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IRISH  
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## INTRODUCTION

The object of this expedition was to scale Churen Himal (7371m), in the Dhaulagiri Himalaya of Western Nepal, by the previously unclimbed South West Face, which is some 3000m in vertical height.

For all of us, it was our first visit to the Nepalese Himalaya and we found the degree of forward planning, the money involved and the bureaucratic background work all to be quite daunting and something not to be taken lightly. The present trend of increasing complexity of regulations governing climbing in Nepal seems to be continuing and must be the biggest single discouragement towards organising an expedition - especially from Ireland where budgets and numbers are small, good organisers and fund raisers very thin on the ground. That being said, the lure of the Himalayas is great and once on the way, with bureaucracy behind us we soon forgot the hassle and expense.

The peak was booked by the Summer of '83, the choice being based on a photograph of the West Face in an account of the 1st ascent of the mountain in the Alpine Journal. The team however was not finally settled until a few months before we left; accidents, lack of cash, work and family commitments all taking a toll on the original members.

No expedition is possible without finance, and it is becoming increasingly obvious that if expeditions to major mountains are ever to be mounted by Irish climbers then a more professional approach to money raising will have to be adopted. For this trip we are indebted to the many shops, firms and individuals who gave so generously. But is it right to continue taking without giving back some real benefit?

For the first time we "sold" our story to a newspaper, or rather they paid us for a pair of articles sent back from Nepal. These achieved a certain prominence and despite a few journalistic excesses in the papers choice of headlines, were on the whole well received. Some climbers have criticized us, mistaking, I presume, our motives for the publicity. It was not in any way an attempt at self gratification but simply to bring to the attention of the public at large what is going on - to possibly help our sponsors and, as importantly, to help foster future expeditions. If we are to depend on public money for our finance we must not ignore the public interest.

Although the planning, buying and packing went on for many months, the real start of the expedition was on March 30th, the day we left Belfast. The story of the expedition is given in a brief diary from starting from that day.





### 30th March

Tea time at Aldergrove. Posing in front of our Dan-Air jet for photos. Settling into our complimentary seats, sipping our complimentary drinks, glimpsing through the cloud our last views of the Mourne for a couple of months. Down to earth again at Gatwick and by bus to Heathrow. Settled into a cleaners cupboard surrounded by our rucksacs we await our early morning flight.

### 31st March

Check in at the Thai desk and try to bluff through our excess baggage over our already generous excess baggage allowance of 45kg each. Nothing doing and a £370 kick in the teeth just to send us on our way grinning! Good food, a crap movie, more good food and Delhi airport at 3.00 in the morning of.....

### 1st April

By 5.00 queing up for the 6.30 flight to Patna. By 6.30 queing up for the 8.30 flight to Patna. Our number is called. Dawson vaults a low wall to speed his way to the ticket counter and we nearly miss the plane as he's ticked off by an officious Sikh. Good food, no movie, and only just over the hour's flight see us in Patna, a temperature already in the 90's and a whole car park full of taxi drivers squabbling over the dubious privilege of carrying us and our eight rucksacs to the bus station. A stop-off en-route to buy tickets and then we were loading the same eight sacks onto one of the ubiquitous ramshackle busses. Off by 11.30 and on, and on and (is it still the same day?) on to the border at Birganj. The stop start nature of passing through Indian customs, Indian Immigration, Nepalese Immigration, Nepalese Customs, makes rickshaws the most convenient means of travelling the  $\frac{1}{2}$  mile or so between them all and the memories of being pedalled along in a small convoy of bicycle rickshaws across the jet black "no mans land", lightening flickering in the northern skies is one of the most vivid of the whole trip. At Nepalese Customs we each had "he has Walkman" neatly written under our Visa stamp, and then on to the hotel and first nights sleep since leaving Belfast.

### 2nd April

Up at 5.00 and onto the bus at 6.00. Off that bus at 6.30 and onto another, which finally went about 7.30, having crammed in as many passengers as the others would tolerate, and then a few more. To do justice of any description of such travel needs a very audible imagination. The rumbling shaking of the bus itself is only just masked by the screaming whine of Hindu music played at maximum volume from a poor quality Japanese tape recorder and speaker. Sleep was next to impossible, Walkmans couldn't begin to cope, just let your mind go blank and stare out of the window. Kathmandu by 5.00 p.m. and esconsed in our hotel by 6.00. A meal with some friends from Doug Scott's trip and an early night.

### 3rd April - 6th April

The formalities begin. Round to Sherpa Co-Operative to meet Mike Cheney, and set the bureaucratic wheels in motion. We meet our two Sherpas, Ang Kami and Kami Sarke, and Martin and Malcolm buy the food, kitchen equipment and extra gear under their guidance. As the piles mount up in our bedrooms Phil and Dawson visit the British Embassy to register our presence, deal with the paperwork and organise transport to Pokhara. Here we are lucky as "Exodus Expeditions" the overland travel firm, have a spare truck in Kathmandu and are willing to hire it to us for our outward trip. By the 6th all the food is bought and packed. Dawson attends the briefing session in the Ministry of Tourism and meets our Liaison Officer, Singh Gurung, who causes some last minute panic by demanding a lot of extra gear. Finally we buy enough to placate him, our permits are all issued and we're ready to go.

### 7th April

Up at 5.00, round at the store where the lorry is by 6.00. Still there at 7.00 trying to get the lorry started, but by 7.30, Phil Normington, our driver has it sorted out and we're away on the 200km, 6 hour drive to Pokhara. The road is good, though hot and dusty, and after a brief lunch stop along the way we arrive in Pokhara and the camping ground behind the "Himalayan View". We have already taken on 11 porters from Kathmandu and now hire the balance for our twenty odd loads, and buy our fresh vegetables. By dusk all is organised and we are treated to a sunset view of Machupuchare and Annapurna to herald our first of many nights in the tents.

### 8th April

An hours drive south from Pokhara to the start of the trail meant a late start and the sun was high in the sky before we finally set off. The first half mile was pleasantly downhill and for many miles after only a gentle incline. The afternoon cloud came in early and eased our progress until a short rain shower cleared the air and brought down again the ferocity of the sun. Our gentle trail ended abruptly in a 2000'climb to a 8000'col and the afternoon sun showed no mercy as we and our porters alike sweated up the endless switchback path. The col was crowned with a small village which we reached in the last rays of sunlight, just in time to catch the orange glow of sunset on Annapurna, Dhauligiri and far away in the distance, our own particular goal - Churen Himal. Our campsite was the local netball pitch, nestling on a little plateau on the northern side of the ridge and whatever it lacked in news facilities it made up for in position and the spectacular views. We pitched the tents in the last rays of the sunset and as we watched the light fade and the stars come out, our Sirdar pressed a hugh mug of tea into our hands and energy drained by the sun flowed back through us.

### 9th April

Up early to catch the sunrise and to study the peaks. At this time of the year the valley is hazy and frequent cloud tends to drown the peaks from any distant views, so it is only at sunrise and sunset they can be clearly seen. We were not disappointed and even from the tent door we got a fine view. Binoculars, maps, zoom lenses were all rapidly produced as we argued over which peak was which and most importantly which was "ours". Our Sirdar, Kami Sarke had promised both us and the porters an easy day after our rather abrupt introduction and so there was no rush to get away - another mistake!

It was all downhill (except for the odd 500' gorge to be labourously descended and even more labourously reascended) and given a reasonable temperature it would have been a pleasant enough walk but the drop in height increased the temperature and clear skies all morning bore a burning sun. We made spurts between shade and in this rather shambolic fashion reached the village of Kusma at about 3.00 just in time to pitch the tents in an obliging locals back garden before a violent shower and accompanying thunder. It didn't last long though and so we had a chance to relax and recuperate in the shade.

### 10th April

We woke to a sound more appropriate to the Mourne than our expectations of the Himalayas - rain drip dropping onto the tent roof. But it was a warm gentle rain and a blessing in disguise as it kept away the enervating sun. Our days walk followed the course of the Kali Gandaki River from Kusma to Beni - a distance of some 16 miles, but at a gentle incline on a good track. The Kali Gandaki is fed from the plains of Tibet and curves its way through the Himalayan chain between Dhaulagiri and Annapurna, both 8000m plus peaks, forming the greatest river gorge in the world. The section we were to follow is of a gentler nature, and the gorge sides are set back sufficiently to allow banks of fertile land on each side and good paths link the many villages. Here and there modern technology has tamed nature and suspension bridges link communities formerly divided by the great river. Our days end is a grassy river bank, at the confluence of the Gandaki and Mandaka Rivers, the latter of which forms our site for the next days walk. A good day - despite the gentle nature of the walking, we feel we've accomplished a great deal. Already we are starting to plan our climbing.

### 11th April

A brilliantly clear morning gave promise of a scorching day ahead. We were away early to get as far as possible before the sun hit us but even after a couple of hours, around 9.00 it took a terrible toll on our pale Northern bodies. I had gone ahead as fast as I could to get the maximum benefit of the shadow, but around 9.30 I stopped to bathe by feet and wash my socks in a little stream. Phil soon caught up with me and expecting the others to be not far behind we wandered on. At a shady resting place about 10.30 we stopped to let the others catch up... and were still there at 1.00! They had stopped for lunch at the last village! Every day there was at least one of us not feeling the best and today it was Malcolm's turn - a combination of the hot sun and change in food and water had us all running below par for at least part of the time. The afternoon wore on and the lack of a good campsite was becoming obvious - by 4.00 even the porters were flagging and when eventually, at 6.00, a suitable place appeared there was some dissent among the ranks.

### 11th April (Cont/d....)

Our Sirdar, Kami Sarke stepped in and after much arguing it was agreed "no more long days". The seriousness of our position was evident in that at one stage they were threatening to leave en masse, but soon everything was all smiles again. We bought a couple of chickens for tea and despite their leather like quality they were rapidly devoured. Everybody tired and looking forward to the short days.

### 12th April

Another early start to get the best advantage of the shade, we had only gone half an hour or so when we met the South Korean Expedition to Churen Himal, returning after an unseccessful attempt on the West Ridge - the ridge bounding the left of our face. They were only a two man team and blamed their failure on the very unsettled weather - it had snowed for a few hours at least every day. Hopefully it will have sorted itself out by the time we're on the peak! We pumped them for information and got a few comments on our route, but really its still a case of wait and see. Our gentle stroll along the river bank ended abruptly in a steep series of never ending switch backs, slightly compensated by the shade from a thick pine forest and tantalising glimpses of the Dhaulagiripeaks. With the growing pressure on the land, the farms creep higher and higher up the steep valley sides. The only way to get flat fields is by terracing so that the landscape resembles one of those layered cardboard contour maps we used to make in geography class at school. But the land is fertile all the fields are full of rice, potatoes, wheat and rye, and as we pass by, the spring harvest is being taken before the onset of the monsoon. Our campsite is another school playing field and immediately we are besieged by school children who sit and stare at us greatly amused by even the simplest things we do.

### 13th April

Woken about 5.00 by the yapping of a dog close by. Within seconds it seems that every dog in the village has responded and soon the valley resounds to furious howling barking and yelping as dogs from every part join in. Just what set them off I've no idea but there was no more sleep after that this morning.

Today 12 of our porters were being paid off, and 10 new local ones taken on - the difference being the amount of food and fuel we have consumed over the last five days. After much discussion agreement was reached on both sides and "redundancy" payments made. Kami, our Sirdar, reckons it works out cheaper for us so we're happy enough. With all this it was nearly 8.00 before we got away and the steep hills to follow slowed us down. Once again though morning views of the Dhaulagiri peaks were magnificent, though our own was still hidden behind 12000 foothills. After 2 hours we stop for an early lunch - our porters reckon water is scarce ahead and today's walk is meant to be easy - mostly level or downhill to the foot of the col which should give us our first views of Churen Himal. After lunch down to a river, where we have a very refreshing and much needed wash, then about two hours walk takes us to a secluded little river valley and our camp site for the night.

### 14th April

The day started uneventfully enough with a couple of hours along steep valley tracks, but after an early lunch we turned sharply north to enter a deep and secluded forested valley, the kind of place you imagine no white man has been before. It was filled with an incredible tangle of trees and undergrowth, split only by a narrow but immaculately constructed path with flights of sculptured steps linking together long sections of paving. Here for the first time we experienced the rhododendron in all its natural beauty - not a mere bush as our imported breed, but full, magnificent, trees each covered in the national flower of Nepal. The path was steep and seemingly endless, ever upwards to the 11,000' col we had to cross. An afternoon thunderstorm spoilt our hopes for views of the peaks, and we descended dripping, down the equally contorted path of the northern side to a smooth clearing in the trees. Here we camped, our tarpaulin slung between branches providing shelter and a cosy conviviality in the damp afternoon light. Fresh chicken again for tea brightened our spirits - by far the most interesting days walk yet.

### 15th April

We woke to see the massive south face of Gurja Himal looking down on us through the trees surrounding our forest glade. In the clear skies of morning it seemed both incredibly close and incredibly big. Our forest stroll continued downwards through some lovely and fragrant pine trees, but then out into the strong morning sun for the climb up to the village of Gurjakani - our last village before the mountains and indeed the end of our days walk. A short day - we are due to change porters again for the last three days up to Base Camp. Our Campsite is, once again, the school netball pitch as again its the only flat, non planted area around. Immediately of course we are besieged by the school plus the teachers, - probably on the timetable as extra mural activities. Later, a tour of the village and Singh explains the mysteries of weaving, basketmaking and spinning, and I get a chance to examine in more detail the details of the local house types.

### 16th April

Our new porters obviously aren't quite so early risers as the last lot because it was after 8.00 before we got away. They seem to be playing the "local knowledge" game a bit as well as they are trying to persuade us to camp where we are now, at 1.00 p.m., on the grounds that there's no decent camp site for a long long way on. They're probably right but we have no way of proving it so it looks like another short day - we have probably only covered about 2½ miles, although the last mile was fairly rough going. Not that we're complaining too much though, because this slow gain in height, we are now about 11,000', is good for our acclimitization, and its quite a pleasant camp site. However impatience is setting in, we are anxious to get to Base Camp, anxious to see and study the mountain, and anxious for a good rest instead of this staccatto movement. The mountains are all covered in cloud, as usual for this time of day, but maybe towards evening we'll get a view at last. Only two days to Base Camp!

### 17th April

Yesterday and according, to the map, we had believed we were in the valley leading up to our Base Camp. Our porters told us different but we, brought up on the infallability of the printed map, were sceptical. The porters were right, the map wrong - so wrong in fact that it had the main rivers coming off our peak flowing to the East, instead of the West as actually happens. We thus had an abrupt start to the day - four thousand feet of a climb up to a 15000' ridge, which we followed for a mile before descending about 3000' to our main valley. That's roughly equivalent to climbing Ben Nevis from sea level, at an altitude around the summit of Mont Blanc. Apart from the physical effort though it was a great days walk, valuable acclimitization and, most important of all, at last we got a good view of our peak and daunting it was too. One of those mountains that's inspiring and beautiful to look at, but awkward to work out how to climb. The west ridge looks easy but then it's already been climbed and thus lacks some of the appeal of the other possibilities. Still, nice to have something to fall back on... The South Ridge looks good and feasible and very attractive. The West Face, less attractive but a few possibilities that only a closer inspection will determine their practicality. A violent snow shower sends us hurrying back to the tents for cover, but it doesn't last long and we move back to study the mountain. No answers yet, but it's nice to see what we've come half way round the world for, and spent 10 tiring days walking towards.

### 18th April

Just arrived at Base Camp which is perfectly situated at the foot of the mountain and gives excellent views of the routes we will be trying. Sitting here, about 10000' below the summit is an impressive sight but our routes look good and what's more feasible. Base Camp is a flat grassy area flanking a glacier stream, giving all day sunshine but plenty of shade behind high boulders. It also boasts a ready made "kitchen" - a stone walled enclosure built by previous expeditions and fully equipped with larder shelves! The day is whiled away sorting out the gear and establishing the camp. Excitement is building up and the weather seems settled.

### 19th April

The heat, altitude and tiredness from the walk in make us lethargic. Content to spend the day at Base Camp we start the long process of sorting out our food and gear into what is going to stay at Base Camp and what we are going to take up the hill. In the afternoon a stroll up the moraines above B.C. reveals the route to the glacier and the bottom of the West Face. Tomorrow, we tell ourselves, we'll start.

The climbing story does not fit as easily into a daily log, but rather into periods marking sections of the route and is dealt with thus:

BASE CAMP - ADVANCE BASE

20TH APRIL - 26TH APRIL.

1. Base Camp, ideally situated for viewing the mountain and as a place for restful retreat, was too low and far away from the start of the to be used as a climbing base. So, we decided to establish an "Advance Base Camp" at about 15000' on glacier moraine below the initial rock buttress. Even from here, with the face vastly foreshortened by our proximity it was too much to comprehend in one "slice". In our minds we carved it up into more manageable chunks and concentrated on the individual difficulties of each section; the steep rock buttress running from 15000' to 19000'; the huge, easy angled but heavily crevassed snowfield from here to around 20000'; the upper rock spur with its initial flanking snowfields, leading to the South Ridge at around 23000' and the ridge to the summit at 24158'. The route to Advance Base was for the most part of the most soul destroying loose glacial moraine. Imagine trying to walk up down and around great piles of quarry or coal tip waste - no cohesion between individual stones, no firm base. The amount of effort required is out of all proportion to the distance or height gained - similar to deep dry sand dunes, or powder snow that has a light crust which infuriatingly breaks a second after you put your weight on it.

Here and there we found cairns, relics of previous expeditions but as the underlying glacier is always moving, these were not always in the best positions, and an easy route one year could easily be isolated by crevasses the next. This is the sordid side of the glacier - the glistening white of the upper snowfields and the deep blues of the seracs are discoloured and hidden by rock, gravel and dust. Dirty grey cracks in the ground show up its true nature - it is all too easy to rely on the seeming solidity and permanence of the rock covered landscape. After about three hours hard toil up from Base, we found perched in the centre of the moraines, a small area, obviously used by previous attempts on the West Ridge route. Not much to see - a cleared area for tents, a small stone walled enclosure and a depressing amount of rubbish, but a good start for us - not quite as high as we would have liked but safe from the surrounding rockfalls, avalanches and crevasses. It was a strange place to be - there was the almost constant background noise of seracs falling in the high glacier behind and even though you know you're safe every rumble has its psychological effect.

We carried our first load up to Advance Base Camp on the 20th April and then scurried back to Base Camp. The next day we set off again with the rest of the gear except our personal stuff - sleeping bags, clothes etc. However we only managed about half way before a terrific snowstorm came in, blotting out vision and very quickly turning an already featureless landscape into an absolute maze.

We marked our position, dumped the sacs and headed down to Base. It continued snowing the rest of that day and by evening about four inches had fallen. Next morning - normally the best part of the day - dawned grey and murky with the mountain blotted from vision by a misty veil, and before long it was snowing again - and again for most of the day. On the 23rd it cleared and we set off, picked up the dumped loads and broke trail through the fresh snow up to Advance Base but the clearing in the weather was short lived and by afternoon it was again snowing heavily.

So continued the pattern for the next two days - a few hours brief and watery sunshine in the morning - usually enough to air the sleeping bags and melt most of the previous days snow, then the clouds would roll in and it would snow until evening. These are the days you forget as quickly as possible - the first is perhaps a welcome relief from the hard physical work, by the second you are already longing to be moving again and after that....

Long days and longer nights are spent in the sleeping bag, looking out or listening to the snow falling outside the tent. Your rucksac has been packed and repacked half a dozen times, all the books are read, crampons and axes sharpened and resharpened bed sores developing from too much hanging around and sleep difficult to reach.

Minds, shackled from thinking by the timetables and pressures of daily life, now have no diversion and can roam free, questioning everything, including the motives that have brought you half way round the world to lie in a tent and watch the mist swirl around.

We have planned our route. We have studied it in detail from the valley. We have the best gear we can get to protect ourselves from the hostile environment of Himalayan peaks. We have trained ourselves and know we can climb that face... given good weather and, luck, luck?, why luck, whatever it is? There are many ways to die in mountains and although we go to great trouble to reduce the possibilities we cannot hope to remove them all. Physical exhaustion and altitude combine to reduce our reasoning, awareness and self control although we pick our route to minimise their potential. Bad weather could pin us down for days and in doing so make easy ground difficult and safe snowslopes avalanche prone.

On the third day since our last carry we decide to go up and stay at Advance Base. At the very least it will let us see how the route is being affected by the snowfall, if it clears we will be in the best position to use the good weather, and it will stop us becoming completely stagnant.

To avoid using our precious lightweight dried foods at Advance Base we carry up tinned supplies from Base, so our loads are heavy and we move slowly through the fresh snow but oh, it is good to be moving at all after the forced inactivity.



ADVANCE BASE AND UP THE ROCK BUTTRESS TO CAMP 1.

27TH APRIL - 2ND MAY.

2. At the camp we clear away the snow, dig out our gear and erect our red nylon cover over the stone walled shelter using a frame of bamboo rods. If we are to sit out bad weather we must be as comfortable as possible and the shelter relieves us from being confined to the tents. And there's still plenty of bad weather around it seems - by 2.00 p.m. its snowing heavily again, we are in the middle of a white, white world, alone it seems, and surrounded by crushing whiteness as the snow piles around us.

The next morning, the 27th is again clear, and for the first time there are no threatening clouds on the western skyline. The sun on the fresh snow is dazzling and we have to spend several hours digging out the tents and our gear. By about 10.00 a.m. we are organised and decide to try and carry a load of climbing gear up to the foot of the rock - by a long traverse left and then back right we can avoid an initial 500' high buttress, the penalty being a long slog up what today was deep fresh snow, but what would eventually become more tiresome scree slopes. Three hours slog under a hot sun took us up and that was more than enough for us. After a quick look at the rock and reckoning, as we had thought, it would provide pretty hard climbing, at least to start with, we headed back down to the camp.

On the way we started discovering odd scraps of wrecked and abandoned gear scattered around. This was the first clue in the great puzzle of the German, October 83 expedition to Churen. They were meant to have been trying the South Ridge of the mountain, and were reported as having been avalanched off the ridge, two members being killed and a further four injured. This report had puzzled me at the time as it is unusual, to say the least, for ridges to be threatened by avalanche. The German's Base Camp site was a few hundred metres above ours, and its grim array of Tibetan prayer flags fluttering in the breeze, carrying their written messages to heaven combined with a roughly constructed wooden cross and carved memorial stone served as a reminder of the seriousness of Himalayan climbing. The memorial stone said "S.W. WAND" one further clue, but it was not until much later we put the pieces together and realized that the Germans had in fact been trying a route on the face parallel to our own - avoiding the difficult but safe rock buttress of our choice and climbing instead on an easier line of rock but one threatened by seracs above. They had paid the price of their choice.

The weather was set fair now and we swung into gear. The next day we carried the rest of our food and equipment to the start of the difficult climbing and, after a bit of a struggle succeeded in climbing the first rope length. This took longer than we'd thought and eventually proved to be about the most difficult pitch we climbed. Loose rock, the fresh but melting snow and lack of natural cracks to arrange protection rather than extreme technical difficulty made it an exacting start to the route.

By the time we'd climbed and fixed a rope on that it was time to descend for the day, so, not pleased at all with progress we returned to the camp.

Having all four of us together at this stage was a duplication of effort. Our plan was to run out all our ropes - about 2000' length, up the rock buttress first, thus easing our ascent when we went up heavily laden with our personal gear. So next day Martin and I set off early, leaving the camp at about 6.30 a.m. and now that the trail was broke, the snow was still frozen and we were better acclimitized, taking only an hour and a half to reach the bottom of our fixed ropes.

In the first rays of sun Martin climbed the next pitch which proved nearly as difficult as the first - thus "verglas" or frozen melt water on smooth slabs providing tenuous purchase for his axes and crampons. It was soon over though, he was back in the relative safety of frozen snow and the rope ran out steadily. After that a long rising traverse led into a steep snow gully and the way up the buttress was clear. In a great mood now we quickly ran out our allotted 1000' of rope by about 2.00 p.m., and with the ropes in place our descent was quick and easy.

Phil and Malcolms turn the next day, while Martin and I descended to Base to pick up some more food. On our return to Advance Base we were greeted with the welcome news that they too had run out the 1000' of rope and it led onto an easy rock ridge that gave access to a steepish snow slope. This in turn led after about 500' onto the second stage of our route - the great snowfield. We were making good progress and the weather seemed now settled - occasionally a misty cloud would form in the afternoon but there was no more than a few flakes of snow. Slightly more worrying were the high winds that blew up around dusk and lasted most of the night - they were strong enough at Advance Base - what would they be like higher up?

May Day was marked by us carrying the rest of our climbing gear and six days food up the ropes, up the snow slope and onto the snowfield for the first time. The base of the spur looked deceptively close and after a few hundred metres along an easy snowy ridge we found an ideal spot for a campsite in a small crevasse below a rock outcrop. We spent an hour levelling out a platform in the hard ice and dumped the gear. The base of the rock spur looked about 2 hours easy walk away and we were exultant. Despite the height we had come up - we estimated the camp site to be about 19500', we all felt well, if a little breathless, and by 4.00 p.m. we had easily descended the ropes and the scree to the camp.

We'd been on the go for six days continuously now and badly in need of a rest, so the next day was spent sorting out our personal gear for going up to our high camp. Despite taking up food and climbing gear already our sacks were still heavy and without the ropes in place we could not have climbed the difficult rock pitches carrying such loads - tents, sleeping bags, bivvaac bags, stoves, extra clothes, axes, crampons, helmet, head torch plus a host of little things all add up to a seemingly incredible weight and bulk. Agonizing decisions are made over the ounces of an extra torch battery or spare pair of socks. How many bars of chocolate, how many packets of drink powder?

## CAMP 1, THE UPPER FACE AND RETREAT TO BASE

3RD MAY - 6TH MAY.

3. Up at 5.00, packed up and ready to go by 6.00. Despite the unpleasantness of getting out of a warm sleeping bag into the bitterly cold morning air, huddling over the sputtering stove pushing lumps of ice into the kettle to melt and trying to keep the circulation going in fingers and toes, it is worth it just to be able to climb in the cool hours before the sun gets up. Being a S.W. face it isn't long either - by 8.30 the first rays are glancing down and by 10.00 the sun is full on the face. A cool breeze often springs up to ease matters but the hours between 6.00 and 9.00 are to be savoured, the air is clearest and the views spectacular. We move steadily upwards, pulling up about half the ropes behind us - what we reckon we'll need on the upper face - and adding their weight to our already burdensome loads. By 11.00 we reach the snow slope, the sun already full on it and the snow makes a mockery as we sink and squirm in its sugary wet texture. Two hours later we reach the camp site, pretty well beat for the day and glad now of the sun to relax in and melt water for the endless succession of drinks to combat dehydration, at high altitude, the dry cold air literally sucks the water out of your breath - fruit drinks, coffee and soup. And it's not easy. Every bit of that has to be melted from snow or ice - which takes as much fuel as boiling it. All the fuel has to be carried up and is heavy. Too much fuel, we couldn't carry the loads. Not enough and we'd slowly dry up and stop. The balance is fine and just one more thing to think of. The evening is good, the weather seems fair and we plan the rest of the route.

Tomorrow we cross the snowfield carrying all the climbing gear and 3 days food, and up the icefield flanking the spur. We then fix our ropes up the spur dump the gear and return to the camp - simple.

After a rest day we then take our personal gear, go up to our high point and climb 'alpine style' up the rest of the spur onto the ridge. 'Alpine style'? well basically as you would climb in the European Alps - no fixed ropes or camps, just carrying your gear and climbing as you go - quick and easy. Easy that is if the ground is such that you can climb it with heavy loads, but the upper part of the route looked easy enough. So much for the plans - what about reality?

The night of the 3rd brought very strong winds which made sleep difficult to come and it was not until after six the next morning they abated enough for us to be able to move around with ease outside the tents. By the time we had the gear sorted out and the tent well anchored down sun was already sneaking over the ridge.

Our first footsteps set the tone for the day - instead of freezing solid as we had expected the snow had remained sugary with only a light crust. Occasionally we managed two or three steps on the surface before infuriatingly sinking back up to our calves again. Progress was slow and energy sapping.

A crevasse appeared but we avoided it easily. Then another, and another. Phil fell into the next one but stopped himself a few feet down. We weaved and wound through the ever tightening maze. Just as we thought we were through the worst we would climb a slight rise and find ourselves on the lip of a huge crevasse - invisible from below - maybe 20' across, 200' deep and impassable. Nothing to do but following one bank and hope to find a narrowing, a snow bridge or an end. Crevasse followed crevasse, time wore on and the sun climbed higher. The heat grew intense as the bright snow all around us reflected to burning rays at any exposed skin. Our energy was drained and still the maze led us on through its contorted 3D dance. Our "easy two hour walk" was taking us three times as long, becoming more dangerous by the minute as the sun worked on the seracs.

At around 20000', around noon, a further shock awaited us. We came across the grisly remains of the German's camp under a hugh serac and perched very precariously between two crevasses. The two bodies remained the most permanent mark of their presence, one sitting upright, shrouded in duvet and sleeping bag, limbs twisted at odd angles; the other prone in sleeping bag. Scattered around, bits of tattered tent and equipment, a scene of devastation. We were unable to approach closer than about 10 yards. It was difficult to decide whether storm or avalanche had been their downfall but it was a sobering sight.

Another hours slog took us at last through the snowfield and to the base of the steeper icefields. Here the snow had mostly been swept away to leave rock hard brittle ice that shattered alarmingly at the slightest touch. We realized suddenly how badly our plans were thrown. We would have to start fixing our ropes at this point as it would be too dangerous to try and climb this ice carrying the heavy loads. Phil and Malcolm dumped their gear and turned their attention again to the snowfield - trying, on the way down, to establish a more straightforward route through the tangled heap of crevasses and seracs. Martin and I continued, on determined to run out our ropes and reach the rock spur.

The climbing was not steep - about a 45/50<sup>o</sup> icefield, and given good snow would have been very straightforward. But we were not to be given good snow. The brittle ice shattered and collapsed at our axe blows. Occasionally it was covered in a layer of sugary wet snow which clogged our crampons and slid off the ice without conpunction. More frequently the ice itself was undermined by little snakingrivulets of melt water, causing it to break off in great honeycombed sheets. It was the most insecure climbing I'd ever attempted and the physiological strain was as great as the physical one. This was considerable as the hard ice only allowed the very tips of the front point of the crampons to penetrate and my whole weight was levered on these. Calf muscles straining I managed about 50' of movement before having to hack out a step in the ice for a rest. I'd run out about 600' of rope and Martin joined me at the belay when a new danger made itself evident.

The hot sun, working away at the upper face started sending down volleys of stones as the ice melted in the cracks of the shattered rocks. At first they were only far to our right and we watched them whirr past but soon they were all around us, not constant or even frequent, but enough. I'd reckoned the rock spur should be protected from them so, with our last 300' rope headed out diagonally left towards it. As I neared it the ice got worse and worst till I was trying to climb in a slippery icy sludge, inclined at 50°, with no chance of decent protection. One glance at the rock made my heart sink further - it was loose and shaky offering very little security and no pleasure. Worse still, stonefall raked it as often as the ice slope. It was a dangerous place. A shout from Martin told me the inevitable had happened - one of stones had found its mark and he was shouting in pain. I was nearly at the end of the rope and it seemed pointless to go on, so retreating back onto the better ice and hastily banged in three ice screws, tied off the rope and abseiled down. Martin was okay, a bit bruised and shaken but nothing serious. We lost no time sliding down the ropes and out of the stonefall. Back onto the snowfield in an all enveloping grey mist that combined with the snow to play tricks on the eyes, but we had tracks to follow down and the descent passed fairly uneventful. It was nearly 5.00 p.m. when we returned, exhausted and bearers of unwelcome news.

Phil and Malcolm were almost as tired and a rest day inevitable. The winds got up again that evening - strong enough to tear the tents from around us and despite our exhausted condition we got very little sleep. They continued well into the next morning and by then the high wispy clouds were present to tell the story of a change in the weather. I'd lain much of the night thinking about the route. I had a gut reaction against pressing on - something intuitive that told me to get out while the going was good. I tried to analyse it - the atrocious condition of the ice - well we could handle that, it wasn't too steep, the stonefall - well, perhaps if we just climbed early morning and found somewhere safe to rest up in the afternoons, the high winds, well they's just been at night so far, so all we needed was well protected campsites, the crevassed and tiresome snowfield - just something to put up with. But now the threat of bad weather as well - no, going on was not justifiable, we should go down. I started to explain myself to Phil - lying beside me in the tent. I didn't have to say more than a few words - he was thinking exactly the same. So were Martin and Malcolm. The decision was made. To go back for the gear left high on the face was too risky. We packed up and headed back down. Once the decision was made there was little point in hanging about and waiting for the weather to change. We had one rope only at our camp so while Martin, Phil and Malcolm carried all the heavy gear and abseiled, I took only a light sack and back climbed after them, bringing down the rope. It was slow but the alternatives were slower and we made steady progress down the rock buttress.

By 1.00 p.m. we'd reached the top of the ropes we'd left in place and comparative safety and by 4.00 p.m. we were all back at advance base, all exhausted, all disappointed, but satisfied by knowing we had done our best.

The next morning dawned fine and I began to wonder about the weather change, but sure enough, within an hour clouds were gathering in the west. We packed up again - no mean task as by now our loads were around 70lbs each, and literally staggered off down the moraines to Base Camp.

Our Sherpas and Liaison Officer were glad to see us although as disappointed as we were that we have not reached the top. Our arrival barely preceded the first flakes of snow and soon Base Camp was enveloped again in an all too familiar swirling white storm. A violent thunderstorm following which lasted many hours, centred right on the mountain and the snowfall continued right through the night. In the morning the clouds briefly parted to reveal a mountain glistening white under new snow, and then closed in again. By noon it was snowing again at Base Camp and I lay back in the darkened tent and shuddered to think of our position had we decided to push on - trapped on the rock spur with little food - upward progress ruled out by the fresh snow, retreat made a death trap by the same snow sliding off the glassy ice slopes. I snuggled deeper into my bag and felt smug.

#### RETURN JOURNEY.

4. Confined to Base Camp by continuing bad weather we had plenty of time to reflect on the route and the experience. The porters finally made it in on the 9th May and we left early the next morning. We were still tired and found the going tiring right from the start. The high col loomed in our memories as a fearsome torture, but the slopes seemed much gentler than we had visualised and by evening we had reached Gurjakhani - the equivalent of our last three days walk on the way up. The weather remained bad, and although we got a few tantalizing glimpses of a snow plastered face, we were in almost continual cloud, mist and rain down to within a thousand feet or so above the village. Utterly exhausted after our long day we sank onto the netball pitch and eventually revived by steaming cups of tea.

Possibly our ragged and downtrodden look encouraged the porters to try their luck, but almost immediately we were being pestered for not only an increase in wages (3 days for the days walk) but for all sorts of bits and pieces of gear they fancied. Added to that Singh wanted to send another mail runner on in front of the party to take the news to Beni and from there to Kathmandu via radio. We, by this stage, very cost conscious, disagreed, as we felt the day or two difference was of no consequence when there was no accidents etc., to report or that we needed help in any way, so I'm afraid we temporarily fell out with our LO. Needless to say soon all was smiles again, and a good nights sleep restored our humour.

The journey continued without incident and as we left the hills behind us and the days walk became more gentle, we gradually recovered. The weather continued poor with no mountains to be seen at any time of day and frequent showers. Gurjakhari, Sibang, Dhorbang, Beni, Kusma, Karkinetta all passed and by the end of seven days walking we found ourselves back in the dusty heat of Naudandan, paying off the porters and clambering aboard or rather aloft, a typically rickety bus back to Pokhara.

At Pokhara we called a temporary halt to try and recover and see some of the sights. A morning spent on bicycles and an afternoon boating and swimming in the beautiful lake passed all too quickly and we rather over indulgently gorged ourselves on all that Pokhara's many cafes could offer. I say over indulgently 'cos by the time we boarded the bus for the eight hour trip to Kathmandu, both Martin and Malcolm were already paying the price, and as Nepalese bus is the worst possible place to be feeling even slightly ill. But the journey passed as they all do and after the usual fighting for taxis we landed back in the Hotel Gajur, another stop nearer the end of the expedition and home.

KATHMANDU - BELFAST.

18TH MAY - 30TH MAY.

5. We were back in Kathmandu a few days earlier than planned and thus had plenty of time to explore the many delights of Kathmandu, Patan and Bhaktapur, the temples and the restaurants, both to be found in incredible abundance and variety. Kami and Ang Kami both had to leave us early on and after a final meal and an exchange of presents they headed off to their home village of Kimjung. Singh was kind enough to spend a few days more with us and proved to be an invaluable guide around the sights of the Kathmandu Valley.

Our debriefing at the Ministry was short and friendly and once again Liz Hawley of Reuters called in for our story. All too soon it was time to think about going home. Martin and Malcolm had still too strong memories of the Pokhara/Kathmandu bus to entertain similar transport back to Delhi and so booked seats on the very busy air route. Phil and I though decided to travel overland, our one concession being to book 1st class sleeper tickets on the railway from Corakphur, just across the border in India to Delhi.

These proved incredibly comfortable for the overnight journey but their air conditioned coolness did little to prepare us for a temperature of around 115<sup>o</sup> in Delhi. We spent most of the day indoors, still sweating profusely and were very very glad when the time came to go out to the airport, which has improved a lot in recent years. A last minute panic to ensure we were allowed our 45kg baggage allowance and then up the steps and onto the plane, not sorry to be leaving the heat of India, but at the same time already thinking of coming back.





IN

Personal Contributions £3,366.00

Grants FMCI 300  
SCNI 500  
USRT 300  
MEF 400 £1,500.00

Donations Alan Graham 100  
Consarc 250  
Fashion 1 1000  
Gallaghers 150  
W.B.K. 40  
A.I. Bank 25  
M.M. 20  
A.McQ 10 £1,595.00

Sale of Expedition Gear £140.00

TOTAL £6,501.00

OUT

Flights	£2,165.00
Transport	£238.00
Insurance	£409.00
Equipment	£1,448.00
Food	£530.00
Mail	£51.00
Admin	£683.00
Wages	£920.00
Hotels	£57.00
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TOTAL	£6,501.00

<u>OUT</u>	<u>Breakdown</u>			
Flights	:	Belfast-London-Belfast x 4	Free Dan-Air	
		London-Delhi-London x 4	1440 + 371 Excess B-1811	
		Delhi-Patna x 4	210	
		Kathmandu-Delhi x 2	1 144	Total 2165
Transport	:	Gatwick-Heathrow-Gatwick, Bus x 4	20	
		Patna-Kathmandu x 4	53	
		Kathmandu-Pokhara x 20	80	
		Pokhara-Kathmandu x 8	15	
		Kathmandu-Delhi x 2	1 70	Total 238
Insurance	:	Expedition	269	
		L.O. and Sherpas	2 140	Total 409
Equipment	:	Expedition	3 487.20	
		L.O. and Sherpas - Ireland	4 435.80	
		L.O. and Sherpas - Kathmandu	5 200.00	
		Porters - Kathmandu	6 140.00	
		Kitchen equipment	125.00	
		Tarpaulin, Plastic etc.	60.00	Total 1448
Food	:	En route Delhi-Kathmandu	10	
		Kathmandu, Pre & Post	400	
		En route Kathmandu - Base Camp	20	
		Extra by Mail runners	40	
		En route Base Camp - Kathmandu	60	Total 530
Mail	:	Postcards and Stamps	5	
		Mail runners	42	
		Telex	4	Total 51
Administration	:	Peak Fee	7 459	
		Sherpa Co-Op	8 200	
		Visas	24	Total 683
Wages	:	L.O. and Sherpas	9 260	
		Cookboy	50	
		Porters-In	500	
		Porters-Out	110	Total 920
Hotels	:	Kathmandu-Pre Exp.	22	
		Post Exp.	30	
		Pokhara	5	Total 57

NOTES: 1 Phil and Dawson travelled overland Kathmandu/Delhi, Malcolm and Martin flew.

2 Paid in Kathmandu through Sherpa Co-Op.

3 Included fixed ropes, snow stakes, snargs, "Limpet" tent, cook shelter, freeze dried food etc.

4 Much of this given free or at cost by Jacksons, Hilltrekker, Lowe. See "Equipment" for details.

5 Except for L.O. tent and duvet, this was given in form of cash payment.

6 Made up of 20 pairs trousers, socks, shoes, goggles and 12 baskets.

7 50% paid in advance at time of booking, balance in Kathmandu.

8 Paid in Kathmandu £50/person.

9 50% paid in advance in Kathmandu, balance on return to Kathmandu.



## MEDICAL

### Problems Encountered

It is pleasing to be able to report that we suffered from no serious illness or injury, although, like all expeditions, we laboured under the usual stomach upsets, headaches, etc., through various changes of food, the heat and altitude.

However, possibly as a result of our rather long approach march or possibly as a result of the diet supplement we were testing, we agree that generally we suffered less from the process of acclimitization than we have experienced on previous trips to similar altitudes.

On the walk in our problems were confined to the effects of diet changes and insect bites. Whereas the former did not respond to mild treatment such as "Rennies", and the stronger Motillium was required, we were much impressed as to the effects of the antihistamine tablets, Triludan. We all suffered to different extents from reaction to bites, but for those worst affected the tablets quickly reduced swelling, itchiness, and a seemingly "doziness" brought on in consequence.

Most evenings one or more of our porters would present himself for treatment and occassionally some of the local villagers would seek help also. Translating of symptoms was carried out through Singh to Dawson who dealt with a range of septic cuts, headaches, sore throats and muscular pains. All those treated were of a minor nature and any medications dispensed mild. The few more serious cases we dealt with by referring them to the nearest Doctor - many days walk away

With the gain of altitude the familiar symptoms appeared, though none of us suffered badly, and very few medications of any kind were required, save a couple of paracetamol and imodium.

As a result of the food trial we have a daily record of how we felt at each day we spent above 15,000', and this is included in the "Food" section.

It was on our return and especially after reaching "civilization" that we began to suffer heavily from stomach upsets - diarrrohea, although we believed we had been taking as much care with water etc. as we had on the way in. We found Imodium to be an ineffective anti-diarrrohea drug for really bad doses and would recommend something stronger. Once again "Triludan" proved very satisfactory in curbing reaction to insect bites. One case of thrush was treated initially with Nystatin. This seemed to control but not iradicate the problem and it took a course of Impericin to remove it completely.

"Dioralyte" sodium chloride and glucose powders proved an easily taken way of ensuring a correct salt balance and when mixed with drink powders quite pleasant.

"Potable Aqua" water sterilization tablets were used both on walk in and walk out, for drinking water. Taste easily masked by drink powders.

Finally we had to fall back on "Medicine for Mountaineers" which as well as providing enormous amounts of useful information also contains such irresistible reading as impacted stools, herpes and Rocky Mountain Spotted Fever.

## MEDICAL

Vaccinations etc.

The following were taken before the trip - in most cases from personal Doctors, with "Rabies" from the "Travellers Clinic", Lincoln Avenue, Belfast. Programme started about 2/3 months before departure.

Yellow Fever

Required by regulations, comes with certificate to be carried, lasts 10 years.

Smallpox

Not strictly necessary or even desirable from medical viewpoint - although you could be asked for certificate. Usually possible to get this without the injection! Valid for three years.

Cholera

Recommended. Lasts six months and comes with certificate.

TABT (Tetanus and Typhoid)

Desirable, though not required by regulations.

Polio

Not required by regulations. Booster needed every five years.

Gamma Globulin

Limited and short term protection against infectious hepatitis. Taken immediately prior to departure.

Malaria

"Maloprim" tablets, weekly, starting fortnight before going and continuing 1 month after.

Rabies

Good vaccine available and recommended - 2 doses, 1 month apart.

## MEDICAL

Medical supplies were split up into three sets; a Base Camp bag, a smaller "BDH" bottle for higher camps, and individual's own kits. Contents were as follows:

### BASE CAMP

Medicines Etc.	1 doz. pkts. Dioralyte	-	Rehydration Powder
	1 tube Difflam cream	-	Muscle Sprains
	1 tube Flamazine	-	Burns
	1 tube Bonjela	-	Mouth Ulcers
	1 bottle Oil of Cloves	-	Toothache pain reliever
	1 tube Durophat	-	Fluoride varnish
	1 bottle Ckatrim	-	Antibiotic Powder
	2 bottles Potable Aqua	-	Water Sterlization
	1 bottle Iodine Solution	-	Water Sterlization
	1 bottle Hypromellose Eye drops	-	Eye Lubricant
	1 bottle Neo Cortef Eye Drops	-	Eye Lubricant, Snow Blindness
	1 bottle Diocalm	-	Mild Anti-Diarrhoea
	1 bottle Aspirin	-	Pain Reliever
	1 bottle Spectraban	-	Sunscreen
	100 Paracetamol	-	Mild Pain Reliever
	25 OF 118	-	Strong Pain Reliever
	25 Temgesic Sublingual	-	Strong Pain Reliever
	25 MST Morphine	-	Very Strong Pain Reliever
	50 Triludan	-	Anti Histamine
	30 Imodium	-	Strong Anti Diarrhoea
	20 Maloprin	-	Malerial Tablets
	25 Imperacin	-	Antibiotic - respiratory eye, ear, nose
	25 Nystatin	-	Antibiotic - fungal infection of mouth
	25 Magnopen	-	Antibiotic - broad spectrum penicillan
	20 Lasix	-	Pulmonary Oedema
	20 Diamox	-	Pulmonary Oedema
	20 Motillum	-	Gastro Enteritus

Bandages Etc.	1 No. 15 wound dressing
	1 No. 14 wound dressing
	2 sterile dressing packs
	1m sterile gauze
	25g cotton wool
	2 No. 3" crepe bandages
	4 10 x 10 Melolin
	2 5 x 5 Melolin
	2m fabric dressing strip
	1 pt Moleskin



Bandages Etc.

Cont/d..

- 1 roll finger bandage and applicator
- 6 pkts sutures
- 3 triangular bandages
- 3 elastic supports - knee, ankle, wrist
- 5m zinc oxide plaster
- 1 doz. safety pins
- 2 pairs scissors
- 1 pair forceps
- 1 sterile scalpel

Base Camp first aid kit was packed into a Cordura nylon bag approx 200mm square by 75mm broad, weighing approx 1½kg.

Advance Base and Camp First Aid Kit

With exception of "Fracstraps", packed into 250mm high x 100mm Ø waterproof BDH bottle.

- Contents: Medicines etc:
- 25 DF 118 Strong Pain Killer
  - 25 Termgesic Sublinqual - Strong Pain Killer
  - 25 MST Morphine - Very Strong Pain Killer - Oral
  - 5 Amphoules Pethidine - " - Injection
  - 30 Lasix - Pulmonary Oedoma
  - 30 Diamox - Pulmonary Oedoma
  - 25 Imperacin - Antibiotic, eye, ear, nose
  - 25 Nystatin - Antibiotic, mouth infections
  - 25 Magnopen - Antibiotic, broad spectrum
  - 1 bottle Neo-cortef drops - snow blindness
  - 20 Imodium - Strong Anti-Diarrhoea
  - 10 Motillium - Gastro Enteritus
  - 25 Euhypnos - Sleeping Tablets

Dressings etc.

- 3 pkts savlon concentrate
- 1 sterile dressing pack
- 2 10 x 10 Melolin
- 2 5 x 5 Melolin
- 1 No. 14 wound dressing
- 1 No. 15 wound dressing
- 1 3" crepe bandage
- 1 Triangular bandage
- 1m fabric dressing strip
- 6 safety pins
- 3 pkts sutures
- 2 "Fracstraps"
- 1 2ml sterile syringe
- 1 25 x 15/16 hypodermic needle
- 1 21 x 1½ hypodermic needle
- 5 sterile swabs

Medical Cont/d...

Typical Personal First Aid Kit

Medicines:

24 1pkt. stomach anti-acid tablets - Rennies etc.  
40 2pkts. Throat Tablets - Bradsol/Dextrasol etc.  
24 1pkt. Mild Painkillers - Paracetamol etc.  
10 1pkt. Strong Painkillers - Temgesic Sublingual  
10 1pkt. Strong Anti-Diarrhoea - Imodium  
20 1pkt. Anti Malarial Tablets

Bandages:

1 Triangular bandage  
1 No. 14 wound dressing  
1 crepe bandage  
1 No. fabric dressing strip  
Assorted plasters  
Safety pins  
2 sachets savlon concentrate  
1 tube antiseptic cream  
1 bottle cicatrin antibiotic powder  
2 tubes glacier cream  
2 tubes lip salve  
1 bottle potable aqua, Water Sterlization Tablets  
1 pair scissors



## FOOD

With the exception of 10 days supply per person to Freeze Dried Meals, Soup and Potatoe Powder, and limited supplies of boiled sweets and drink powders, all our food was purchased in Kathmandu and Pokhara. In addition of course we had the diet supplement on trial, which is dealt with in the following section.

We used this locally purchased food up to and at Advance Base Camp thus saving our lightweight food for higher altitudes. In the event, although we did not use it all, we would have been happier with a greater amount of Freeze Dried etc., to be able to sit out a long period of bad weather without having to descent to Advance Base Camp and eat the heavier supplies.

We had little problems with any of the food although some of them, especially biscuits, were inferior to western standards.

Our Sherpas lived on a diet of mainly rice and dal, which we also consumed in vast quantities, although our L.O. had a more Western style diet - partook more of the meats, biscuits, fruit and cheese. Thus for budgeting purposes it is worth establishing at the outset what both Sherpas and L.O. are going to eat.

The list over is based on both our own and Sherpa food (4 of us, 2 Sherpas and L.O.) and gives an indication of the amounts and weights involved.

FOOD LIST - KATHMANDU

<u>ITEM</u>	<u>WEIGHT</u>
Rice	20 kg
Sugar	19 kg
Porridge	8 kg
Egg Noodle	5 kg
Tinned Meat	40 x 400g tins
Tinned Fish	40 x 350g tins
Soup Powder	30 x 60g pkts
Mild Powder	8 kg
Drink Powders	3 kg
Coffee	1.5 kg
Tea	3.0 kg
Drinking Chocolate	.5 kg
Tinned Cheese	10 x 500g tins
Tinned Fruit	30 x 850g tins
Custard	1 x 500g tin
Biscuits	40 x 200g pkts assorted
Sweets - Boiled	4 kg
Flour	16 kg
Dal	20 kg
Salt	5 kg
Jam	8 x 500g jars
Baked Beans	10 x 500g tins
Cooking Oil	12 litres
Soya Sauce	1 litre
Curry and Chilli	.1 kg

FOOD LIST - POKHARA

<u>ITEM</u>	<u>WEIGHT</u>
Potatoes	25 kg
Carrots	5 kg
Cauliflower	2 kg
Cabbage	2 kg
Onions	10 kg
Oranges	5 kg
Apples	5 kg

EXTRA SUPPLIES BROUGHT TO B.C. BY MAIL RUNNER

<u>ITEM</u>	<u>WEIGHT</u>
Potatoes	10 kg
Rice	10 kg
Sugar	5 kg
Flour	5 kg

MISCELLANEOUS COOKING EQUIPMENT AND FUEL

<u>ITEM</u>	<u>WEIGHT</u>
Washing Powder	1 kg
Toilet Rolls	30
Pressure Cooker	1
Kettles	2
Basins	3
Saucepans	3
Utensils - large spoons/knives	6
Pot Scrubbers	12
Dish Cloths	4
Pressure Lantern	1
Water Container	1 x 5 gal.
Fuel Containers	5 x 2 gal. 1 x 1½ gal.
Scales	1 x 30 kg
Plates, Cups, Cutlery	7 sets plastic and enamel
Matches	3 doz. pkts.
Methylated Spirits	½ gal.
Paraffin	8 gal.
Petrol	2 gal.
Tarpaulin (Cook Shelter)	1 No. 10 kg.

PORTER EQUIPMENT

Each Porter Received:

- 1 x Wicker Basket.
- 1 x Pr. Track Suit Bottoms.
- 1 x Pr. Socks.
- 1 x Pr. Shoes.
- 1 x Pr. Goggles

All bought locally at approx £7 per porter.



## FOOD TRIAL

On request from Dr Duncan Grey of the Royal Victoria Hospital, Glasgow, we agreed to undertake a trial of two high calorie foods to measure what effect they might have on acclimitization and performance at high altitude.

The trial consisted of filling in a "multiple" choice questionnaire each night, as a measure of how we were feeling, and reporting on taste and mixing of the foods.

The foods themselves, one a powder, one a liquid, are high calorie supplements, and added to more "normal" foods on a regular basis. The plan called for a repeated three day programme, alternating between the powder and liquid, on a 1500 calories/day ration. This was either 400g of the powder (made up in 100g packets) or  $\frac{1}{3}$  litre of the liquid. The trial was envisaged as 20 days, above 15,000'. In the event we spent only 15 days at or above this altitude and so the trial was curtailed to this.

The report below is our purely subjective views on the foods. Perhaps analysis of the questionnaires will show in some objective manner the value or relative values of the foods but our comments are in general not enthusiastic. We found the food difficult to take and without any immediate feeling of benefit it was sometimes hard to keep to the trial.

### Powder

#### Mixing.

We found the powder very hard to mix with just about all the foods we tried it with. It is a floury/icing sugar texture and very easily forms lumps when either water is added to it, or it is added to water. We found, after much trial and error, that best results were obtained by using a small amount of hot water and making a thick paste. This could then be further mixed or dissolved in the food. We would have thought that a granular powder (like fruit drink powders/mild etc) would be easier to mix.

### Taste

The powder on first acquaintance has a neutral and not unpleasant taste. However we found that very quickly this neutral taste became sickening and flavoured or changed the flavour of all the foods we tried with it. The biggest single factor was concentration. We started off with one 100g packet in each serving of porridge/drink meal but this was far too concentrated and unpalatable. We eventually ended up with a level of approx  $\frac{1}{4}$  packet per cup of porridge, soup, meat portion, potatoe portion and  $\frac{1}{2}$  packet per Mountain House packet.

Although we knew we were getting a high energy input from the food, the lack of bulk was felt, and we were eating as much other food as we would normally have used. We were thus carrying a greater weight of food than otherwise would have been the case, and we honestly were not convinced it was worth it.



## Liquid

### Mixing.

The liquid solved the problems of mixing we had with the powder but raised others instead. It seemed to have a "fatty" content and as such did not mix too well with fruit drinks, but was fine in porridge, potatoe powder etc.

However other factors were more important. The weight of the liquid was considerable and a major logistical problem, especially as we were trying to climb as light as possible.

Liquid unfortunately freezes, and it was impossible to prevent this as we had to establish food and gear dumps prior to moving up to camps. It also expands as it freezes and we lost a couple of bottles that way! More seriously though, it "separated" after freezing and being thawed, and was very difficult to re-mix to an acceptable liquid.

Contamination also worried us and even though we had it split up in small bottles we were worried about this.

## Taste

Opinion was divided whether or not taste was more or less acceptable than the powder, but in any case we did not find it attractive. Again it seemed an innocuous neutral taste at first but it did change the taste of the other food and it was this that became again unpalatable. Again concentration was important. We had hoped to use it in coffee/tea etc., as a sugar and milk substitute, but in acceptable concentrations, it was not sweet enough and we had to add sugar as well.

The same comments, although to a lesser extent, apply about bulk and need for other food. Weight wise it is off course very heavy.

- Suggestions
- Powder - If packaged like a fruit drink with a specific taste it would be a lot more acceptable.  
Granular for easy mixing.
  - Liquid - Too many practical problems for use on a lightweight expedition to high altitude.

We were not generally impressed - indeed if we had not been carrying out the trial we would have given up using it early on. We did not derive any pleasure from using them, although we knew they were giving us valuable energy. Need more thought as to taste before viable.



## EQUIPMENT

We would like to express our appreciation and thanks to the following companies, shops, institutions and individuals who donated or loaned the gear listed below:

- Lowe Alpine Systems : Donated: 4 Mt. Robson Mountaineer Rucksacs  
gave discount on: 1 Super Diamond Tent  
8 "Snarg" Ice Screws  
2 Rucksacs - Kalahiri & Expedition
- Hilltrekker, Newcastle : Gave discount on all expedition and personal gear  
and trade prices on all porto, L.O./Sherpa gear.
- Jackson Sports, Belfast : Donated underwear shirts and other clothing for  
L.O. and Sherpas, gave trade prices on other L.O./  
Sherpa gear.
- Snowdon Mouldings : Trade prices on "Limpet Tent" and other clothing.
- Sports Council for N.I. : Loaned: 1 Pyramid tent, 1 Optimus stove, 1 MSR stove,  
Northern Ireland 1 Deadman, 1 Snow shovel, Bolt kit, and agreed in  
Mountain Centre advance to buy expeditions tent.
- R.U.C. Mountain : Loaned two pairs Petzl jumars and other karabinrs and  
Rescue Team climbing equipment.
- Ian Rea : Loaned snow saw.  
Calvin Torrans : Loaned jumars.  
Peter McGlenaghan : Loaned Heibeler Clamps.  
William Brown Kerr : Loaned "Hummingbird" as spare ice axe.  
Garth Henry : Donated sleeping bag for L.O./Sirdar.  
Nick Stevenson : Donated waterproof anorak for L.O./Sirdar.  
John Scovell : Loaned maps.

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To follow: Full lists of personal, expedition and Sherpa gear.  
Notes on performance of certain items.

## EQUIPMENT NOTES

### 1. Rucksacs: "Lowe" Mount Robson Mountaineers.

Lowe Alpine Systems, Tullamore, Co. Offaly, Ireland, kindly donated four of these sacs to the expedition. Lowe classify them as part of their "budget" range - cutting out some of the "extras" or "frills" of their other sacs, but keeping to their usual harness system, materials and quality. They are a big, single compartment sac with the standard Lowe features of side compression straps and the fully adjustable and extremely comfortable harness, with the addition of a removable top pocket that allows an almost limitless upward extension. Thus it has an incredibly flexible capacity up to around 100 litres and consequently is extremely flexible in use.

As our sacs were used on both the walk in and walk out as porter loads as well as for all our climbing needs above base camp, they came in for a lot of abuse. The nylon material of most of the sac (cordura sides and base) although reducing the overall weight, was not durable enough to withstand this and all our sacs suffered from minor tears and punctures. However even under tension these did not rip further and were easily patched.

We found all the straps to work well, without slipping although some of the buckles seemed awkward to open. They appeared to be of a softer plastic than earlier Lowe sacs we had used and whereas this possibly gives them better resistance to knocks, seemed to take away from the "spring" action of their opening.

These are but minor complaints. The sacs were comfortable to use and very stable, even with heavy loads (we had up to 30kg each on our descent from Advance Base Camp to Base Camp). Their huge capacity was essential both for carrying our gear out and back and as porter loads of 25kg, and, strapped down, made an excellent climbing sac. With the top pocket removed it proved ideal for carrying loads of gear and food between camps, and when in place, the pocket was more than adequately sized for all those little and not so little items you need handy.

So, to sum up, we had slight doubts as to the durability of the material but overall we were very impressed with the sacs performance. Ideal for any "big" mountain climbing.

## 2. LOWE "SNARG" ICE SCREWS

After a lot of trouble, Mr Jimmy Leonard, of Lowe, Tullamore, was able to obtain eight of these for us from their American factory. Following reports in "mountain", in which the Camp/Interalp versions were shown to suffer from poor quality control and thus inconsistency in breaking strengths, we were very pleased to be able to obtain these.

In practice, we found them excellent, with a performance for outstripping any other types we had with us. They are very light, the cleaning slot removes all the problems of ice clogging the screw, and the security they give is quite remarkable. Most of the ice we were climbing on was of very poor quality - very often a layer of rotten, honeycombed ice on top of very hard and brittle "winter" ice. Both other drive in types (Salewa, Snowdon Mouldings) and screw in types (Salewa, Chouinard) all shattered this hard brittle ice, breaking it off in huge "dinner plates". Snargs did not shatter the ice at all and yet went in and out very easily.

The one slight problem we found with their use was that they tended to rotate slightly as hammered in. This needed correction to bring the eye down to its connection position and we were worried this may reduce holding capacity.

In summary though we found the Snargs to be by far the most versatile and easily used ice screw any of us had yet come across.

### 3. LOWE SUPER DIAMOND

This tent was used throughout the trip - on the walk in and out, and at Base Camp. It proved excellent for this purpose - spacious enough inside for four where necessary and giving a luxurious B.C. tent for 2.

It can best be described as a geodesic dome, with four sectional alloy poles flexing into curves through sleeves on the inner tent. The outer tent is then draped over the inner and pegged out into shape, with one additional pole extending one of the two entrances. This means that although the inner is freestanding, the outer needs fairly strict pegging out to avoid inner and outer touching and so this restricts its use to reasonable ground - either soil or snow.

The inner also of course has to be put up first and in bad weather this could prove a problem with the inner becoming quickly saturated. Also high winds make pitching difficult - especially with two people.

The flysheet door is difficult to get in and out of - even at the end extended by curved pole. This is mainly caused by the guys required to pull the flysheet out into shape and possibly a rigid pole bracing the curved one would be more useful.

Of the four poles, we found it better to arrange them so that the "back to front" poles, went over the "side to side" ones at the crossover points. This put the tent fabric in better overall tension. The flysheet has taped seams throughout and this proved excellent.

As far as we could establish the tent did not leak at all, and stood up to considerable weights of snow very well.

However, condensation in the morning was a frequent nuisance - water condensing on the inside of the flysheet and dripping down onto the inner. The inner is not sealed in any way, but leaked only at a few seams. This would easily be solved by sealing the inner seams.

For the size of tent, it is very light in weight, and yet very sound materials and good construction. Our complaints are minor and overall we would thoroughly recommend this tent for all camping purposes except where a free standing tent is required.

#### 4. SNOWDON MOULDINGS LIMPET

We had two of these tents, one four years old and veteran of two previous expeditions, the other brand new. The age difference did not result in any major design changes, although a number of details have been altered and some weakpoints eliminated.

Generally speaking the "Limpet" is a two man, free standing Goretex dome tent on a rectangular plan with a porch extension at one end. The base is in a heavy neoprene fabric with snow valances all round. Both fibre glass and alloy poles are available. We chose fibre glass - partly because it is cheaper, partly because we reckoned they were much less susceptible to damage, especially by strong winds. The heavier weight we felt was regrettable but not critical.

We suffered extremely high winds for long periods and were very impressed by how the "Limpet" stood up to it. The Limpet is not a lightweight tent, by any means, with a weight of around 8lbs. However few, if any, lightweight freestanding tents could have stood up to the weather, both high winds and heavy snowfall, that we received.

The only damage to the new tent was abrasion of the pole sockets caused by the vibration of the poles in the high winds. The older one suffered more, but that was to be expected and it held together remarkably well with the odd running repair.

Our main criticism with the tent is around the entrance area. The porch makes it very easy to get in and out off, but it is very difficult to avoid knocking or letting snow into the tent, and cooking in bad weather is a trial. We would suggest a lightweight but waterproof "flysheet" to cover an area from the hoop porch pole down, thus giving a space to cook.

However that said, we were very pleased with the tents and more than impressed with their performance.

## 5. BOOTS, INSOLES, SOCKS, GAITORS

The following combinations were used:

	<u>Martin</u>	<u>Malcolm</u>	<u>Phil</u>	<u>Dawson</u>
Boots	Koflach Ultra + Ordinary inners.	Koflach Ultra Extreme + Extreme inners.	Koflach Ultra + Galibier Makalu Inners.	Koflach Ultra Extreme + Extreme inners.
Insoles				X
Socks	1 pr "lifa" 1 pr "Helly Hansen Polar".	1 pr "Herry Hansen Polar".	1 pr loopstitch wool.	1 pr "lifa" 1 pr "Helly Hansen Polar".
Gaitors	Yeti Thinsulate New Type	Yeti Thinsulate New Type	Yeti Thinsulate Old Type	Yeti Thinsulate Old Type

### Boots

Koflach Ultras are pretty well established now as an ideal boot for Alpine and Himalayan climbing, the obvious advantages of lightweight, water impreamability and subsequent thermal performance holding sway over traditional leather double boots. Although it is of course impossible to judge one persons feeling of warmth against another, we did feel that, although undoubtedly better, the Ultra Extreme was not significantly warmer than the ordinary Ultra especially regarding insulation through the sole. Our feet were usually warm enough when climbing but rarely when standing at belays or when around high camps. We feel both types could benefit from extra sole insulation. The tongue remains a problem - very easily ripped when taking boot on or off and is an obvious weak point.

### Socks

Helly Hansen "Lifa" and "Polar" socks were most popular, providing excellent insulation and comfort. Lifa socks next to the skin tend to "wick" away sweat and keep the foot warm.

### Gaitors

We all used Yeti Thinsulate Lined gaitors by Berghaus, which remain the most practical over gaitor for mixed ground despite the vulnrability of the rubber rand. Phil had got round this problem by replacing the rubber rand with a tape sleeve containing a wire and jubilee clip. The one major disadvantage of these gaitors is that there is little insulation for the bottom part of the boot, and no insulation at all on the sole. This however is really an insurmountable problem with complete over gaitors which are really only useful if crampons are to be worn all the time and no use therefore on mixed ground. Even on pure snow and ice routes they would limit the choice of crampons to the strapped variety.



## Insoles

Were felt to add significantly to the insulation of boots. Type used was the Scholl with one reflective side.

## 6. Crampons

### Salewa Cable Binding on Sakwa Everest Crampons

Phil used this combination with great success. The advantage of the cable binding is twofold - The Crampons are much quicker to take on and off than conventional straps, and there is no pressure on the boot upper to restrict circulation. However a very good fit of the crampon to the boot is essential - in Phil's case this involved adding a strip of wood to the central bar to take up the camber of the sole.

### Lowe Footfangs

These were used by Dawson and proved excellent. They are very quick and easy to take on and off. They fit well to boots even with the rubber rand of gaitors following the same line as the crampon clamps. They are also very easily adjustable - so much so that it would be feasible to change the length of front points when changing from say hard ice to soft snow. The crampons gave excellent security on all types of ground. Although they did "ball up" slightly in very soft and sugary snow, they tended to clear themselves every few steps and were much better than ordinary crampons.

## 7. M.S.R. Stoves

These were used in all instances above Base Camp, running on locally bought 2 star petrol. As expected they tended to soot up badly and needed frequent cleaning. However they never failed to work and were very economic in fuel. Complaints are predictable - the pot holders are too fragile and quickly become loose and unstable; The flint "Lighter" similarly is too flimsy for rough use; the pump washer dries out at altitude and needs greasing. Use of the reflector windshield is essential at altitude for any way efficient or quick melting and boiling. At altitude we used a Trangia 2/3 pt kettle and 1 1L pot. One stove was fitted with the K jet, the other the G jet, and as expected the latter did not clog up as quickly.

## 8. Snow Stakes

5 bought from Mountain Technology, 5 made by Malcolm. Quite expensive to buy, but the angle aluminium is easily bought (ours from McManus. 2" Angle,  $\frac{1}{2}$ " gauge, 20" long). We used and left in place three and it is for this they were brought - a cheap, dispensible anchor for fixed or abseil ropes. They work best in deep hard snow/ice, being pretty inefficient in powder no matter how deeply buried, and a deadman still has its used for poorer snow.

9. Over Salopettes

The following over salopettes were used. In general we find the flexibility of a salopette/jacket combination more useful than a one piece over suit. Jackets were standard 6oz Goretex and performed well.

Phoenix Goretex Cordura.

Full length side zips and front zip. Front patch pocket. Very hardwearing material although consequently heavier than others. Very comfortable with little restriction of movement.

Mountain Equipment 6oz Goretex (Non standard item).

Full length side zip and front zip. Front pouch pocket. Double Kinees and Seat. Very comfortable, little restriction of movement.

Donard Mountaincraft 4oz and 6oz Goretex.

1 type 4oz with extra knee and seat patches,  $\frac{1}{2}$  length side and front zips. Good velcro lower leg closure. Tight around crotch wearing harness.

2nd type 6oz with full length side zips, front zip and pouch pocket. No fastening at ankle as previous type - this was thought useful. Good bib grips.

10. Duvets

All equipped with Mountain Equipment "Annapurna" Duvets. Malcolm had the Cordura covered version and used this instead of a duvet/jacket. There is an overall weight saving in this but a loss of flexibility for different conditions. The cuff does not provide a very good weather seal and it is difficult to stuff away.

## 1. EQUIPMENT LIST

### A PERSONAL:- CLIMBERS

x EACH ITEM BELOW	Weight
1 DOWN DUVET JACKET	1.2 kg
1 pr LINED SALOPETTES	1.0 kg
1 GORE-TEX CAJOULE	.7 kg
1 pr GORE-TEX SALOPETTES	.7 kg
1 'DAMART' UNDERSUIT	.5 kg
1 'POLAR' SUIT	.75 kg
1 'POLAR' JACKET	.55 kg
1 WOOL SHIRT	.3 kg
1 WOOL JUMPER	.35 kg
1 pr LIGHT TROUSERS	.3 kg
1 'POLAR' BALACLAVA	.2 kg
1 'DAMART' BALACLAVA	.15 kg
2 prs 'POLAR' MITTS	.3 kg
4 prs 'DAMART' MITTS	.4 kg
2 prs 'WOOL' SOCKS	.2 kg
2 prs 'POLAR' SOCKS	.3 kg
1 pr KOFLACK ULTRA ETREME BOOTS AND HIGH ALTITUDE INNERS	2.45 kg
1 pr FOAM OR THINSULATE OVERBOOTS	.9 kg
2 prs SUNGALSSES/SUN GOGGLES	.5 kg
GORE-TEX COVERED DOWN SLEEPING BAG	2.2 kg
1 LOWE 'EXPEDITION' RUCKSACK	1.4 kg

A EQUIPMENT SUMMARY - (CONTINUED)

	Weight
2 ICE AXES TO CLIMBERS CHOICE	2.45 kg
1 ICE HAMMER TO CLIMBERS CHOICE	1.3 kg
1 pr CRAMPONS TO CLIMBERS CHOICE	1.8 kg
1 pr JUMARS	.5 kg
1 pr DESCENDEUR	.5 kg
1 CLIMBING HELMET	.45 kg
2 HEAD TORCHES AND BATTERIES	1.4 kg
2 x 1L SIGG WATER BOTTLES	.3 kg
1 x SWISS ARMY KNIFE	.1 kg
1 pr TRACK SHOES/LIGHT BOOTS	.45 kg
PERSONAL BASE CAMP CLOTHING	1.5 kg
'KARRIMAT'	.5 kg
2 SETS CUTLERY	.1 kg
MUG, PLATE	.1 kg
PERSONAL BELONGINGS	2.0 kg

TOTAL 28.6 kg

x 4 = 114.4 kg

## 1. EQUIPMENT LIST

B PERSONAL :  
LO

EACH ITEM x 6	Weight
1 GORE-TEX GAGOULE	.7 kg
1 pr GORE-TEX SALOPETTES	.7 kg
1 DOWN DUVET	1.2 kg
1 'POLAR' JACKET	.55 kg
1 WOOL SHIRT	.3 kg
1 WOOL JUMPER	.35 kg
1 'POLAR' BALACLAVA	.15 kg
1 pr DACHSTEIN MITTS	.1 kg
1 pr 'POLAR' MITTS	.15 kg
2 prs WOOL SOCKS	.3 kg
2 prs SUNGLASSES/SUN GOGGLES	.5 kg
1 DOWN SLEEPING BAG, DOUBLE CONSTRUCTION	2.0 kg
1 LOWE 'TRIOLET' RUCKSACK	1.2 kg
1 HEAD TORCH	.7 kg
1 x 1L WATER BOTTLE	.15 kg
1 SWISS ARMY KNIFE	.1 kg
1 pr TRACK SHOES/LIGHT BOOTS	.45 kg
1 KARRIMAT	.5 kg
2 SETS CUTLERY	.1 kg
MUG & PLATE	3.0 kg

## 2. EQUIPMENT LIST - CLIMBING EQUIPMENT

ITEM	Approximate Weight
FIXED ROPE 200 m 8 mm PRE-STRETCHED	20.00 kg
CLIMBING ROPE 200 m 9 mm	20.00 kg
TAPE 100 m x 25 m + 12.5 mm NYLON TAPE	5.0 kg
KARABINERS 100 ALLOY SNAP AND SCREW	7.5 kg
SNOW STAKES 30 ALUMINIUM ALLOY	7.5 kg
DEAD MEN 10 ALUMINIUM ALLOY	5.0 kg
ICE SCREW - DRIVE IN 20	3.0 kg
- SCREW IN 20	3.0 kg
ROCK PITONS - 50 VARIOUS SIZES	5.0 kg
CHOCKSTONES - 30 VARIOUS TYPES	3.6 kg
MARKER FLAGS - 30	3.0 kg
ETRIERS - 10 PARIS TAPE	1.0 kg
2 SPARE ICE AXES AND HAMMERS	2.5 kg
PRUSIKERS - 2 PAIRS HIEBLER	.5 kg
BOLK KIT - 1 SET	.5 kg
AVALANCHE PROBE 1	.3 kg
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TOTAL WEIGHT	87.9 kg
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### 3. EQUIPMENT LIST - MOUNTAIN TENTAGE AND COOKING

ITEM	WEIGHT
2 SETS EACH OF THE FOLLOWING:-	
1 GORE-TEX HIGH ALTITUDE FREE STANDING DOME TENT	2.3 kg
1 PROPANE/BUTANE GAS STOVE AND 20 CARTRIDGES	5.0 kg
1 MSR MULTIFUEL STOVE AND FUEL BOTTLES	1.4 kg
1 SET COOKING POTS	.7 kg
4 GAS LIGHTERS	.1 kg
4 BOXES WEATHERPROOF MATCHES	.1 kg
1 SNOW SHOVEL	1.0 kg
8 SNOW PEGS	.4 kg
FIRST AID KIT	1.0 kg
	<hr/>
	13.0 kg
TOTAL WEIGHT 2 x	13.0 kg
=	26.0 kg
	<hr/>

#### 4. EQUIPMENT LIST - BASE CAMP

ITEM	Weight
2 x 4 man FREE STANDING DOUBLE SKIN DOME TENTS	6.0 kg
KARRIMAT FLOOR PADS FOR ABOVE	2.0 kg
2 x SPARE SLEEPING BAGS	4.0 kg
4 x 1 pt PARAFFIN STOVES	4.0 kg
4 SETS COOKING POTS	2.0 kg
2 PRESSURE COOKERS	2.0 kg
4 SPARE SETS CUTLERY	.4 kg
4 SPARE MUGS AND PLATES	.4 kg
4 CAN OPENERS	.2 kg
48 TUBES META FUEL PRIMER	4.8 kg
1 SET KITCHEN CUTLERY	1.0 kg
COOK SHELTER - 9 m x 6 m	5.0 kg
PRESSURE LANTERNS x 2	6.0 kg
CANDLES x 24 LONG LIFE	1.0 kg
POT SCOURERS x 5	.5 kg
STOVE SPARES	1.0 kg
TENT REPAIR KIT	1.0 kg
FIRST AID/MEDICAL KIT	5.0 kg
POLYTHENE BAGS	.4 kg
SPARE LACES	.1 kg
SPRING BALANCES x 2	.1 kg
ALARM CLOCKS x 2	.2 kg
BINOCULARS x 1	.1 kg
THERMOMETERS x 2	.1 kg
ALTIMETERS x 2	.2 kg
TOTAL WEIGHT	<u>47.5</u> kg





KATHMANDU

USEFUL ADDRESSES

- Ministry of Tourism - H.M.G. Ministry of Tourism, Mountaineering Section, Tripureswor, Kathmandu.
- Sherpa Co-Operative Trekking - P.O. Box 1338, Kamal Pokhari, Kathmandu.
- Liz Hawley - Reuters Correspondent - Dilli Bazar, P.O. Box 224, Kathmandu.
- British Embassy - Lazimpat, Kathmandu.

Hotel Gajur	Jayatha Tole, Kathmandu	)	
Hotel Shakti	Thamel Tole, Kathmandu	)	
Hotel Star	Hardtop Road, Thamel, Kathmandu	)	Increasing price
Hotel Paradise	Jayatha, Kathmandu	)	all in Thamel Area.

Restaurants:

K.C.'s	American	)	
La Cimbali	Italian	)	Thamel Area
Himalaya View	Chinese/Tibetan	)	
Utse	Chinese/Tibetan	)	
Koshe Fuji	Japanese	)	
Son Kosi	Nepalese/Tibetan	)	Durbar Marg or Kingsway

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