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METROPOLITAN POLICE

BRITISH-INDIAN POLICE  
HIMALAYAN EXPEDITION

—1986—

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THE BRITISH / INDIAN POLICE HIMALAYAN EXPEDITION 1986

Patrons

H.R.H. The Prince of Wales, K.G., K.T., G.C.B., A.D.C.

Dr. Charles Clarke, Everest Expedition Doctor 1975 & 1982.

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J. A. Dellow, OBE, Assistant Commissioner, Metropolitan Police

Expedition Members

Chief Superintendent John Peck	Expedition Leader
Chief Superintendent Michael Shadrack	Base Camp Manager
Superintendent P. M. Das	Indian Police Service
Dr. Lew Hardy	Climbing Leader
Dr. Peter Savundra	Expedition Doctor
PC. Trevor Barnes	Expedition Member
DC. Gordon Briggs	Treasurer
PC. Stuart Davis	Sound Recordist
PC. Tony Dawson	Secretary
PS. Fraser Dodds	Social Organiser
Mr. Steve Molloy	Expedition Member
Mr. Chris Parkin	Deputy Climbing Leader
DC. Bob Parry	Expedition Member
PC. Jim Price	Expedition Member
DC. John Richmond	Expedition Member
PC. John Robertson	Freight Organiser
PC. Trog Royle	Quartermaster
PC. Steve Sands	Expedition Member
PC. Nick Southen	Expedition Member

UK Co-ordinator

Detective Constable Martyn Jones

Expedition Sponsorship

Walters International Microsystems Ltd., High Wycombe, Bucks.

Expedition Bankers

Barclays Bank PLC, Stamford Hill, London N16.

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## ACKNOWLEDGEMENTS

Without the generous help, support and interest of many people, this expedition could never have succeeded, and we owe a great debt of gratitude to all those listed below.

Our Patrons, His Royal Highness The Prince of Wales, and Dr. Charles CLARKE, took an active interest and helped to demonstrate to both the climbing fraternity and the Police Service that the expedition was a serious and worthwhile project.

We thank the Policy Committee of the Metropolitan Police for recognising the worth of the expedition, and ensuring that it could go ahead; in particular, we are grateful for the support and interest of Mr. John DELLOW, Assistant Commissioner for Specialised Operations, and Mr. Geoffrey DEAR, now Chief Constable of the West Midlands, for their encouragement and support.

Without the sponsorship of Walters International we could not possibly have raised the money needed. Their initial support was essential, and their final gesture of reimbursing members' individual contributions totally unexpected and almost unbelievably generous. Our particular thanks go out to Mr. Robert KALMAN, Mr. Robert BRANT, Mr. Eddie MOIR and Miss Annabelle BROWN.

We were very grateful to the Mount Everest Foundation and the British Mountaineering Council for their support and sponsorship; to the Royal Geographic Society and the Expedition Advisory Centre both for their grant and for advice and research assistance; and to the B.B.C. for the encouragement that went with our participation in the Mick Burke Award. The Metropolitan Police Athletic Association was generous in both its financial grant and its support of our application for Special Leave, while we were more than a little encouraged by the generous personal donation of P.C. TAYLOR of D7 (Adventure Training).

We were happy to help two pharmaceutical companies with double-blind drug trials; the cost of our psychological research and medical expenses was amply covered by the contributions of Gist-Brocades and Lipha Pharmaceuticals.

We are grateful to Mr. J.F. ROBEIRO, I.P.S., Director General of Police, Punjab, for sparing the services of Superintendent DAS, and to the senior officers of the Indo-Tibetan Border Police for their hospitality and offer of participation in a future Joint Expedition.

In India we were much assisted by the staff at the British High Commission, especially Mr. Chris CHAMPNESS, Lt. Col. PEARSON, and Flt. Sgt. Nigel TURNER of the Defence Section, by Mandip Singh of IBEX, and by Mr. MOTWANI and Mr. KRISHNAN of the Indian Mountaineering Foundation.

We were both assisted and impressed by the efficiency and helpfulness of all at Bushey Sports Club; Cotswold Camping; G.B. Textiles; W.L. Gore and Associates; Hagar Stenhouse and Co., Accountants; Kings Barn Exports; Negretti Aviation; Phoenix Mountaineering; Snowdon Mouldings; Stormtex; Thai Airlines; The Villiers Arms; and West Mercia Insurance.

Finally, we are enormously indebted to D.C. Martyn JONES for his hard work and dedication as our U.K. co-ordinator while we were away. and to Mrs. Kathy CORTHINE, Superintendent Typist at Stoke Newington for 24 years, for cheerfully and efficiently producing reams of correspondence and reports.



His Royal Highness The Prince of Wales  
receiving the team at Kensington Palace.

## SYNOPSIS

The 1986 British / Indian Police Himalayan Expedition was the concept of Chief Superintendent John Peck. With the advice and help of a qualified Mountain Guide, Dr. Lew Hardy, he picked a team of 16 British climbers and a Base Camp party, largely from officers of the Metropolitan Police.

Together they selected a range of peaks in the Garhwal region of the Indian Himalaya as being a suitable objective for a rather inexperienced, though very well-trained, team. The Jogin range lies about 200 miles north-east of Delhi, close to the Tibetan border, and had not previously been climbed by any British team. Another nearby mountain, Peak 6529, was also selected as an objective.

Other objectives selected were to conduct neuropsychological testing of the climbers to assess their performance under stress at altitude; to test two drugs used in treating stroke patients; to conduct a biological survey of the lake near our proposed Base Camp; and to make a high-quality film of the expedition for B.B.C. Television under the auspices of the Mick Burke Award.

After a year and a half of intensive training, the expedition left for India in August 1986, met Superintendent P.M. Das, the one Indian officer who had been able to join us, and quickly reached Base Camp by the lake of Kedar Tal after a very fast journey through the foothills of the Himalaya.

In just four weeks at Base Camp, the expedition was undoubtedly very successful. In all, thirteen of our seventeen climbers got up a Himalayan peak, four by a new route and ten in a first British ascent. The film for the Mick Burke Award appears to have been equally successful, although the final version is still being edited.

The scientific work is not yet complete, but the results so far available are very promising and seem to indicate useful behavioural effects for both drugs tested in improving performance at altitude, if not actually in reducing the incidence of altitude sickness.

In fact, the only thing that wasn't a success was the fishing; despite all attempts to trawl the lake in a two-man plastic seaside dinghy, any fish which were actually present stubbornly refused to be caught.

Our sponsors, Walters International, were clearly impressed with our performance for, upon our return, they very generously donated a further £16,000 to the expedition funds, thereby covering almost the entire cost of the expedition.

In conclusion, this was an unfashionably big, and yet outstandingly successful expedition in a season of much failure and death. Bearing in mind the general level of experience of the team, their climbing success was outstanding.

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This report was produced during May 1987, on a Walters International 640K Portable PC, using Ashton-Tate's Framework II. The Photographs were printed by S & M Processing of Braintree, Essex. Any or all of this report may be photocopied for purposes of criticism, research or planning.

We have tried to produce a report that not only tells the story of the expedition, but also presents a guide to future police or other expeditions. Should anyone reading this like to discuss any points in more detail, we would be only too pleased to help them if they contact one of the following:

Chief Superintendent John PECK, Stoke Newington Police Station,  
33 Stoke Newington High Street, London, N16. (Overall expedition leadership).

Dr. Lew HARDY, Dept. of Physical Education, University College of North Wales,  
Bangor, Gwynedd, North Wales. (Climbing and Leadership).

Dr. Peter SAVUNDRA, Dept. of Neurology, Royal Surrey Hospital,  
Guildford, Surrey. (Medicine).

P.C. Tony DAWSON, Stoke Newington Police Station, 33 Stoke Newington High  
Street, London, N16. (Organisation, planning and report).

SCHEDULE

Planning Commenced	January 1985
Selection Courses in Alps	July 1985
Training on Scottish Ice	February 1986
Advance Party Leaves	16th August 1986
Expedition Leaves London	21st August 1986
Reach Roadhead at Gangotri	24th August 1986
Arrive at Base Camp	26th August 1986
Lew and Chris Climb Ice Fall	1st September 1986
First Party on Summit of Jogin I	6th September 1986
Second Party on Jogin I	8th September 1986
Third Party on Jogin I	10th September 1986
Lew's Team on North Ridge of Peak 6529	14th-17th September 1986
P.M.'s Team Climb St. Christopher's Peak	16th September 1986
P.M.'s Team on Summit of Jogin III	16th September 1986
Clear Base Camp and Return to Gangotri	23rd September 1986
Arrive Back in Delhi	26th September 1986
Return to London	2nd October 1986





## THE TEAM

### John Peck - Expedition Leader - 41 years

Chief Superintendent at Stoke Newington Police Station, Hackney, London. A former 2nd Lieutenant in the 1st Bn., Staffordshire Regiment and a member of a successful British Army Expedition to Popocatepetl, Mexico (17,500 feet) in 1968. He is now married with 3 sons and living in Essex. He has 22 years experience of climbing in Britain and the Alps, including an ascent of the Matterhorn. He is also a keen fell runner and led the Metropolitan Police team to third place in the "Three Peaks" Yacht Race, 1984.



The second summit party:

John Peck, P.M. Das, Lew Hardy, Fraser Dodds and John Richmond

### Michael Shadrack - Base Camp Manager and Cameraman - 40 years

Chief Superintendent in charge of Public Order Planning at Scotland Yard. He attended the Special Course at the Police Staff College, Bramshill. He is a keen ichthyologist, and is a Past Hon. Gen. Sec. of the British Aquarist Society. He was instrumental in the expedition reaching the finals of the Mick Burke Award and managed to film the expedition with considerable success.

Superintendent P.M. Das - Indian Police Service - 33 years

Presently Superintendent of Police in charge of the City of Ludhiana in the Punjab, a sensitive field posting which he has held for four years. He was born in Shillong in N.E. India and educated at the Doon School, St. Stephen's College and Delhi University, where he received a Master's degree in Economics. He taught for a year before joining the I.P.S.. He has taken part in expeditions all over the India Himalaya, from Ladakh to the Eastern Garhwal, making 6 ascents of peaks over 6000 metres, including Bandarpunch. Angdu Ri, Bhagirathi II and Mamostang Kangri. He is married and has a son.

Lew Hardy - Climbing Team Leader - 37 years

Lecturer in Psychology of Sport at University College of North Wales, Bangor. He has published several research papers on 'Fear in Climbing'. He is a qualified Mountain Guide (ABMG) and was a member of the 1985 British Sickle Moon Expedition to the Kishtwar Himalaya. He has climbed for 25 years and had 10 Alpine seasons, 8 of them guiding, including ascents of the North Face of the Pelvoux, Matterhorn, Dru, Piz Budile and Courtes; West Face of the Blatiere; Brenva Ridge on Mont Blanc. He leads E 2/3 on rock and grade V on ice. He has made several first ascents on both rock and ice in Britain. His research interests are mainly in motor performance, particularly under the influence of stress, and the development of intervention strategies to enhance performance under stress. He has almost 30 publications and regularly lectures all over Britain.

Peter Savundra - Expedition Doctor - 35 years

A Doctor for 10 years, he was born in Ceylon. He now lives in Windsor and works at the Royal Surrey Hospital in Guildford. He also holds the post of Lecturer in Neurology at the University of Surrey. and has published many research papers in his field. He is also a Captain in the T.A. Royal Army Medical Corps, and has much experience of mountains and jungle, dating back to 1972, when he took part in the Oxford University Amazon River Expedition. He is now Chief Medical Officer of Surrey Police.

Trevor Barnes - 32 years

Born in Shropshire, he served for 4 years in the Royal Military Police, and is now a P.C. on the Diplomatic Protection Group. He is married and lives in Wimbledon. He has been climbing in Britain since 1970, and has had one season in the Alps. He is an active Marathon runner and has regularly run 40-mile hill races in the Brecon Beacons. In 1981 he went to Nepal and walked up to Everest Base Camp.

Gordon Briggs - Treasurer - 33 years

A Graduate in Public Administration from Sheffield, he has been in the police for 8 years, and is now in the C.I.D.. He has 17 years climbing experience, much of it in Scotland, though he has also had two seasons in Norway. He is one of the most competent lead climbers in the team, with a fine record of many serious routes under his belt.

Stuart Davis - Sound Recordist - 21 years

Born and educated in Wandsworth and Richmond, he joined the Police Cadets in 1981 and has been a P.C. at Lavender Hill for 3 years. He has been climbing since 1978, mostly in North Wales and the Lake District. He won a gold medal in the Devizes to Westminster Canoe Race in 1983, and ran the New York Marathon in 1985, and the London race in 1986. He is now concentrating on white-water canoeing and in 1987 he plans to windsurf the Channel.

Tony Dawson - Expedition Secretary - 24 years

A P.C. on a Vice and Drugs Unit at Stoke Newington, he comes from a farming family in North Essex. He graduated in Politics and Economics from Magdalen College, Oxford. In 1983 he spent 5 weeks trekking alone in the Himalaya and 2 months travelling around Nepal and North India. He has travelled extensively in the Near and Far East, though he had never climbed before starting training for this expedition. He edited this report.

Fraser Dodds - Social Organiser - 29 years

A Sergeant at Borehamwood, he joined the Met in 1979 after 3 years in the Queen's Regiment, having served in Belize, Northern Ireland and Canada. He started climbing with the Army in the Rocky Mountains, and has since climbed extensively in Britain and in the Alps. His other interests include rugby, free-fall parachuting, cycling and renovating old motor-cycles. He has recently married.

Steve Molloy - 20 years

The youngest member of the team, Steve is the son of a serving police officer. He saw the initial advertisement, and as a fanatical and very capable climber, pursued it remorselessly. He won his place on the team not just for his competence as a lead climber, but through his overpowering enthusiasm and irrepressible sense of humour. He paid for his place on the expedition by working in the building trade, though his ambitions lie in the field of climbing.

Chris Parkin - Deputy Climbing Leader - 28 years

An aspirant Mountain Guide, he works as a surveyor, abseiling off high-rise blocks to inspect them for structural damage. He has been climbing for 15 years, leading E 2/3 on rock and Grade 5 on ice. He has spent 7 seasons in the Alps, 3 of them guiding, and has more than fifty major routes to his credit including Mont Blanc (Brouillard Pillar), Pelvoux (North Face) and Coustes (Swiss Route). He has been on two expeditions to Norway and in 1979 was a member of the British Himalaya Kishtwar Expedition.

Bob Parry - 35 years

A Detective Constable at Croydon, he has been in the Metropolitan Police for 15 years and has a great deal of experience in the C.I.D. in South London and on Central London Squads. He has been climbing since he was 17, and has had a few Alpine seasons. He is single and lives in Purley.

Jim Price - 23 years

A Welshman he has played rugby for Caerphilly Town and in the Met. He is now serving at Chelsea and is a fanatically keen sportsman. He reached the finals of a Metropolitan Police Amateur Boxing competition in 1986, in the course of a quick break from training on Ben Nevis. He is married to a South Wales girl and has been climbing for several years.

John Richmond - 30 years

A Detective Constable at Ealing, he lives in Acton Green. He has been climbing for 17 years, and has had 2 Alpine seasons. He is a very fit and energetic sportsman, leading VS on rock, and has had considerable experience in Scottish winter climbing.

John Robertson - Freight Manager - 37 years

A former Jazz Musician - now a Met Police Public Order Instructor at Hounslow - he is married with twin girls. He is very fit with considerable Alpine experience over many years. He ran the Support Team for the Metropolitan Police's record-breaking entry in the 1985 Three Peaks Race and has himself run in the Scottish 3 Peaks Race.

Trog Royle - Quartermaster - 48 years

The oldest member of the team, formerly a Royal Marines P.T.I and a gymnast, he is still immensely fit - he took part as a runner in the 1983 successful Met. Police 3 Peaks Yacht Race Team. He is now a Force Physical Training Instructor and Self Defence expert. He was responsible for planning the

expedition stores and catering, and helping to run the Base Camp. Though he did not join the team as a climber he still managed to reach nearly 20,000 feet on Jogin I.

Steve Sands - 25 years

A Special Patrol Group officer for several years, he was born in Kenya and lived on farms there till he was ten. He was educated in Exeter and started hill-walking and rock-climbing in Devon and Cornwall, up to HVS grades. He joined the Met in 1980 and started ice-climbing the next year. He has climbed in Scotland every year since then and had 3 Alpine seasons. mostly in the Dauphinee. He climbed the Hornli Ridge on the Matterhorn without a guide and had to bring down his partner who had a shoulder smashed by falling rocks. He is single and lives in Enfield. His other interests include squash and Australian lager.

Nick Southen - 28 years

Previously an Ilford P.C. he is now serving on 1 Area T.S.G.. He served for 5 years as a radio mechanic in the Fleet Air Arm, before joining the Met four years ago. He has climbed extensively all over Britain, usually climbing several times a month. He is married and lives in Nazeing. He has run three Marathons and plays squash for the Metropolitan Police.

## THE BIRTH OF A PROJECT

Great things are done when men and mountains meet,  
This is not done by jostling in the street.  
Blake, Gnostic Verses, i.

For any climber, however modest his experience, the ultimate dream must be to participate in a Himalayan Expedition. For John Peck, the Expedition Leader, with limited snow and ice experience in Britain, coupled with one season's climbing in the Alps, that dream became more and more a compulsion. The arrival of the bewitching age of 40 was the final straw and John, sitting musing behind a pile of paper in the Superintendent's office at Stoke Newington Police Station, decided that the only way to free himself of the ghost once and for all was to get on and organise an expedition himself. With no further ado, he took up his pen and wrote out an advertisement for inclusion in the Metropolitan Police newspaper "The Job" under 'Articles Wanted'. The appeal for climbers appeared below a request for Jimmy Shand memorabilia and a wooden railway system.



Jogin I and the glacier

The result was an unexpected flood of about fifty applications from policemen all over London. In desperation, John rang an old friend, Lew Hardy, a qualified climbing guide and Lecturer at Bangor University and asked him how he would feel about leading a team of fifty climbers up a Himalayan peak somewhere. Lew was thus catapulted into action and, after some consultation with Mo Anthoine and Joe Brown, he identified the Jogin Range of peaks in the Gangotri Area of the Garhwal Himalaya as a suitable target.

#### Team Selection

John called his prospective members together at a meeting at New Scotland Yard and discussed the risks of the project and the individual level of commitment expected from the team in terms of both time and money. He asked those present to consider the seriousness of the project they were planning to undertake. The meeting had the desired effect and the group shrank by about half. Those who stuck it out were invited to attend a one-week training/selection exercise in the Dauphinee, the southern French Alps.

Of the 25 who attended the selection course, many had very limited climbing experience - and some had none whatsoever - but, at the end of the course, 13 police officers were selected for inclusion in the climbing team, together with Lew and another aspirant guide, Chris Parkin. The main criterion for selection was the sort of contribution that the members were likely to make to team morale, and indeed the willingness to work towards a team goal rather than a personal one.

#### Base Camp Members

In addition to the 15 climbing members, the team had a Medical Officer - Dr. Peter Savundra, a Base Camp Manager - Chief Superintendent Michael Shadrack, and a Quartermaster - PC 'Trog' Royle.

#### Indian Team Members

John had also made contact with P.M. Das - a Senior Superintendent from the Ludhiana Police in the Punjab, who agreed to try and get together three or four Indian Police climbers to join the expedition. In the event, bureaucracy prevented the Indian officers from joining us and P.M. Das himself was only able to join us at the very last moment.

#### The Climbing Plan

John and Lew formalised the plan to attempt to get as many of the expedition members as possible up the southeast ridge of Jogin I and then to attempt either the east ridge of Jogin II and the traverse to Jogin I, or a

route on Peak 6529. The southeast ridge of Jogin I had been climbed six times, but not by any British team, and the other routes had not been climbed by anyone.

#### Sponsorship

Things were really beginning to take off by now, but the great stumbling block was finance. It was not possible to organise an expedition of this size solely on the basis of the members' personal contributions of £1000, the most anybody could reasonably be expected to find. There we stayed, until John Peck appeared on the John Dunn Show. Robert Kalman, the Chairman of Walters International, a British Micro Computer Company, heard the radio programme and immediately phoned John, offering him £10,000 in sponsorship. Furthermore, Walters generously provided us with a portable PC Microcomputer for use in the psychological study planned by Drs. Lew Hardy and Peter Savundra.

#### Patronage

The team was privileged to receive the assent of His Royal Highness The Prince of Wales to become Patron to the expedition, and, in addition to that, to receive patronage from Dr. Charles Clarke, the Everest climber. The Prince of Wales took a personal interest in the expedition and asked to meet the team personally at its conclusion.

#### Film Coverage

Mike Shadrack was elected as the Team Cameraman; he and John attended a B.B.C. Interview Board for the Mick Burke Award. They were selected as finalists and were thus provided with free camera equipment, which enabled them to film the entire expedition for B.B.C. Television.

#### Final Preparations

The expedition planned to be away for six weeks, and consisted of eighteen British members, an Indian Police Officer and a Liaison Officer. The logistics behind transporting, feeding, clothing and equipping twenty men for that period of time were a nightmare. John found that the burden of trying to sort out these logistics on top of helping to run one of the busiest police stations in the country was almost too much to bear. The tasks involved, together with the secretarial backup, were almost a full-time job for one person for six months. Nevertheless, all the effort proved worthwhile and provided the expedition with as much food and equipment as they could possibly need during the four weeks at Base Camp.



## TRAVEL TO BASE CAMP

The expedition left London on the 21st August 1986 and arrived at Delhi in the early hours of the morning. At the airport we met P.M. Das, who had only just received his final permission to join the expedition; he informed us that his other Indian colleagues had not been quite so successful. We also met Mandip Singh, our Ibex representative, who had made all the arrangements for our travel through India. With them were Trog Royle and John Robertson, who had gone out together a few days earlier to clear our air-freight through customs.

Less than three days later we arrived in Gangotri, having made overnight stays at Rishikesh (of Beatles' fame) and Uttarkashi. This must rank as one of the most efficient passages ever through India. Somehow Mandip had even arranged for spare buses always to be on the other side of the numerous landslips which we had to cross during our journey from Rishikesh to Gangotri. It was an inspiring journey, though some of us found the landslides and precipitous mountain roads as frightening as the climbing itself.

### From the Roadhead to Base Camp

At Gangotri we met our porters and Sirdar Kim Singh, who supervised the weighing-out of individual loads. After an overnight stay, we set off for Base Camp the next day. The walk is supposed to take three days, but the porters were unwilling to camp after the first campsite as there is no wood to burn higher up. So the stronger members pushed on and reached our Base Camp at 4,700 metres in a total of two days. The remainder of the party followed two days later.

The first day of the walk-in is like an Alpine approach march through forests to the end of the tree line. The second day's route passes through beautiful meadowland with splendid, tantalising views of the high mountains, till just before the start of the moraine. The third leg involved ascending the medial moraine of the valley. To do the final two legs in one day involved a gain of 1,000 metres of vertical height. It was a very hard day, which is not surprising when one considers that it is roughly equivalent to driving out to Chamonix and going straight up to the summit of Mont Blanc.

Our Base Camp was in a stunning location above the large lake of Kedar Tal, with superb views of the mountains that surrounded us on three sides. It was fortuitously sited to catch the sun between nine and three o'clock.



Base Camp with Thalay Sagar in the distance

About half a dozen of the team had difficulty in acclimatising at the first campsite, and everybody experienced some difficulty with the altitude at one stage or another. However, over the next four days people generally acclimatised quite well, and the team was in a position to start stocking higher camps.

#### The Weather

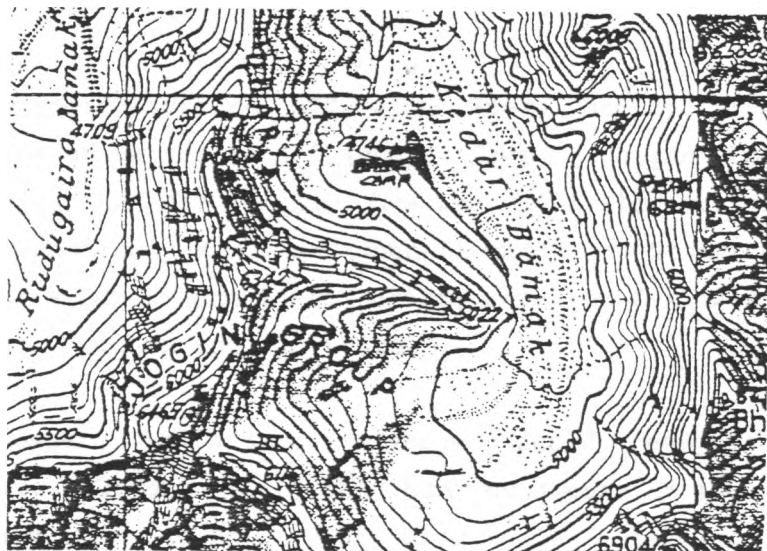
Whilst we were on the mountain the weather was generally quite reliable, clear and cold late at night and in the mornings, with cloud building through the day until it completely closed in at about 2 - 3 pm and snowed above 5,500 metres. This daily pattern changed on only three occasions during the month when we were at Base Camp. On all these occasions we had more prolonged clouds, wind and snow down to 4,500 metres for two to three days.

### The Climbing Plan

Jogin II seemed a disappointingly scruffy peak, riddled with patches of broken rock and certainly more hazardous than Jogin I in terms of objective danger, particularly rockfall. The east ridge appeared an uninspiring line, and the approach to its foot would have involved scrambling for hours over loose lateral moraine. In short, the proposed route had nothing to commend it, and was fraught with danger.

The ridge between Jogin I and II had its attractions and would certainly have provided some spectacular climbing; however, the logistics would have been difficult to arrange. We had considered the possibility of two teams climbing from different peaks at the same time and meeting on the ridge. But timing would have been crucial and, without radios the project would have been difficult to co-ordinate.

Peak 6529 was clearly the most ambitious project; its most obvious line consisted of a 1,000 metre ice face, followed by a mile-long snow arete up the final 300 metres to the summit. Consequently, we decided to get as many of the team as possible up Jogin I, and then attempt Peak 6529 with a small team in alpine style.



## JOGIN I (THE HIGH PRIESTESS)

Three camps were established on Jogin I above the Base Camp. These were at the heights of 5,000 metres; 5,400 metres; and 6,000 metres. Camp 1 was reached after a simple moraine walk and consisted of a 2-man Phoenix Gore-Tex tent and a 3-man Dome tent.

From Camp 1 we had to cross a fairly flattish glacier below some seracs to the foot of a steep ice fall about 300 metres long. Lew and his assistant guide, Chris Parkin, decided to try and put Camp 2 above this ice fall at about 19,000 feet. On the first of September they set off to try and do this. However, it quickly became apparent that it was considerably further to the foot of the steep ice fall than they had previously realised, and this section across the flat glacier took them three and a half hours to cross. Undaunted, they carried on up the ice fall and did eventually drop a tent off at about 19,000 feet. However, it was clear that this was much too far for one day and they decided to put in an intermediate camp at the bottom of the ice fall.

The next few days were spent stocking this new Camp 2 and collecting data for the cyclospasmol drug study. The computer had survived the journey and was standing up to the rigours of data collection at 4,700 metres remarkably well.

### The First Party

On the 3rd September Chris set off with Steve Molloy, Trog Royle, John Robertson and Trevor Barnes to try and put Camp 3 higher up above the ice fall, and then go for the summit. Lew was to follow two days later with Fraser Dodds, John Peck, P.M. Das, John Richmond and Stuart Davis. Two days after them, Steve Sands and Gordon Briggs were to follow with Bob Parry, Tony Dawson, Nick Southen and Jim Price.

On the 6th September, Lew's team arrived at Camp 2 ready to follow Chris's team to the top. Unfortunately they had no sooner arrived than they saw Chris descending the ice fall with Trog Royle. They were both obviously struggling quite badly. When they got to Camp 2, Trog explained that Chris had shown all the viral symptoms the day before on the way up to Camp 3, and had been very ill during the night. Trog had been very tired the day before and so he and Chris decided to descend to Camp 2, whilst Steve Molloy went for the summit with Trevor Barnes and John Robertson.

## The Summit

While far below men crawl in clay and clod,  
Sublimely I shall stand alone with God.

Mary Sinton Leitch, The Summit, Mount Everest.

At a little over 20, Steve was the youngest member of the party and this was a tremendous responsibility for him, which he handled extremely well. After two hours plodding up to a col they climbed the southeast ridge of Jogan I, mainly on the left-hand side, up fairly steep snow and ice to reach the summit at about 10 o'clock. It was a fantastic achievement and there were a few tears on the summit before they descended to Camp 3 again.

The next day Lew's team got up at about 4 o'clock in the morning, and after breakfast were ready to leave at 5.30 am. Unfortunately Stuart was ill and, as he was the film cameraman for the Mick Burke Award, they had to do some fairly hasty repacking before they could leave. They took the camera equipment and very cunningly managed to forget the microphone and tape recorder.

The ice fall went reasonably quickly; after pitching about 600 feet they found the top half was not too steep. However, the plod above it in fairly deep snow seemed to go on forever, and it was not until 12.30 pm that they arrived at Camp 3, having passed a jubilant Steve Molloy going down with the first team. Fraser had also been struggling quite badly with the altitude all day and seemed incapable of keeping any food down, which didn't really matter too much as Stuart still had Fraser's and Lew's food at Camp 2. So Fraser and Lew lived on mashed potatoes and chocolate, with lots of tea and the occasional bowl of soup, for the next few days.

On the 8th they were up early again and at 4 am, after a quick brew, were on their way for the top. They made fairly good progress and reached the summit at 8.45 am, having filmed sections on the way up. Steve had picked an excellent line and the climbing was very good; indeed after the first hour and a half it was all interesting and very exposed. Fraser had been really struggling and it was apparent that he had the early symptoms of pulmonary oedema.

However, he was very determined to reach the top and, as Lew thought that if the worst came to the worst they could reach Base Camp in a day from Camp 3, he decided to say nothing and let him carry on. Everyone was very excited

and emotional at getting to the top and took lots of photographs of the Metropolitan Police flag, the Indian flag, the Walters International flag, and even Fraser's local pub flag, before starting to descend at about 9.30 am. Though it was very cold on the top, the views were fantastic. They could see for miles so they took their time on the descent and took quite a few pictures.



The southeast ridge of Jogin I

They arrived back at Camp 3 at about 12 o'clock, very elated. Next morning was again clear and they set off early for Camp 2. On the way down they passed the third team, Steve Sands with Tony Dawson and Jim Price, climbing the ice fall, but Gordon and Bob had stayed behind at Camp 2, not feeling very well, and Nick was feeling even worse and decided to descend to Base Camp with Lew's team. After a quick brew at Camp 2, they all carried on down, dumped some gear at Camp 1 and eventually arrived at Base Camp at about 4 pm.

Mike Shadrack filmed the arrival and there were congratulations all round. Things were looking good; we'd got eight up so far, with five still to go. Over the next few days we carried on with the drug testing at Base Camp and waited for the others to return.

On the 11th September, Steve Sands and Tony Dawson arrived back at Base Camp, having made the summit the day before. Jim Price had not been well at Camp 3 and had stayed there while the other two went for the summit. However, on their descent from Camp 3 to Camp 2, they had met Gordon and Bob going up, so Jim turned around and went back up with them to have another go.

Chris Parkin had now been diagnosed by Peter as having pleurisy quite badly, and Peter suggested that the best thing he could do would be to descend to Gangotri and make his way home as soon as possible. He left with a porter (our kitchen boy) on the 11th September. We were all very sad to see him go as he had been an enormous help to all of us.

## PEAK 6529

Meanwhile John and Lew had been on a recce of Peak 6529 and had decided that the safest way to attempt the peak was by a small Alpine-style ascent of the northwest face and north ridge.

Gordon's team was still on Jogin I and those at Base Camp were beginning to get a little bit restless, so John and Lew decided that the best thing to do was to make a fairly early attempt on Peak 6529. They had originally hoped to include Gordon in the 6529 team but, as he had struggled so much with his viral infection, this was now impossible. This was a great shame as he was undoubtedly one of our most talented climbers.



Peak 6529

We also had the problem of what to do about Stuart Davis and Nick Southen, and discussed whether to have another go at Jogin I with them, after Gordon's team had got down, or whether to go for some other peak. This problem was compounded by the appearance of a Calcuttan climbing team in the valley; they wanted to attempt Jogin I by the same route that we were currently using. Eventually, P.M. Das solved the problem by suggesting that he lead a small team up the previously unclimbed east ridge of Jogin III (6,111 metres).



The plan we formulated was that on the 13th September John Peck, Steve Molloy, Steve Sands and Lew Hardy would set off to try an Alpine-style ascent of Peak 6529. In the meantime, the rest of the team would try to stock up Camp 1 on Jogin III, so that P.M. Das with Stuart Davis and Trevor Barnes could attempt the east ridge. They would then strip the Jogin I camps as soon as Gordon's team were down off the mountain.

On 13th September we established Camp 1 at 5,200 metres at the foot of the ice fall on Peak 6529. The 14th started fine and the four got up at 4 am and were ready to start climbing at about 5.45 am. They made fairly good progress by moving together, 50 metres apart with ice screws between them, up the relatively straightforward bottom half of the face.

By early afternoon storm clouds were gathering and it had started snowing, which created quite frightening spindrift avalanches down the upper slopes. They had to pitch a few sections up a steep gulley, threatened by seracs, through the mixed ground. By the time they got to the top of this section at about 6 pm, the top 100 metres of the face consisted of about one or two feet of fresh snow lying on top of old hard ice. This was distinctly worrying.

Eventually they reached the north ridge in strong winds and driving snow at about 7.30 pm in the dark. This turned out to be very disappointing as it was badly corniced on the other side. so that they had the choice of either digging into the cornice or of pitching the tent on unconsolidated snow on an avalanche-prone slope. After some deliberation they chose the former, and struggled to dig a space big enough for one two-man Gore-Tex tent.

#### The second night on the ridge

At about 9 pm they all piled into the tent for a Guinness Book of Records attempt and, after a brew, slept fitfully until the morning. They were all very tired. Overnight the temperature dropped to an estimated minus 25-30 degrees and the single-skin tent froze up quite badly on the inside, showering them with ice whenever they moved or the wind blew (which was all the time). Next morning the storm was still raging but they all got up and extended the ledge to get the second two-man tent up, facing the first.

It was about this time that they discovered that both Steves had got frost bite in their fingers, Steve Sands in four and Steve Molloy in nine digits. Furthermore, the north ridge, although not steep, was heavily corniced on one side and had two feet of fresh snow on the other. They decided that

progress in such conditions would not have been easy; indeed it would probably have been very dangerous. Consequently, they decided to retreat down the northwest face as soon as the storm had blown itself out.

#### Retreat from Peak 6529

On the 17th they awoke at 4 am to a clear and starry night and, after a quick breakfast, started packing up for their descent. Both Steves had difficulty in using their hands, so it was 7 o'clock before they were ready to leave. The camp was certainly in a spectacular position; with the tents perched on top of the 'gentle' side of the cornice, and a thousand metre ice face below them, they had a ledge of just nine inches to walk around the outside of the tents.



The north ridge of Peak 6529

They set off climbing down with Lew Hardy bringing up the rear. The first few pitches were frightening because of the snow conditions but not terribly difficult. However, the 4th and 5th pitches were quite hard and no-one appreciated having to down-climb Scottish Grade III pitches at 6,000 metres, with a monster pack and no runners.

On the 6th pitch things looked a little better as John had got a rock peg in after 100 feet. However, when Lew got there, it came out in his hand at the second pull. They decided they'd had enough of this and they abseiled the next three pitches until they got out of the gulley and onto the open ice

face. It was midday and they still had about 700 metres to go. They moved together, 50 metres apart with two ice screws between them; John and Lew alternated between putting them in, and the two Steves between taking them out. When it went dark at 6.30 pm they were just 150 metres above the bergschrund, so they carried on moving but began pitching again, with Lew bringing up the rear.

At 9 pm they arrived at Camp 1 very tired, but very grateful that everyone was still in one piece. They put the tents up, had a brew, and crashed out. By the morning, both Steves' hands had started to thaw out and the extent of the damage was becoming clear. Lew and John dressed their hands and packed their sacks for them. Five hours later, they were all back in the luxury of Base Camp. Here, and for the rest of the expedition, the two Steves were pampered, spoiled and generally cared for by our superb and irrepressible medical officer, Peter Savundra. Thanks to his excellent care and treatment, both Steves have since fully recovered without the loss of any digits, despite Steve Molloy's fingers being frozen for the full length

Whilst the Peak 6529 team had been enjoying that little epic, Base Camp had not been without its moments of excitement and drama. Gordon Briggs, Bob Parry and Jim Price had returned to Base Camp after spending two nights in Camp 3 on Jogin I, waiting for a crack at the summit. Gordon had also developed pleurisy from his viral infection and, after being advised by Peter that he should take no further part in the climbing, decided to return home. Bob and Jim felt a little despondent, but quickly decided to join P.M.'s team for an attempt on Jogin III. Trevor Barnes stood down so that the party eventually consisted of P.M. Das, Bob Parry, Jim Price and Stuart Davis. With help from the rest of the lads, they stocked a Camp 1 at 5,100 metres, ready for their summit bid.

### JOGIN III

On the 15th September P.M. Das and Stuart Davis left Base Camp at 10 am to supply and re-establish Camp 1 ready for their Alpine-style attempt on Jogin III (the small peak of the range). Bob Parry and Jim Price left at 2 pm, picked up equipment previously left by the glacier, and continued on, eventually reaching Camp 1 at 7 pm, and cramming into the Super Nova with the others.



### Jogin III

On the 16th, after getting up at 7 am, P.M., Stuart and Jim set off to climb a rock ridge and peak to establish the following day's route. They reached the summit of this previously unclimbed peak at about 12.30 pm; Stuart named it St. Christopher's Peak after a medallion he was wearing. They returned to Camp 1 at 1.30 pm.

In the early morning of the 17th the team broke camp and packed the tents for this Alpine route. Using two ropes, they crossed the glacier and moraine before climbing a hundred-foot ice face to reach the upper valley. This provided a route to a col between St. Christopher's Peak to the left and Jogin III to the right. A heavy snowfall prior to starting caused slow progress through thigh-deep crusty snow. Stuart in particular was suffering from altitude sickness and lack of sleep. Camp 2 was established at 3 pm at a height of 18,000 feet.

On the 18th September, Stuart again had altitude sickness and decided to remain at Camp 2 whilst the others attempted the east ridge of Jogin III. Leaving at 7 am, P.M., Bob and Jim moved together at first over snow, and then Jim led for 7 rope lengths over the first rock band of about V. Diff. grade, to a corniced ridge. Bob and Jim then led through to the second rock band, which involved scrambling over rotten, shattered rock, then on to the summit at 6116 metres, arriving at 1.15 pm. Though the clouds had come in and rather spoilt the view, they took many pictures before retracing their route to Camp 2, arriving at 4.15 pm.

This route was a first ascent and a fine effort by all the climbers, but particularly by P.M., whose leadership, awareness and sense of humour were outstanding throughout the expedition.

On 19th September, Stuart had recovered somewhat and so, in spite of his fatigue, P.M. got up early and took Stuart back up to the col at the foot of the east ridge, to admire the fine views and peaks beyond. They then returned to Camp 2 and descended to Base Camp with Bob and Jim.

The team was delighted to have achieved the first ascent of Jogin III by the southeast ridge. It is significant that this ascent was described in a recent article in "Climber" as being "probably the best mountaineering achievement" of the expedition.

#### RETURN TO DELHI

At Base Camp we completed our research project on praxilene and had a day's rest waiting for Kim Singh and our 30 porters to return.

We had a very pleasant three-day journey to Delhi, enlivened by an amazing rest day in Uttarkashi, where we were feted by the whole town after playing (and losing to) the local football team. We suffered somewhat from the heat and our footwear - some of us had to play in climbing boots - but mostly from the disorientation caused by a large flat surface after a month in the Himalaya. We finally knew we had returned to civilisation when we reached Dehra Dun on our way to Delhi and had our first beer since leaving London.

## MEDICAL REPORT

### Aims

The aims of the Medical Officer were as follows:

1. To maintain the health and welfare of the climbers and support party;
2. To make a positive contribution towards morale, both of the climbers and of the families and loved-ones left behind in the U.K.;
3. To perform scientific experiments
  - a) on neuropsychological performance under conditions of stress, hypoxia, and sleeplessness, as compared to baseline control conditions;
  - b) in two double-blind controlled drug studies. firstly on cyclospasmol, an agent purported to improve erythrocyte mobility through hypoxic tissue, and secondly on praxilene. an agent purported to improve tissue oxygen uptake;
4. To study the effect on Metropolitan Police officers of exposure to Indian rural culture.

### Methods

The expedition members brought their wives and girl-friends to several meetings before departure. At one such meeting in Guildford the wives and girl-friends took part in the neuropsychological testing and were allowed to share the 'hypoxia experience'.

Prophylactic vaccinations were given for tetanus, typhoid, paratyphoid and polio; gamma-globulin was administered for hepatitis A. Malaria prophylaxis included weekly chloroquine. The areas we were to enter did not require prophylaxis for Japanese B encephalitis or meningococcus. There was no requirement for rabies vaccination and no indication for cholera.

### Equipment

Sufficient and comprehensive supplies were carried to deal with common ailments, and also such life-threatening emergencies as would require cranial burr-holes, chest or abdominal surgery, and to treat broken limbs.

## PROBLEMS

### A. Altitude Sickness

Altitude sickness affected at some stage 15 of the 19 members of the expedition, and 28 of the 59 porters. The rate of ascent was only partly responsible. There were marked individual variations, but there was no relationship with age, fitness, smoking history, migraine or cognitive performance.



Peter Savundra, the Medical Officer, treating the porters.

The localisation of the headache approximated to the side of the migraine in migraineurs. One member developed symptoms at each ascent of 500 metres from 3,500 metres, but still managed to reach the summit of Jogin I. Another developed no symptoms of altitude sickness till he reached over 5,500 metres, but could not acclimatise above that altitude over a 10-day period.

The severity of the symptoms and signs varied from headaches to severe vomiting and drowsiness. In two climbers, the degree of cerebral oedema was sufficient to cause a bradycardia of less than 60 beats per minute, though the pulse was checked shortly after exertion. Two members of the party developed pulmonary oedema.

## Treatment of Altitude Sickness

### Mild Cases

Rest - sitting upright - head at the cold end of the tent.

(A simple calculation shows there to be a considerably lower oxygen pressure in a hot tent than in a cold one.)

Acetazolamide - 500 mg stat - tablets chewed and swallowed with a glass of water to ensure gastric absorption.

Analgesia with paracetamol (1 g), aspirin (600 mg) or migravele pink (the most successful in those with a history of migraine).

N.B. Brufen was of no value, probably because its enteric-coating prevented gastric absorption.

### Severe Cases

As above, plus a descent of 500 metres. The climbers were advised to descend and keep their tents cold, with their heads at the open end of the tent.

Intravenous frusemide, mannitol and dexamethasone were available at all stages up to the summit, but were not needed.

## B. Hypoxia

Oxygen was not taken. The problems of hypoxia - lassitude, antisocial behaviour, emotional dysphoria, cognitive dysfunction and psychomotor retardation - were distinct from those due to altitude sickness.

The data on cyclospasmol and praxilene is still being analysed. It was of note, however, that before the code was broken, the team was asked to decide which of the members were on active cyclospasmol, and which were on placebo or inactive treatment. Criteria for assessment were subjective factors such as 'sense of humour preservation', cleanliness, concern for colleagues, and physical ability. The judges were in the main trained police officers. In this assessment the party was correct on 17 out of 18 subjects, suggesting that cyclospasmol was of some value.

## C. Nocturnal Sedation

Many climbers reported that they suffered from bizarre nightmares or that they awoke breathless. To cope with the second problem, the lesson was to take three quick breaths, turn over and go to sleep. The nightmares may have



been the result of combined claustrophobia, hypoxia and alkalosis. It appeared to be of value for sufferers to sleep with their heads at the open end of the tent, with the flap slightly open.

Pharmacological sedation ran the risk of causing respiratory depression. Certainly on the one occasion temezepam was used as a trial in an experienced climber (also taking acetazolamide) he developed nightmares, and then had a severe headache and malaise the next morning.

#### D. Frost-bite

Six members of the expedition developed frost-bite. Two developed severe frost-bite in a storm at Camp 2 on Peak 6529. They were kept in the inner section of a 12 foot square tent heated to 38 degrees Celsius (body temperature) with Epigas burners, even when the outside temperature was ten degrees below zero.

Loose dressings of melolin and sofra-tulle were replaced every 2-4 hours. Digits were washed with hydrogen peroxide. The two were also given aspirin 75 mg o.d., praxilene 300 mg tds and cyclospasmol 800 mg tds. Prophylactic amoxil 500 mg tds and metronidazole 500 mg tds were given. They were forbidden to use their hands.



Frostbitten Fingers

Sensation in the form of burning parathesiae returned within 24 hours. Blistering and loss of tissue began within 24 hours. The blisters were drained under sterile conditions in order to prevent further ischaemia due to the tourniquet-type pressure on underlying digital arterioles.

On return to the roadhead at Gangotri, and on the return trip to Delhi, flies were a potential hazard. The use of an Ayurvedic mixture of haldi, sodium nitrate and natural iodine was of immense value in keeping off the insects, in maintaining morale and also, interestingly, in helping dry out the blisters.

The Liaison Officer offered to have the men flown to the hyperbaric oxygen chambers in Bangalore. Hyperbaric oxygen would probably have been appropriate if given within a few hours of the cold injury, and before the tissue had defrosted. The combination of modern and Ayurvedic medicine saved all the digits on both the climbers - the only loss being nails and cuffs of skin and soft tissue.

#### E. Bowels

The majority of the party developed loose motions. The clinical correlation was with altitude sickness rather than with dietary indiscretions (i.e. poor hygiene or an excess of fibre - lentils and soya). The altitude diarrhoea was not associated with fever, nor tachycardia. The stool in some cases was foul-smelling and raised the possibility of pancreatic dysfunction. However, the low fat content of the diet would have masked other evidence of pancreatic dysfunction.

#### F. Diet

Nutritionally, food was more than adequate in all respects. In spite of this, all members of the expedition lost weight. One member lost over 3 stone.

#### G. Infections

Three members of the expedition incurred severe flea-bites in the travel lodge at Gangotri. All developed respiratory symptoms; two of these developed pleurisy. The presumptive agent was a rickettsial infection

thought to be due to rodent-fleas. Treatment with erythromycin and tetracycline led to a degree of improvement, but two members of the party had to return to England prematurely.

#### H. Parasites

De-worming with Vermox was offered to all climbers on descent.

#### I. Sexual Activity

There was a marked reduction in libido. The presence of penile nocturnal tumescence was celebrated with great rejoicing at the following breakfast. The cause of this may have been multifactorial: the lack of female company; the weight loss; and the presence of a displacement objective - the summit. The climbing leader and the Indian cook did their best in their own way to compensate.

#### J. Morale

The self-discipline of the individual members of the party, the delegation of leadership between John Peck and Lew Hardy, and the careful planning of the expedition, all made positive contributions to morale.

Possible negative factors were:

The monotony and unfamiliarity of the diet;

The temporal hiatus between the return of the various parties of climbers to Base Camp, during which time most of the first climbers suddenly felt an emotional drop from their 'high';

The presence at Base Camp of two of the best, most experienced climbers laid up with pleurisy;

The conscious and subconscious conflicts related to the murder of PC Blakelock on the Broadwater Farm Estate, and other work-related incidents involving members of the expedition.

It is a tribute to the families and friends of the members of the team that domestic fears did not appear to be a problem. The duration of the expedition and the deprivations involved could have created a sense of loss, and feelings of deprivation with regard to loved-ones and possessions. The frequent mail-runs made a positive contribution to morale.

#### K. The effect of exposure to a new culture

The full report of this aspect of the expedition is to be published elsewhere.

At some stage all police officers in the party had come into contact with the culture of the Indian sub-continent, both in their day-to-day activities in London and in the course of their official duties. A few had already travelled extensively. There remained however some risk of the development of culture shock. There was also the additional possibility of a carry-over of negative attitudes borne of work experience with ethnic communities.

In this context the police officers could well have been more sensitive to certain manifestations of culture shock such as 'confusion' - about role-reversal, values and the different social codes; and 'feelings of impotence' - about not having the authority to change the environment.

Whether by a combination of rigorous team selection and development, or because of the basic standards of modern police training, an extremely good relationship was formed between the expedition members and all those they came across. The culmination of this was manifest in the warmth and camaraderie of the population of Uttarkashi at the end of a football match in which members of the expedition played for the local team in a league match.

Overall, experience was gained which made a positive contribution towards greater sensitive and perception.

## PROJECTS AND RESEARCH

### A. NEUROPSYCHOLOGICAL TESTS

Dr. Peter Savundra is a neurologist and Dr. Lew Hardy a sports psychologist in their 'real lives', so it seemed too good an opportunity not to attempt some useful psychological research whilst we were at altitude. A Walters International personal computer was used to collect extensive cognitive and motor-performance data on the team throughout their stay at and above Base Camp (4,700 metres).

Two double-blind crossover drug studies were performed on cyclospasmol and praxilene. Cyclospasmol is thought to improve circulatory efficiency by making blood platelets more plastic, and praxilene to increase the rate of the Krebs cycle (oxygen take-up in the cell). The data collected has not yet been fully analysed because baseline collections are still being performed. However, it does look as though the results should be of considerable value in assessing the use of the drugs in patients suffering from various forms of dementia, or recovering from cerebral thrombosis. Full results will be published in suitable psychological research journals in due course.

All members of the expedition willingly took part in these experiments despite the considerable personal inconvenience this caused them whilst they were on the mountain.

### B. THE COMPUTER

Walters International generously gave the expedition a 640K PC-compatible personal computer. We were told by everyone who knew anything about either climbing or computers that it would never get there in one piece, and, if it did, it would not work.

However, wrapped in large quantities of foam and padding, it did indeed survive a 3-day bus journey on terrible roads and two days on a porter's back en route to Base Camp. All the 'specialist' porters carrying 'precious' loads were given handsome tips on arrival.

We were able to make several sets of experimental tests on the computer, which was powered by purpose-built Power Packs, which were necessary to provide a consistent power supply to prevent the computer from 'crashing'. Unfortunately, these had a limited life, and took a full day to recharge

with a solar panel. Rather than having two Power Packs and a solar panel, it might have been preferable to have taken only the one Power Pack, and recharged it with a petrol generator, which could have been used for other purposes also.

Unfortunately, one night the temperature dropped far below freezing, irreparably damaging the VDU as well as the LCD display on a medical instrument. We should have protected all electronic equipment more thoroughly against the cold, and would recommend the use of a well-insulated 'haybox' at night, with a hot water bottle or electric lamp inside.

However, we had established that the computer could survive at 10 degrees Celsius below the minimum temperature it was designed for, could withstand incredible treatment in transit, and could control and access floppy disk drives even at 15,000 feet. This may indeed be a record and is certainly an impressive testament to Walters engineering.



The Walters Computer in action in the Base Camp at 15,400 feet.

### C. MOUNTAIN FISHING

One of the additional projects tackled by the team during their stay at Base Camp was an examination of the lake at Kedar Tal, and a vigorous search to establish if it contained any fish species or other life. This was planned and led by Chief Superintendent Mike Shadrack.

The lake was just below Base Camp at about 15,300 feet, and appeared to have been formed by melt and rain water draining down the valley from its head. Two small streams were dammed and corralled on three sides: on the west by the valley side on which the Base Camp was perched; on the east by a lateral moraine; and to the north by a terminal/lateral moraine that effectively dammed the valley. These streams entered the lake at the southern end where the valley and lake floor were covered with a fine sandy silt. Elsewhere the shoreline was of boulder rock, in one instance of bungalow-size, which sharply sloped into a deepening lake.

The lake was about 300 metres long and 70 metres across at its widest point. Although its deepest part was not measured, due to equipment failure, by following the natural contours of the western slope it could be estimated to be some 20 metres deep, at its deepest point near to the eastern shore.

When tested the water was found to be 48 degrees Fahrenheit fairly constantly. Although such a large body of water normally changes temperature very slowly, it was interesting to observe that on the day of our departure the water temperature had dropped to 46 degrees.

We used typical aquarium water test kits for permanent hardness and pH in fresh water; both produced inconclusive results. Hardness was less than 1 degree Dh (German hardness) or 17.9 ppm (British Hardness), but it was not possible to be more exact. Similarly the pH was shown to be more than 4.2 (very acidic), but it was not possible to test above that figure.

Although such acidity would require a very tolerant fish population, the temperature and softness of the water were very acceptable to many known fish species. The quality of the water and the availability of food were less encouraging to fish collectors.

Visibility in the water was only about one metre. This seemed to be the result of a fine dust, held in suspension, probably originating in the local mica-bearing rocks. All the underwater boulders that could be seen near the shore were covered in this light sediment. It was this covering of the rocks

that may have prevented the merest hint of algae. Indeed there was no submerged plant growth whatsoever, and no terrestrial plants were even found partly submerged near the shores.



Fishing in the Kedar Tal near Base Camp

The occasional winged insect fell into the lake and perished, but there were hardly any insect larvae or other aquatic creatures to be seen in the lake. The only animal life seen with the naked eye were a score of dark red 10 mm long worm-like larvae, similar to blood worms or *Chironomus* found in U.K. waters. No vegetable matter, and very little meaty food was therefore available to a fish population.

To fish the lake we had brought with us a small inflatable dinghy, several hand-nets, a large (35 metre by 2 metre) seine net, a small aquarium and a variety of hooks, lines and sinkers.

After considerable observation from the shore, which suggested that there were no fish in the lake, the seine net was with some difficulty stretched across a narrow part of the lake towards the northern end. It was left overnight and hauled in, empty, the next day. The seine net was then towed, somewhat haphazardly, behind the dinghy for about an hour, but was again found to be empty.

To see if there was any life under the many rocks near the shore, a large number of them were carefully moved, but this proved unproductive and no life was observed. Finally a variety of baited hooks were set on lines or hung from improvised lines to attract fishes, but the bait was not taken and no fish were caught. It appeared therefore that there were no fishes in the lake.



It would not have been impossible for fish to have reached even this remote spot. There are many instances of fish eggs being carried on the feet and plumage of water-birds, and birds of prey can spread fish populations by dropping a catch from one lake into another hundreds of metres away. Both water birds and raptors were observed. Man has long frequented the area, and someone could have deliberately introduced some fishes. The lake may have years ago been part of a larger river and lake system, and fishes could have been present in the lake today as an isolated remnant of a once widespread population. So why were there no fishes in the lake at Kedar Tal?

Part of the explanation lies in the lack of food available to a fish population, and part in the very high acidity of the water, but that is not the whole story. Although there was no obvious exit from the lake down the valley to Gangotri and the Ganges, the streams in the valley up which we walked eventually combined into a fairly substantial river. It is not unlikely therefore that water was leaving the lake under the moraine and flowing down the valley.

It is also very possible that at various times during the year, particularly when the rain and snow have stopped and the sun is strongest, and also when, in deep winter, the ice and snow are frozen solid to a depth of many feet, that the volume of water leaving the lake is much greater than that flowing in at the other end. In winter the depleted lake could easily freeze solid and even if it only froze near the surface it is possible the water under the ice could still leave under the moraine.

In just four weeks while we were at Base Camp, the water level of the lake dropped about two metres. This was clearly seen from the tide marks that the mica dust in suspension had left on the rocks at the southern end of the lake. These large boulders were striped at irregular intervals with a thin band of deposit, giving a very unnatural appearance.

The conclusion is therefore that there were no fishes in the lake because for at least some part of the year the lake is frozen solid or completely dried out.

#### D. PHOTOGRAPHY

As well as taking cinematic camera equipment for filming material for the Mick Burke Award, each member of the expedition took his own personal camera, and some even took two! We had the usual "compact versus SLR" debates, which can always be relied upon to generate some discussion. A somewhat jaundiced summary of this debate is that SLR's are much more flexible from a photographic point of view and generally take much better pictures of a specific mountain or view (provided that you have suitable lenses). But compacts are much more convenient on the hill, especially when it is cold.

Those who took compacts on the various routes we tried all got a fair selection of good shots, and some with more experience took some excellent pictures. Notably, those who took their SLR's up the mountain had fewer pictures to show for it, and those that they had were no better than those from the compacts. This would probably not apply to professional or other expert mountain photographers, but it is a good generalisation for most people. A couple of people produced an excellent to the problem by taking both an SLR camera and a compact. They generally used their SLR's around the lower camps and on the walk-in, and their compacts on the hill.

Everyone used slide or colour print film with ASA settings between 64 and 100 for shots in the mountains. These generally seemed to cope well with the colour distortions which snowscapes produce, especially if 'automatic' apertures were increased in size by one stop.

## ORGANISATION AND ADMINISTRATION

### A. FLIGHTS

The expedition used Thai Airlines for the return trip to Delhi.. Two members, John Robertson and Trog Royle, flew out a few days early in order to clear our freight through customs, while a total of five members flew home early on various flights for medical reasons. Everyone expressed the highest praise for Thai. Not only did they quote the cheapest flight, but the service (with free drinks) was superb, and they were extraordinarily helpful with bookings. They were also good enough to charge us a reduced price for excess baggage.

### B. FREIGHT

We originally intended to send out all our equipment and non-perishable supplies by sea. However, we were advised that not only was this slow, but that we risked losing supplies and experiencing long delays in clearing it through customs. We had assumed that the cost of flying out all necessary freight would be prohibitive.

It was thus a welcome relief to make contact with Kings Barn Exports, who were able to give us much essential advice and assist us in identifying cut-off dates for the purchase and export of equipment and supplies. Because they specialise in sending supplies to British Embassies overseas, they are familiar with many common problems and their rates were about a third of the usual air-freight rates.

We would unreservedly recommend them to any expedition, and they are keen to expand into this field. The firm is Kings Barn Exports Ltd. of Unit 29, Station Road, Southwater Industrial Estate, Nr. Horsham, West Sussex, RH13 7HQ. Telephone 0403 732020. We were also able to select groceries from Sainsbury's wholesale in large boxes, which Kings Barn then ordered, packed and dispatched for us. This is an invaluable service for any expedition large enough to accept buying at least two dozen of everything.

Inevitably, we ended up with far more equipment than we had planned. To this was added individuals' climbing kit, as we did not want to have to pay excess baggage charges on the outward flight. The delivery of all this to Kings Barn was rather haphazard and ultimately involved three journeys.

On the last visit their seemingly inexhaustible patience was tested to the limit when it was decided to remove certain items from the cases which Kings Barn themselves had packed, in an attempt to cut down the total weight. Ultimately we found ourselves with 35 cardboard cases (each measuring 40" x 24" x 18") and one large wooden crate. Together they weighed over a ton.

#### Epi Gas Canisters

We had selected Epigas propane/butane mix as our high-altitude fuel for the expedition. In itself it is probably the best available and we had used it with great success in Scotland and the Alps. Unfortunately it is not yet available in India, and we were pleased to be able to buy about 400 cans for about £1 each, as this was almost the entire supply available in London at the time.

It then emerged that most airlines are unwilling to carry pressurised gases on scheduled flights. We toyed with the idea of using sea freight, but we discovered that all the usual problems would apply; furthermore, the consignment would be designated as 'hazardous', would not be allowed to sit in warehouses in Bombay in the hot season, and would have to be accompanied overland to Delhi, preferably by a member of the expedition.

Eventually, they were sent on an Air India cargo flight, consigned to Ibex Expeditions, our agents in Delhi. As Kings Barn did not have an arrangement with Air India we had to pay standard air-freight rates. When the crate arrived in Delhi it was treated as a dangerous shipment and subject to extortionate 'demeurrage' charges by Customs. The cans, which had cost £1 each to buy, finally cost a total of over £4 each, delivered in India.

With fuel thus bulking so large in the expedition budget, we would advise future expeditions to give great thought to exactly how much they need, and how they intend to minimise air-freight and customs charges. This expedition used only half the cans we took (the rest are stored in the I.M.F. in Delhi and available for purchase).

Although Epi Gas is almost essential for higher camps on the mountain, we could probably have used paraffin stoves for Camp 1 on both Jogan I and III. Certainly we could have used paraffin for boiling water for washing, and for heating the frame tent when it was being used as a hospital.

### Advance Party

At a fairly late stage it became clear that we would need a personal presence in Delhi to clear our air-freight; so John Robertson and Trog Royle flew out on the same Thai Airlines flight as the bulk of the cargo. They arrived on Sunday 17th August, and thus had to wait until early Monday morning to contact the Clearing Agent.



Trog Royle, the Quartermaster, helping to tranship our supplies.

Eventually, after a lot of hassle, Trog and John managed to extract the freight and have it delivered to the I.M.F. at 5 pm on Wednesday, whereupon it was repacked into porter-sized loads of 20 kilos each. The Epi Gas did not arrive until the following evening, only hours before the main party were due to arrive.

Apparently all this was not unusual; it can take up to three weeks to get freight out of New Delhi Airport. The speed at which we obtained ours was partly due to Trog and John refusing to allow the Clearing Agent to work at his normal slow pace. More importantly, the British High Commission provided a letter which gave us access to the Assistant Collector of Customs and consequently cut through several miles of red tape.

The lessons learnt are numerous but essentially break down as follows:

- A. Keep physical control of the freight as much as possible and do not rely on local Clearing Agents to treat it with the necessary urgency;
- B. Always retain the Customs forms, airway bills, etc, even if an agent

- says otherwise - they are the property of the consignee;
- C. Address all freight to a named individual - John and Trog had some difficulty in proving that they were the Metropolitan Police;
  - D. Plan well in advance and allow lots of time to clear any unaccompanied freight through Customs.

#### Return Freight

Kings Barn were unable to assist with air-freight back to the UK, and we had to perform to leave all arrangements until our arrival in India, which in practice meant our return from the mountains. The High Commission again came to the rescue, and the officers of the Defence Section arranged for nine large bags of expedition equipment to be flown home on a R.A.F. Hercules transport, along with gear from an R.A.F. expedition.

Unfortunately, we had not weighed our baggage on return to Delhi, nor had we fully appreciated the amount of members' local shopping. So we eventually found ourselves with 230 kg of excess baggage at Delhi Airport, necessitating a quick whip-round to find £953 in travellers' cheques. If we had appreciated the problem in time, we would have sent a lot home by sea, or been much more ruthless in discarding kit worth less than £4.20 a kilo - the reduced excess baggage rate we paid.

## C. TRANSPORT, PORTERAGE AND BASE CAMP SUPPLIES

Almost a year before the expedition was due to leave, it was obvious that we were going to be fully occupied in organising official permission, sponsorship, training, equipment and travel for the expedition. We therefore made a firm decision to 'subcontract' all the arrangements for travel, portering and accommodation in India to a local trekking company.

We chose IBEX EXPEDITIONS of Uttarkashi (G-66 East of Kailash, New Delhi - 110065. Phone 634738. Telex 31-4178 WAND IN). It must be stressed that they were very helpful and friendly, easy to liaise with as they spoke perfect English, and arranged for their European Agent to come over from Paris to meet us in London. Any specific criticisms we make below should be viewed against this background; most importantly, we paid what we could afford and we got where we wanted to go. All our comments below take into account the fact that we paid a 10% 'service charge' on top of the quoted prices for all equipment and services.

### I. Transport

Generally, we felt that the price of return travel to the roadhead was expensive at £940. However, it was probably worth it for a large expedition. Security of equipment would have been a nightmare if we had used public transport, while we would have been lost if we had had to organise new buses ourselves each time we came to a landslide. Though we suffered delays as our coaches waited for 'hill fitness certificates', IBEX were very good about twice rearranging the date of our return at short notice.

We should have arranged snacks to eat on the bus, and in particular a large supply of water or soft drinks to prevent dehydration when stuck for hours at landslides. We were fortunate not to be searched by local police en route, as most other expeditions seemed to be.

### II. Porterage

The porterage arrangements were very good. IBEX provided a very efficient Sirdar, Kim Singh, a strong character who stood no nonsense from the porters. At the roadhead we found that we had 89 porter-loads for 60 porters; fortunately Kim arranged for half of them to carry double loads for double pay. Similarly on the way down, we apparently had 9 extra loads, though there was some confusion over this. This uncertainty prompted us to suggest that in future the porters should be counted by both parties

together, and a countersigned note made at the time. We would recommend this approach to any expedition using a trekking company. If the counting is done openly and by agreement, there should be no bad feeling, while a lot of future uncertainty can be avoided.

We were told by IBEX that a normal load was 25 kilos, but that if one only gave the porters 22 kilos, they would provide their own food and cooking pots. In fact we made the loads a standard 20 kilos; this may not have been necessary, and of course meant we paid 10% more for portage. IBEX also provided a cook and assistant for Base Camp; they were paid rather more than the porters.



Porters adjusting their loads

We probably paid a little over the odds for the porters, but it was worth it to be sure that we would not have strikes or sudden sit-downs. Given the large number of porters we needed, it would have been impracticable to have tried to hire them without a trekking company. A point for future expeditions to consider is that most of the porters came from relatively low-lying villages and thus suffered considerably from altitude sickness on the approach to Base Camp.

### III. Accommodation

We paid a standard rate to IBEX for each night in a hostel or travel lodge en route. This was generally more than the actual rate at the hostels. However, the accommodation was generally clean and comfortable, IBEX were very efficient at making and changing reservations, and the total for the whole expedition was only £324 for 6 nights each. We also made arrangements through IBEX to stay at the I.M.F. dormitory in New Delhi. This was an



excellent place to stay, but in practice we had to make all arrangements for payment and extra meals ourselves, and the involvement of IBEX was unnecessary.

#### IV. Equipment Hire

We paid £161 to IBEX for the hire of a large mess/store tent and all kitchen and mess equipment. This was definitely good value, as our cooks were provided with all the kit they needed and were used to, without any worry for us. Other expeditions would be well advised to specify that enough paraffin and stoves should be taken for the cooks to be able to provide hot water for washing. A climber with altitude sickness or pleurisy does not relish a choice between a 200-foot climb back from an ice-cold lake and the prospect of heating a few gallons of water on a tiny Epigas stove.

#### V. Base Camp Food

Unfortunately, the food at Base Camp was miserable. We paid nearly £3 a day each for food that can only have cost 50p. IBEX genuinely seemed to believe that what they provided was adequate and expensive, and indeed refunded us some money at the end of the expedition to allay our sense of grievance. It would be difficult to apportion blame, but we would not again arrange Base Camp food through a trekking company. Instead, we would freight out a large quantity of delicacies, and have an Advance Party purchase staples in Delhi. One of the expedition members should be specifically in charge of planning menus, noting other members' comments and supervising the Indian cooks.

#### VI. Poste Restante and Mail Runners

One very useful service was a facility for families and friends to send mail to IBEX's office in Uttarkashi, letters were then brought up to Base Camp by mail runners at least once a week. The mail runner would then take postcards and letters down for posting. The only problem we found was in buying stamps during our rapid journey to Gangotri; many members were told that the post offices they tried had 'exceeded their quota. Please come back tomorrow'. They were forced to give the mail runner money for stamps along with the letter, which was not always satisfactory. Purchase of stamps is an obvious task for the Advance Party.

## VII. Conclusions

In summary, we feel that portage and equipment hire were services definitely worth obtaining from IBEX. Coach travel and accommodation en route were worthwhile for an expedition of 20 people (and possibly for one half that size). However, the standard of food at Base Camp should be a warning to make their own arrangements for the planning and purchase of food.

IBEX's other charges were all itemised and reasonable, though we had first to ask them to break down the quote into individual categories, and to incorporate their 10% service charge, before we could get a proper idea of what we were paying for. As there seemed to be significant differences between what different expeditions were paying the same trekking company, we would recommend writing to several companies for quotes in the first instance.

### D. BASE CAMP EQUIPMENT

As mentioned above, IBEX provided all the cooking equipment. We took out from the U.K. a large (12 foot square) framed tent, which we used for storage of personal kit and scientific equipment, and as a dormitory when the smaller tents were on the mountain. Peter Savundra also used it as a surgery and laboratory. After the two Steves got frostbite on Peak 6529, we used the inner tent as a hospital, taking it in turns to do guard duty at night on three gas burners that easily kept the temperature well over 90 degrees Fahrenheit and which, according to the doctor, saved their fingers.

The tent was well-constructed and stood up well to the rigours of the weather. It was produced for us by STORMTEX, Unit 10, Imperial Works, Fountaine Road, London, N15 (Tel. 01 885 4093). We later sold it to IBEX for just about what it cost us. We would strongly recommend the use of at least one such tent on any expedition. During periods of bad weather, they would be enormously useful.

At a very late stage we bought a small petrol generator, which was later removed from the freight to save weight. A generator could be very useful if its uses (lighting; charging of batteries; power for radios, computers and scientific equipment) were properly assessed and planned at an early stage. Likewise, we had intended to take radios, but found that trying to find sets with the correct wavelength and power output was not something to be left to the last few months.

We were fortunate to be able to hire altimeters from the Royal Geographic Society. We bought a zoom telescope (15 - 45 times magnification) which fitted on an old camera tripod and was useful for surveying possible routes and following the progress of climbing teams. It was £38 from ARGOS (a quarter of the normal price elsewhere). We bought several other items from ARGOS, including a radio-cassette player which was very popular, bringing people together to listen to music and save their precious Walkman batteries. However, a better set with short-wave as well would have let us pick up the weather forecasts being broadcast for expeditions in the area.

Base Camp supplies included spares for climbers' personal kit, as well as for expedition tents and equipment, We also took soap, Travelwash, Air Mail envelopes etc. as communal supplies. The Secretary took a small file of correspondence (I.M.F., IBEX, insurance etc.). The three Katadyn water filters, although expensive and tedious to use, were really essential for filtering out glacial mica and unknown organisms from springs and streams.

John Peck took an old set of liar dice, which were unbelievably popular and provided the after-supper entertainment almost every night. The SCISYS chess computer and our one pack of cards were regularly used, and it might have been worth taking a couple of cheap kids' computer games. Although alcohol is strictly illegal in the Ganges Valley, we would make the general point that, on expeditions elsewhere, everyone should take their litre of duty-free spirits, and this should be treated as a rationed, communal resource for early-evening drinks and celebrations. Almost everyone carried a personal stereo with a few tapes; this made an enormous contribution to personal happiness and morale.

## E. HIGH ALTITUDE FOOD AND DELICACIES

Prior to Trog Royle purchasing the food, a meeting was held at New Scotland Yard with IBEX's European agent, who agreed that IBEX would provide the following staples, which were cheap and easily available in India:

Jam, honey, coffee, bulk tea, porridge, milk powder, bread, tinned fish, dehydrated vegetables, noodles, pasta, spaghetti, egg noodles, beans, oil and candles, together with any fresh food available.

We decided to take all high-altitude food, together with chocolate; powdered drinks, egg and soup; dried fruit, cheese, salami and biltong.

We were expecting several more Indian climbers, so we catered for 24 rather than 20 people. Even so, we found ourselves with far too much of the standard high-altitude food left over at the end. We had not realised that above 17,000 feet, most climbers would eat only one meal a day at most, along with a few hot drinks.

We should have taken smaller amounts of higher-quality mountain food as, of all the Raven food we took, the only popular dishes were the soups, sweets and tinned cheese. The breakfast porridge was almost untouched.

We took too little tinned ham, which was very popular; indeed we should have had both a greater quantity and a wider variety, and cut down on the cheese, of which very little was eaten, except for the processed stuff. The salami was moderately popular, though again we needed more variety, and the biltong (sun-dried meat) proved to be an excellent, if rather chewy, source of protein.

Of all the sweets, nuts and cereal bars we took, the most popular were the plain chocolate (Yorkies and Milky Bars) and the mixed nuts, though it was worth taking a dozen sorts to cater for the Marathon freaks and peanut fanatics. The sachets of hot drinks and lemonade powder were especially good.

We spent about £20 a head (at Kings Barn export prices) on the sweets alone, and used most of the goodies, though we would have had far too much of both sweets and dried meats, had the ordinary Base Camp food been better. However, it is important to have ample supplies, so that climbers can have unlimited access to chocolate and other goodies at all times after leaving the roadhead.

The Epigas cookers were excellent if treated with reasonable respect, though propane-butane mix will remain too expensive for large-scale use until it becomes available in India. The pressure cookers supplied by IBEX were not much use, as our cooking groups were generally too large or too small. Our aluminium pans from Cotswold Camping, with Trangia handles, were excellent. The Sigg drinks bottles were good, but dented all too easily; it seems that Sigg's quality has changed for the worse.

#### F. CLIMBING EQUIPMENT AND TENTS

We decided that expedition members should be responsible for providing all their personal clothing, boots, crampons, ice tools and harnesses, but they should take only 2 krabs, 2 tapes and a sticht plate in the way of hardware.

We were fortunate to be offered a special deal for Phoenix Extreme single-skin Gore-Tex tents by the two manufacturers, as we were buying a total of 15. They proved excellent, and their only defect - that of freezing up at altitude - seems an inevitable consequence of the single-skin principle. They were strong, secure and roomy enough for three at a pinch. We will definitely use them again.



Lew Hardy, the Climbing Leader, with two Phoenix Extremes on Peak 6529

However, despite numerous enquiries with other manufacturers, we discovered that almost all 'manufacturer's prices' could in fact be beaten by Cotswold Camping's ordinary contract prices. So we bought almost all of the expedition hardware from them, as well as many thousand pounds worth of individual equipment. The staff at their London shop were extremely helpful and efficient, and no expedition would go far wrong in using them as sole supplier.

We attempted to be generous by supplying our Liaison Officer with brand-new clothing and equipment. This was apparently unnecessary, and probably a mistake, in that the expedition spent over £500 and had the difficulty of re-selling what we did not want to give to him. We would recommend giving a Liaison Officer list of equipment supplied at the outset, and making it very clear that one expects all of it to be returned. Then it is easier either to get it back, or to be generous, at the end of the trip. In practice, a large expedition could easily outfit their Liaison Officer from members' old but serviceable clothing and equipment.

#### G. CLOTHING

As everyone took their own clothing, not much can reliably be said about specific brands or models. Some items were however bought in bulk. Snowdon Mouldings Gore-Tex Bivvy Bags proved as good in the Himalaya as they had been over the previous year in Wales, Scotland and the Alps. Our GeeBee thermal underwear was superb, and definitely recommended. Six of the members bought one-piece Gore-Tex suits from Phoenix, which were marvellous; they were as warm as bivvy bags with the advantages of arms and legs.

Lew Hardy and John Peck took white pyjamas for the journey to Base Camp; these kept them cool, and the rest of the expedition amused. Some people regretted not taking trainers, casual jackets and enough spare T-shirts up to Base Camp. We had not realised just how useful ordinary, warm clothes could be in good weather, even at 15,000 feet.

There was no consensus about gloves. Dachsteins were the most popular but were horrible on the second day after they had frozen overnight. Most found Gore-Tex overmitts too clumsy and bulky, unless they were lined with Thinsulate and cut reasonably tight.

## H. ADMINISTRATION

To climb steep hills  
Requires slow pace at first.  
Shakespeare, Henry VIII.

### Insurance

After various enquiries and quotes, we insured both personal risks and equipment (at a rate of 3% of its value) through West Mercia Insurance Services, High Street, Wombourn, Nr. Wolverhampton WV5 9DN.

### Personal Details

One of the first steps in organising an expedition should be for all prospective members to complete an exhaustive questionnaire. We spent much unnecessary effort in asking for personal details on several occasions, and in having to chase up individuals when we urgently needed particular details at a very late stage.

The R.G.S. Expedition Advisory Centre manual (which we found generally indispensable) contains a questionnaire which is a good base, but which we found needed amplification. A sample of our revised form is included as Appendix C to this report.

### Equipment Booklet

A few months before departure, Mike Shadrack produced a small booklet listing and explaining both the minimum level of equipment and clothing required, and the maximum allowed to avoid excess weight. A future expedition would do well to produce such a booklet at the very outset, on the understanding that everyone would be required to present their rucksack for inspection and weighing at least 3 months before departure. The climbing leaders would thereby be spared the worry of checking that everyone had the right kit at the last moment, and air-freight could be properly planned at an early stage.

The relevant pages of Mike Shadrack's A5 booklet are included as Appendix B to this report. Any other expedition is welcome to photocopy and use both this booklet and the questionnaire.

### Equipment Questionnaires

Another useful device was to send out detailed questionnaires after each major period of training, for all members of the team to complete. This provided many useful tips and feedback for those planning the expedition; much of this report is based on those questionnaires completed after our return from India.

### Goody Bags

Although weight was restricted, we were advised that morale would be helped if all members were allowed to take 2 kilos of their favourite delicacies (whether tobacco, pickled onions or tinned peaches). This proved to be an excellent concept, though it would have been better had people known about the expedition supplies before departure, as some people took things that were provided as standard by the Quartermaster.

### Team Involvement

The comments below should not be taken as a reflection on the hard work and commitment of all those who shared in the administration, but rather as pointers to how such work can be minimised on any future expedition.

Many of the expedition members felt left out of the organisation if they did not have a specific role, so we gave more people specific responsibilities. However, the time saved in making enquiries or purchases was outweighed by the additional time spent in liaison and meetings, and in trying to contact officers working different shifts, often out of telephone contact.

Another criticism was that many of the expedition members felt left out of the planning process, with little idea of what was happening at any time. To some extent this was inevitable on this expedition, as there were so many interlaced issues awaiting official approval at the same time. Hopefully, a future Metropolitan Police expedition would face fewer such hurdles, and could be more flexible and participatory in its planning.

Perhaps a better approach would be to have just two people in overall charge of the organisation, but writing to all other members at least monthly, asking for comments on proposals, rather than just informing them of decisions. Those wanting more of a role in the planning could volunteer for specific functions. All members should meet formally on a regular basis to discuss and approve major purchases and decisions.



The Expedition Leader would take responsibility for all matters of personnel, training and official correspondence, as time is often crucial in such matters, and it is important to have one person who is easily available to make urgent decisions and to give a firm lead on other matters.

As the purchase of food and supplies overseas has major implications for the amount of freight, and thus for the expedition finances in general, the Treasurer should be responsible for co-ordinating all these matters. He needs to prepare budgets at regular intervals, as cash-flow can be a distinct problem, and expenditure can grow unnoticed alarmingly quickly. Moreover, he needs to be aware of possible exchange-rate fluctuations, and either negotiate firm sterling prices at an early stage, or maintain a sizeable reserve, on top of the normal contingency fund (which should be at least 20% of the initial budget). The Treasurer is also clearly a key member of the Advance Party.

The functions listed below are difficult, technical and time-consuming; ideally they should be separate and no team member should have to undertake more than one:

Social Organiser

Video / Film Cameraman

Still Cameraman and Slide-Show Planner (on return)

Base Camp Food Supervisor

Radio Planner and Mechanic

Quartermaster - Freight Packing and Load Security

#### I. SOCIAL EVENTS

It was never our aim to raise any finance through social events, not were we even too concerned about covering all the costs all the time. Generally expedition members paid for their own and guests' tickets for dinners, while official guests' tickets came from expedition funds. We had a very enjoyable farewell dinner at Bushey Sports Club with 180 present. Originally all expedition members were asked to sell 10 tickets, but this posed an excessive strain for relief officers and was later relaxed. Fraser Dodds organised a simple but effective raffle which paid for the band and official guests. In addition to formal social events, the Metropolitan Police Mountaineering Club meets monthly in a pub in Central London, and these gatherings proved indispensable in keeping the team together.

METROPOLITAN POLICE JOGIN EXPEDITION

INCOME & EXPENDITURE ACCOUNT

FOR THE PERIOD ENDED:-

28th FEBRUARY 1987

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INCOME

Contributions, Donations and Grants	23330
Sponsorship	10000
Interest Received	176
	<hr/>
	33506

LESS: EXPENSES:

Freight and Travel	13001	
Equipment and Clothing	5864	
Food	4152	
Cook and Porters	1911	
Entertaining	523	
Computer and Programming	2056	
Accomodation	504	
Medical Care	1299	
Insurance	1743	
Telephone and Sundry Expenses	541	
Accountancy	115	
Bank Charges	6	
	<hr/>	31715
		<hr/>
SURPLUS		1791
		=====

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The attached Accounts have been prepared in accordance with the records and information provided.

Hager Stenhouse & Co.,  
Qualified Accountants.

206, High Road,  
London.N.15 4NP.

BULK PURCHASES AND TEAM EQUIPMENT

The following items will be provided from expedition funds and you will not need to worry about them.

Base Camp Tents	Playing Cards
High Altitude Tents	Travel Scrabble & Chess
Snow Pegs	Alarm Clock
Petrol Generator	Radio-Cassette Player
Base Camp Lighting	Short Wave Radio
Base Camp Torches	Altimeters
Matches & Candles	Meteorological Kit
Base Camp Cooking Gear	Binoculars & Telescope
Plastic Water Bottles	Soap & Shampoo
Water Purifying Pumps	Washing Powder
Epigas and Stoves	Loo Paper
Cooking Utensils	Urine Bottles

The following spares will also be taken to Base Camp.

Crampon Straps & Buckles	Petzl Headtorch Bulbs
Crampons & All Tools	Split Pins
Fabric Tape	Shorts
Gore-Tex Tape	Tent Repair Kit
Ice Axe & Hammer	Tin Openers

PERSONAL CLOTHING

This list is the maximum allowed, and comprises all necessary clothing, including your travelling clothes. It all needs to be loose-fitting and well worn-in.

1	Pair Shorts	1	Pair Climbing Boots
4	Cotton or T-shirts	1	Pair Walk-in Boots
4	Underpants	1	Pair Trainers
2	Sets Thermal Underwear	1	Pair Gaiters
4	Pairs Inner Socks	1	Pair Overtrousers
4	Pairs Outer Socks	1	Cagoule
1	Thermal Balaclava	1	Duvet or similar
2	Pairs Inner Gloves	1	Pair Warm Trousers
2	Gloves or Overmitts	1	Sweatshirt
1	Thin Silk Scarf	1	Thin woollen Sweater
1	Sun Hat	1	Track Suit Bottoms
1	Tie	1	Fibre-pile Jacket
1	Pair Light Trousers	1	Pair Salopettes
1	Pair Sandals or Flip-flops		

PERSONAL EQUIPMENT

Rucsac	Sunglasses
Stuff Sacs	Silva Compass
Sleeping Bag	Whistle
Cotton Liner	4 Handkerchiefs
Compression Sac	Small pack loo paper
Bivvy Bag	
	Walkman & Batteries
Personal First Aid Kit	Headtorch Batteries
Swiss Army Knife	6 Cassette Tapes
Housewife	2 Paperback Books
Spare Boot Laces	Note Book or Diary
Toilet Bag with Razor etc.	Pen & Pencils
2 Small towels	Plastic Mug and Plate
Glacier Cream & Lip Salve	Knife, Fork & Spoon

PERSONAL CLIMBING EQUIPMENT

2 Screw-gate Karabiners	Crampons
2 Tapes (1 long & 1 short)	Head Torch
3 Prusik loops	Ice Axe & Hammer
Climbing Harness	Ski Goggles
Climbing Helmet	Sticht plate 9/11 mm

HAND LUGGAGE

This will probably need to be carried in a small rucsac.

A secure wallet or belt containing:

Passport	Sterling
Visas	Travellers' Cheques
Tickets	VISA or similar Card
Vaccination Certificates	

Photographic Equipment

Film - in lead bag or packed so it won't be X-rayed

Whatever personal equipment you will need between leaving London and arriving at Base Camp.

Goody Bag (maximum 2 kg)

Anything else you can stuff in in the pockets of the clothes you travel in. This will not be weighed, so you can take extra things. or save the expedition some air-freight, BUT remember you will have to carry it from the road-head to Base Camp.



## THE FUTURE

For most of us the memories of the mountains still glow strongly. It is a warm glow that will sustain us for a long time. But now, six months after the expedition, some of the lads are beginning to stir from their lethargy and look towards the future.

The problems of administration are enormous for a large expedition, and it is not even necessarily cheaper per head than a small one. There is a tendency to over-equip a large team and try to prepare for every eventuality - a luxury too expensive for smaller teams. However, the larger team does have much to offer - a variety of diverse characters with a great range of skills, a chance to take relatively inexperienced climbers, and above all a great spirit of comradeship. Certainly no conventional expedition would have let so many novices spread their wings in such a demanding area.

Due to the spirit built up on this expedition, the Metropolitan Police Mountaineering Club has grown from strength to strength; it now encompasses a wide variety of mountain activities, ranging from fell-running to ice-climbing. Within the group is a strong and determined core of climbers straining to embark on a new adventure.

The Jogin Expedition has brought us into contact with colleagues from other British Police Forces. We hope to build on these and that the next Police expedition to the Himalaya will be a truly British Police one.

We have also built up a very close friendship with Superintendent Das from the Ludhiana Police in the Punjab; he proved himself to be a thoroughly competent climber and an excellent companion. We hope that he will be able to join us again on our next expedition.

We are currently looking at the possibility of taking another large team away in 1989. Whilst in India we met the Deputy Director-General of the Indo-Tibetan Border Police, and he talked enthusiastically about some of his officers taking part in a joint police expedition to the Nanda Devi Sanctuary - currently inaccessible to foreign expeditions. In case this idea should not bear fruit, we are also researching the possibility of attempting some unclimbed peaks in the Andes.

EPITAPH

The stone grows old.  
Eternity is not for stones.  
But I shall go down from this airy place,  
this swift white peace, this stinging  
exultation;  
And time will close about me, and my soul  
Stir to the rhythms of the daily round.  
Yet, having known, life will not press so close,  
And always I shall feel time ravel thin about me.  
For once I stood  
In the white windy presence of eternity.

Eunice Tietjens



The ridge between Jogin I and II