = a two piece down suit set up, often a little cold though.

My Personal advice is go for the one piece down suit option with Millet Everest boots and Down mitts, oxygen is really good at helping to warm your extremities but is not enough alone to guarantee a trouble free trip.

Boots

We have tried all sorts of combinations of over gaiters, Koflach Arctis Expeditions, etc etc, BUT the only way to go if you're serious about keeping your toes is the Millet Everests or the La Sportiva Olympus Mons.. any questions? They are available in Kathmandu for USD \$600 off the shelf (UK sizes 6-12). Let us know ahead if you want some and we can buy them for you.

Gloves

Trekking and up to ABC windstopper gloves should be fine.

ABC - North Col is often warmer, windstopper gloves or fleece lined goretex shell gloves are good.

North Col and above... MITTS, simple.

Above the North Col use a heavy fleece lined set of mitts with goretex outer shell. The Black Diamond Mercury Mitt is really good for most use.

Also you should carry a spare pair of down mitts with you at all times on the mountain. For example Mountain Designs or North Face down mitts.



More questions?

For any remaining or last minute questions – let us know – even once you arrive.

Duncan Chessell or Katie Sarah + 61 8 8232 4433 [duncan@](mailto:duncan@chesselladventures.com) or katie@chesselladventures.com

You may find the following websites useful:

<http://www.lonelyplanet.com/china/tibet>

<http://www.lonelyplanet.com/nepal>

<http://www.lonelyplanet.com/china>

Personal details & trip details

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

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: _____

Shirt size: XS S M L XL XXL

Trip applied for: _____

Start date: _____ Finish date: _____

How did you hear about the trip: _____

Previous Experience: _____

Extra Comments or requests: _____

Special Dietary Requirement: _____

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): US\$ or AU\$ or other _____
Deposit due: _____ Currency (listed on website): US\$ or AU\$ or other _____

Base Currency price policy

Each trip has a "base currency" 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. The base currency is often US\$ for the Himalayas/Africa, SA\$ for PNG. However check the listed currency against your trip on the website. 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 invoice you in the appropriate currency and assist with payment either by credit card, Pay Pal, 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. Merchant (credit card) fees are charged on credit cards, rates vary, ask the agent.

Agents

Our agents handle all our reservations, bookings and will invoice you for your trip. In Australia you can book with Airport Travel Centre in Adelaide who is our sole agent for Australia, t/a licence number TTA 192806. Airport Travel is also our sole agent for all PNG product. You can also book with our Kathmandu office for Himalayan product. See our website for a complete list of contact details and agents to book with. You can also book online at www.chesselladventures.com and the closest agent will be then in contact to finalise your booking arrangements with you.

Credit cards can be used for AU\$ price trips + credit card fee (varies on agent, ask your agent)

Credit card type (circle): Visa Mastercard Amex Diners
Cardholder number:
Card Holder Name: _____
Card Security Code: last 3 digits on back of card (CSC)
Signature: _____ **Expiry date** /

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 Chessell Adventures of the following matters in relation to my upcoming trip with Chessell Adventures. 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 Chessell Adventures's fault or the fault of anyone. These incidents may be caused by others in my party, employees or directors of Chessell Adventures, 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 Chessell Adventures will take reasonable precautions to minimise the risks, there is no way Chessell Adventures 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 Chessell Adventures, its directors, officers, employees, agents, partners or subcontractors.

Chessell Adventures 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.

Acceptance

I have read and understood, and accept, the Risk Awareness / Liability Waiver, Cancellation Policy and the Trip Price Policy. I understand and accept the risks that have been explained to me, I hereby waive my right to bring any legal claim against Chessell Adventures even where Chessell Adventures 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.

Cancellation Policy

Your non-refundable deposit amount is specific to each trip and listed on the Chessell Adventures 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. Chessell Adventures 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 Chessell Adventures 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 Chessell Adventures, less any unrecoverable costs. Chessell Adventures 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

Chessell Adventures 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.