



## Mount Everest Expedition

Mount Everest at 8,848 metres / 29,035 feet, the tallest mountain in the world, has been a fascination for all adventurers since the late 19th century. Sir Edmund Hillary and Sherpa Tenzing Norgay became the first people to stand on this most coveted summit on May 29, 1953. They climbed through the Khumbu Icefall and ascended to the South Col through the Western cwm, from where they ascent to the summit via the Southeast ridge. This route is now referred to as the Normal Route. Everest is still the ultimate summit for any mountaineer, and the accomplishment of standing on its elusive summit is not diminished by recent popularity.

Questropix Adventurers' Mount Everest Expedition is a non guided expedition, which is for climbers with previous experience climbing big mountains. However, make no mistakes, as this is a complete expedition, providing you with nothing less than the finest support on the mountain, a strong Sherpa team, an excellent medical facility with our own expedition doctor, fabulous kitchen crews at both Base Camp and Camp 2, top quality equipments and expedition food and a complete expedition logistics from Kathmandu to Kathmandu.

Since it is a non-guided expedition it allows you to plan your schedule as per your personal needs, for a careful and safe ascent, allowing multiple ascents to higher camps for acclimatisation as well as multiple full descents to Base Camp and/or a lower village for rest. However, Questropix Adventures do not allow any climber to climb alone on the mountain, hence, for each climber, we provide one Climbing Sherpa who will be your climbing partner on the mountain.

### Proposed Itinerary Mount Everest Expedition:

- Day 1. Arrive in Kathmandu (1300m). Transfer to Hotel
- Day 2. In Kathmandu: shopping and restaurants. O/N Hotel
- Day 3. Fly to Lukla (2860m) and trek to Phakding (2650m)
- Day 4. Trek to Namche Bazaar (3450m)
- Day 5. Rest and acclimatization in Namche
- Day 6. Trek to Tyangboche (3830m)
- Day 7. Trek to Dingboche (4348m)
- Day 8. Rest and acclimatisation at Dingboche
- Day 9. Trek to Lobuche (4900m)
- Day 10. Trek to Gorak Shep (5180m)
- Day 11. Trek to Mount Everest Base Camp (5300m)
- Day 12. Rest, organization at Base Camp
- Day 13. Rest, organization

## **Climbing Mount Everest:**

Day 14. Climb partway to camp 1 at 5800m. Return to Base Camp

Day 15. Rest in Base Camp

Day 16. Climb to Camp 1 at 6100m. Return to Base Camp

Day 17. Rest in Base Camp

Day 18. Climb to Camp 1 and sleep there

Day 19. Explore route to Camp 2, at 6800m and return to Camp 1 and sleep there

Day 20. Return to Base Camp

Day 21. Rest in Base Camp

Day 22. Rest in Base Camp

Day 23. Rest in Base Camp

Day 24. Climb to Camp 1 and sleep there

Day 25. Climb to Camp 2 and sleep there

Day 26. Rest in Camp 2

Day 27. Explore route to camp 3 7300m, return to Camp 2 and sleep there

Day 28. Return to Base Camp

Day 29. Rest in Base Camp

Day 30. Rest in Base Camp

Day 31. Rest in Base Camp

Day 32. Climb to Camp 1 and sleep there

Day 33. Climb to Camp 2 and sleep there

Day 34. Rest in Camp 2

Day 35. Climb to Camp 3 and sleep there

Day 36. Descend to Camp 2 and sleep there

Day 37. Descend to Base Camp or Gorak Shep

Day 38 to 40. Descend to lower Village and rest there

Day 41. Return to Base Camp

Day 42. Rest in Base Camp

**Summit Attempt:** (weather permitting)

Day 41 to 61 - Climbing period and Summit attempt

Day 62. Pack up Camp 2

Day 63. Return to Base Camp

Day 64. Pack up Base Camp

Day 65. Pack up Base Camp

Day 66. Trek down to Pheriche

Day 67. Trek down to Tyangboche

Day 68. Trek to Namche, Teahouse or camping

Day 69. Trek to Lukla

Day 70. Flight to Kathmandu. Celebrations!!! O/N Hotel

Day 71. In Kathmandu. O/N Hotel

Day 72. Fly Home

**The above itinerary allows enough time for proper acclimatization, rest days, and several returns to base camp. The weather at this time of year is normally quite good and stable. However, we have included extra days for summit attempt in case of**

### **Experience Required**

Joining a high-altitude trek or expedition is a serious decision. To join us on Mount Everest, you need to be fully conversant with mountaineering techniques and must be very fit. Ideally, having completed Alpine climbs and have prior altitude experience of around 7,000m. Prior to joining, please see your doctor and obtain the necessary permission and advice.

### **Climbing Style**

We emphasize on "Safety first" and our main objective is to help you summit Everest safely with the greatest amount of personal fulfilment and fun. We climb cautiously and carefully, with an excellent Sherpa support team and organization. We also have an extensive medical facility clinic with a high altitude trained Expedition doctor stationed at Base Camp. On the Mountain, we have highly experienced Climbing Sherpas, and we provide one climbing Sherpa for each Climber. Our Sherpas will fix the route, set up the high camps and carry the oxygen cylinders, as well as the group equipment, such as tents, stoves. They also help with high altitude equipment transport, carrying your extra weight both up and down the mountain.

We provide walkie-talkie' radios, satellite telephones, the best oxygen bottles, 4 camps on the mountain, sufficient fixed line, hundreds of rock, ice and snow anchors, top-quality high altitude tents and high altitude stoves, expedition mix gas, and full safety equipment: **medical oxygen, Gamow bag, and extensive medical kit.**

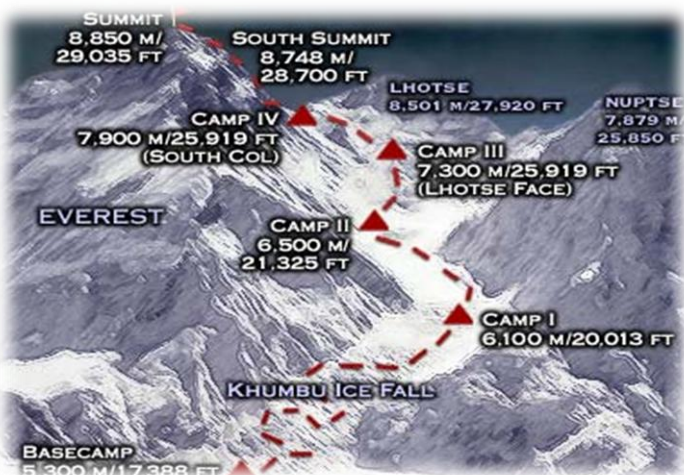
**Cooks and Food:** We have our skilful and hard working cooks at Base Camp and at Camp 2, who prepares three hot meals each day with a very healthy diet of fresh vegetables, cheese, egg, and fresh meat as well as tinned meats and fish (all meats and fish are prepared separately out of respect for the vegetarians in our midst). They also serve a high dose of carbohydrates from breads, rice and pastas. They supply you with unlimited hot-drinks, the key to successful acclimatization. We have weatherproof kitchens and heated dining tents with comfortable chairs and tables.

## Our Service

- All internal transportation
- Porter's and Sherpa's assistance.
- 5 nights in tourist class hotel on bed and breakfast basis while in Kathmandu.
- Welcome dinner.
- Mount Everest climbing permit
- Liaison officers costs.
- One Climbing Sherpa for each Climber.
- Extensive Medical Clinic with Expedition Doctor at Base Camp.
- Emergency use of Pressure bag (Gamow bag) and medical oxygen cylinders.
- All camping and kitchen facilities at Base Camp and Camp 2.
- All meals while on Base Camp and Advanced Base Camp.
- All mountaineering equipment, including ropes, fixing gear, tents, stoves and fuel, oxygen cylinders. (you have to bring your own oxygen mask which is easily available in Kathmandu)
- 40 kg baggage allowance.
- Lodge trek with all food during the trek to Base Camp and back from Base Camp.
- Transfer of all you baggage to Base Camp and Back to Base Camp.
- Staff insurance, tourist service fee and all taxes applicable as per state law.

## Not Included

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- Personal accident and rescue insurance. You must provide your own rescue insurance
- Mineral water, beer, soft drinks and extra tea/coffee outside of normal meal times.
- Private room accommodation in Kathmandu unless a single supplement is paid.
- Optional tips to guides and porters.
- International airport departure taxes.
- Visa costs.
- Helicopter evacuation in the unlikely situation, although we do arrange for it and make the necessary documents so that you can claim from your insurance.



# Recommendations for things you should bring

## Clothing:

### Head

- Warm hat wool or synthetic that covers your ears;
- Balaclava;
- sunhat;
- Glacier sunglasses with side shields, 1 pair ski goggles with light and dark lens;
- Headlamp with extra batteries and bulbs;
- Bandana or head scarf, also useful for dusty conditions

### Upper Body

- 2-3 cotton t-shirts
- 2 polypropylene t-shirt
- 2-3 long sleeve woollen shirts, lightweight
- 1 polar fleece pullovers, medium weight
- 1 polar fleece jacket
- Gore-Tex jacket with hood, waterproof and breathable
- Lightweight down jacket for Base Camp
- For high altitude use, 1 very warm goose-down (duvet) jacket with hood, you may prefer a down/duvet suit

### Hands

- 1 pr. lightweight poly-liner gloves
- 1 pair mittens, consists of 1 Gore-Tex over mitt matched with the very warm polar fleece mitt liner

### Lower Body

- 1 pair walking shorts
- 1 pair walking trousers for trekking and around camp
- 2 pair lightweight thermal bottoms, woollen
- 1 pair medium or expedition weight thermal bottoms
- 1 pair polar fleece trousers
- 1 pair Gore-Tex trousers, Waterproof/breathable with side zips
- 1 pr. Goose-down (duvet) trousers, you may prefer a down (duvet) suit

## Feet

- 1 pair One-Sport / Millet Everest boots or equivalent
- 1 pair trekking /walking boots with good ankle support
- 1 pair trainers, running shoes and/or sandals for Kathmandu and in camp
- 1 pair down booties (optional)
- 2 pair med-heavy polypropylene or wool socks
- 3 pair of liner socks, polypropylene or wool
- 2 pair lightweight trekking socks, polypropylene or wool

## Sleeping

- For high altitude, 1 down (duvet) sleeping bag (rated to - 30 Centigrade or -0 Fahrenheit). In the high camp, you can sleep in your down (duvet) clothing inside your sleeping bag
- At least 3 closed cell foam kari-mats.

## Rucksack and Travel Bags

- 1 medium rucksack (50-70 litres)
- **We provide you 2 big duffle bags.**
- Small padlocks for duffel kit bags.

## Personal food for camps beyond Advanced Base Camp

- We ask each member to bring their own imported daily snack and energy foods. We do not provide cold "snack" food such as chocolate or "energy-bars". We ask that you bring or buy your own "snack" or daily cold energy food, 2-5 kilos is a good amount. A growing variety of imported foods such as cheese, chocolates, biscuits, cookies, nuts, and power-bars are now available in Kathmandu, at realistic prices.



## **Accessories**

- 1 small roll of repair tape, 1 sewing repair kit
- 1 cigarette lighter
- 1 compass or GPS
- 1 camera and film, or digital camera with extra cards and extra batteries
- Nylon stuff sacks for food and gear storage, large Ziplocs are useful also
- 4 water bottles (1 litre) wide-mouth Nalgene (1 is a pee bottle)
- 1 plastic cup and spoon
- 1 small folding knife
- Binoculars (optional)
- 1 bathing suit/swimming costume
- Books, playing cards, ipod/ mp3 player, short-wave radio, game boys, musical instruments, ear plugs, lots of batteries, etc.
- Travel clothes for Base Camp and in town.

## **Healthy and trouble free holiday:**

There are no compulsory vaccinations required for entering Nepal. However please consult a doctor for vaccination against Typhoid, Meningitis, polio, and hepatitis. If you have special dietary requirements or allergies, please through your agent, give us a list of what you can and can't eat so that we can provide proper food for you.

If you are undergoing a course of prescription medicine, please ensure that you have sufficient supplies for the entire holiday. Some types of drugs including antimalarials have side effects at high altitude; therefore please consult your doctors regarding these drugs. The places you trek are mosquito free and there has been no report on malaria in Kathmandu for the past couple of decades.

## **Insure yourself:**

We highly recommend you to take a comprehensive Personal Travel Insurance before leaving home. This should cover for your loss of baggage, airline delays, sickness and accidents.

## **Money Matters**

The ideal currency to bring with you is US\$ or Euro in traveller's cheques.

**In Kathmandu:** Each meal will cost around 4 to 6 US\$. Plus 10 to 20 US \$ for your taxis if you wish to go around the city.

**On trek:** you will need around 5 to 6 US \$ per day. This money is for your hot showers, chocolates, soft drinks and beers etc and also for small donations in the monasteries.

## **Tipping**

Although tipping is entirely optional and personal matter the following is recommended as a guideline

**In Kathmandu:** For bellboys, waiters and porters 20 to 30 Nepali Rupees

**On the trek:** At the end of the trek it is a customary to tip the field staff. The Group leader will organize that for you.

### **Some Do's and Don'ts**

Nepalese people treat visitors as special guests. Although they will never rebuke you publicly for unknowingly offending them, we must consider their culture. While in Nepal and in Tibet please observe the following

- 1 Full or partial nudity is not accepted.
- 2 Over display of affection between men and women, especially in temples and monasteries are discouraged.
- 3 Please remove your shoes before entering monasteries and temples.
- 4 Never point the soles of your feet at a person or shrine.
- 5 Many Hindu temples are closed to non-Hindus. Please ask before entering.
- 6 Locals walk around the Mani walls and Stupas in a clockwise direction as a respect and they expect you to do the same although it is not compulsory.

ENJOY!



The View over Mount Everest from Renjo La