

Everest 2011

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Thanks for the interest in our Everest programs!

I've been organizing Everest expeditions for over 25 years and each year I do my best to put together a strong team with compatible climbers and top notch western and sherpa guides and leaders. We fill our trips, and thus can be picky; we've turned away many climbers over the years who I feel will not be a good fit with our program.

IMG has long been the leader in innovative climbing programs to the Himalayas. We were one of the very first companies to offer guided programs to Everest (1991), the first to company to offer a standalone climb to the North Col (1994) and to 8000m (2001). We were one of the first companies to guide Shishapangma (1990) and Cho Oyu (1995), first to guide Khumbu Icefall as a standalone program (2000), first to offer the option of personal sherpa guides to climbers (2002), first successfully guided climb of Lhotse (2009), first with the Hybrid concept (2010), first to offer an Everest "Express" itinerary (2010).

With nearly 400 summits of 8000 meter peaks to our IMG credit, including over 200 of them on Mount Everest, I am still never satisfied, and continue to look for ways to improve our IMG Everest program. For 2011 we continue our tradition of innovation and attention to the details. We put in place first class logistics and staffing. We don't cut corners. We conduct the best program that we can, at a fair price. I don't think you will be disappointed.

If you would like to join a world-class team on Everest, please give this Everest 2011 document a careful reading and then contact us if you would like further information!

Please let me know how I can be of further assistance.

Eric Simonson
IMG Himalayan Programs Director

Everest: Just The Facts

Summit:

29,035' • 8850m

Set Your GPS:

27° 59' N 86° 56' E

First Boot-Prints on Top:

In 1953, Edmund Hillary and Sherpa Tenzing Norgay became the first known summiters of Everest (neither saying who stepped on top first.) Some people speculate about the success of British climbers George Mallory and Andrew Irvine who perished on the north side of the mountain high on a summit attempt in 1924. In 1921, Mallory was part of the first ever expedition to Everest.

Size Does Matter:

The elevation of 29,035' (8850m) was determined using GPS satellite equipment on May 5, 1999. It was previously believed to be slightly lower (29,028'/8848m), as determined in 1954 by averaging measurements from various sites around the mountain.

As India Slides Under China:

GPS research suggests that plate tectonics is causing Everest to grow 3-5mm and move 27mm northeast annually. The mountain is 60 million years old and is believed to have once been a seabed. While seashells haven't been found on the summit, there are rocks that had once made up the Tethys ocean floor.

By Any Other Name:

The Tibetans call Mount Everest "Chomolungma" which means "mother goddess of the world." Once known to westerners as Peak XV, it was named in 1859 for Sir George Everest, the British surveyor-general of India. The Nepali name is Sagarmatha which translates to "churning stick in the sea of existence."

No Longer Just for Loners:

More than 3,000 climbers from about 30 countries have climbed to the summit by various routes.

EVEREST 2011

Dates, Prices, Program Descriptions

NOTE ON DATES: Dates are listed starting with the arrival day to Kathmandu to the arrival day back to Kathmandu from Lukla at the end of the trip.

The ending dates for the EBC Classic Trek, Sherpa Trek, and Lobuche Climb are **FIXED**, but you should add one contingency day in Kathmandu at the end, before flying home, in case of Lukla flight delay.

The ending dates for the Everest and Lhotse Climbs are **FLEXIBLE**, depending on weather and conditions. It would be normal to add a week of contingency days to these itineraries. Normally climbers will change their departure flights (call or e mail you travel agent from BC) when you know exactly when the expedition is going to end for you. We plan to stay at Base Camp for climbing until approximately the end of May, or as long as it takes for us to be successful.

Classic IMG Everest Climb

March 29 – May 24, 2011 (plus contingency days)

Landcost: \$40,000 (w/Sherpa guide @ 1:1 ratio); \$70,000 (w/western guide @ 2:1 ratio); \$100,000 (w/western guide @ 1:1 ratio)

This is the program that most of our IMG climbers have done over the years, perfect for the climber with previous experience climbing big mountains. This is a complete expedition, no cutting corners, nothing less than the finest support on the mountain and offering you the ultimate in flexibility to tailor your schedule to your personal needs. Included is unlimited consultation with the IMG staff, consultation with the docs at the HRA BC Medical clinic, Icefall fees, all expedition food, communications, oxygen, Sherpa support, complete trek service, and total expedition logistics from Kathmandu to Kathmandu. We assign your personal guide to you at the beginning of the expedition and you climb together over the acclimatization rotations, developing familiarity and friendship. IMG does not allow members to climb solo. Our itinerary includes Lobuche Peak at the beginning of the expedition, then two rotations up the Icefall, prior to summit bids, for maximum practice and acclimatization.

Hybrid IMG Everest Climb

March 28 – May 23, 2011 (plus contingency days)

Landcost: \$55,000

Many of our customers have told us they want the oversight of a western guide (4:1 ratio) plus the individual attention provided by a personal Sherpa (1:1 ratio). Now we have what you are looking for! Join seasoned Everest guides and our top sherpas for an attractively priced program that combines the best of both worlds. The general itinerary is the same as the Classic Everest climb, but the Hybrid group will travel separately to Base Camp and will have a separate BC dining tent.

Express IMG Everest Climb

April 5 – May 21, 2010 (plus contingency days)

Landcost: \$37,000

New for 2010, we provide the option of a shorter itinerary and a different acclimatization profile. To accomplish this we do Lobuche Peak at the beginning of the trip (like the Classic climb) for acclimatization, and then follow this with a single extended acclimatization rotation to Camp 2 and Camp 3 (overnight at C3). This means that you only do one Icefall rotation prior to the summit bids. This is a more aggressive schedule, suited to strong climbers who have demonstrated the ability to acclimatize well on past climbs and/or who can do some pre acclimatization before the expedition (e.g., additional trekking and climbing to altitude or using a hypobaric chamber). During the Lobuche and C2/C3 rotations you will be climbing with IMG guides and Sherpas and also members of the C2/C3 and Lhotse teams. IMG does not allow members to climb solo. You will have a personal Sherpa guide assigned to you for the summit bids.

Lhotse Climb**April 5 – May 21, 2011 (plus contingency days)****Landcost: \$16,000**

The Lhotse route follows the Everest route to above the Yellow Band, then splits off to “Lhotse Camp 4”. Lhotse is a stiff climb, more difficult than Cho Oyu. Our Sherpa team will fix the route all the way to the summit, but there is near vertical ice and rock in the Lhotse couloir so you need to be very fit and capable. We figure you will use oxygen starting at C3 on the second rotation, then from C3 to Lhotse C4, overnight there, and on summit day. The goal would be to descend to C2 after the summit. During the acclimatization rotations on this climb you are with other members of the Lhotse team, Everest Express climbers, C2/C3 climbers, and IMG guides and Sherpas. IMG does not allow members to climb solo. For summit bids we will assign specific Sherpas and guides. Lots of steep climbing!

Khumbu Icefall Climb, Camp 2, Camp 3 and Yellow Band Options**April 5 – May 5, 2011 (to Camp 2); April 5 – May 8, 2011 (to Camp 3)****Landcost: \$10,000 (to Camp 2); \$11,000 (to Camp 3)**

Go to Lobuche Peak for a warm-up, then climb the famous Khumbu Icefall. If you're a climber who always wanted to see for yourself what Everest is all about, our Khumbu Icefall program provides the chance to go up to Camp 1 and Camp 2. This is serious climbing, with some risk, so you need to be in good shape and have solid skills with crampons, fixed rope, etc. Visit Camp 2 and descend to Base Camp or, stay longer and practice using oxygen to go to Camp 3 (or higher up the Lhotse Face towards the Yellow Band, depending on your strength). This is a great practice for climbing Everest!

Classic Everest Trek**March 29 – April 17, 2011****Landcost: \$4,000**

This is one of the world's great treks. Accompany the IMG climbing team and see all the famous sights on the way up the Khumbu Valley. Climb Kala Pattar, rub shoulders with the climbers and see what a real expedition is like. Join in with the expedition puja ceremony at Base Camp, marking the beginning of the climbing. Then, trek back out to Lukla with our crack Sherpa team for the flight to Kathmandu. What a classic! We have a limited number of positions available for this program.

Sherpa Trek**May 2–19****Landcost: \$3,000**

Our Sherpa led Everest trek, with top notch support and logistics, this group also visits the team at Base Camp, near the end of the expedition, normally about the time of the summit bids. This is an exciting time to be there! After the Base Camp visit, trek back out to Lukla with our crack Sherpa team for the flight to Kathmandu.

Lobuche Peak Climb**April 5 – April 28, 2011****Landcost: \$5,000**

If you would like to visit Everest Base Camp, and stay longer and go higher, bring your crampons and ice axe and add a climb of Lobuche Peak, over 20,000 feet. We first go to Everest Base Camp for better acclimatization, then our Lobuche climbers, guides, and Sherpas will drop one day back down the valley to climb this beautiful peak, with world class views of Everest from the summit. Afterward, trek back out to Lukla with our crack Sherpa team for the flight to Kathmandu. From the beautiful Lobuche Base Camp tucked up a side valley from the EBC trek route, the route climbs to a high camp, then from there up rock scrambling to the glacier, which leads to the summit ridge. The steeper parts of the climb to the ridge, on the summit day, are normally fixed with about 500 meters of rope. Lobuche Peak is a perfect objective if you are fit and have Mt. Rainier type skills. (ice axe, crampons, roped glacier travel). We will review use of fixed ropes for climbers who have not done this before.

EVEREST 2011 Fees, Deposit and Payment Schedule

Costs included in trip fee: Transfers between hotel and airport in Kathmandu, hotels with breakfast in Kathmandu for stated itinerary at beginning of expedition, welcome dinner for members traveling on published itinerary, round-trip flight to Lukla, all group equipment (rope, tents, stoves, propane shower at BC, etc.), all meals while trekking / climbing, Park fees and climbing permit fees, liaison officers, Sherpas, camp staff, radio comms / satellite telephone / internet at Base Camp, 110v power supply at Base Camp for charging electronics (solar and generator backup), yaks and porters, hyperbaric bag, pulse oximeter, emergency medical oxygen, unlimited medical consultation at the HRA EBC Medical clinic. High speed internet for your personal e mail is available at Base Camp @ \$10/MB. All trekkers and climbers are provided with a foam trekking mattress for BC.

Everest, Lhotse, C2, C3 climbers will be provided a single tent at Base Camp, handheld radios (speaker mic available), high-altitude camp equipment and supplies, Sherpa support, and unlimited consultation with the IMG leaders. Climbing Sherpas will establish the route and camps, carry both team gear and a reasonable amount of your personal member gear (for example your sleeping bag, down suit, high altitude food and gear, can be sent up to C2 with sherpas). 7200 liters of climbing oxygen will be provided as follows: 1800L at C3, 3600L at Col, 1800L at Balcony. We will also supply a limited amount of "extra" oxygen at Camp 3, for "practice" during the C3 acclimatization cycle, and also sleeping oxygen at Camp on the summit bid. Additional oxygen and personal Sherpa support is available, but must be arranged before the expedition. Please contact Eric Simonson for additional details of summit climbing program.

Costs not included in trip fee: International round-trip air fare and travel expenses to/from Nepal/KTM, meals in Kathmandu, hotels in Kathmandu after the trek/climb, personal gear, excess baggage charges, airport taxes and Nepal entry visas, Sherpa tip pool (we suggest \$200 per person for trekkers, \$300 for Lobuche/C2/C3 climbers, and \$500 for Everest and Lhotse summit climbers), Bgan internet and sat phone, personal sundries and beverages, costs incurred as a result of delays or events beyond the control of IMG, recommended insurance policies (medical, evacuation, trip cancellation, etc.), and customary but optional tips for IMG staff. **NOTE — We require helicopter rescue insurance.**

Single Supplement: includes single hotel room in Kathmandu, single room/tent on trek, single tent at Base Camp (share above BC): **EBC Trek-- \$300; Lobuche/C2/C3/Lhotse/Everest -- \$400**

Extra Nights at Everest Base Camp: \$100

Fee Payment Schedule for 2011 Everest programs:

Payment Due Date	BC Treks and Lobuche	Camp 2 and Camp 3	Lhotse Summit Climbs	Everest Summit Climbs
Application Fee	\$1,000	\$1,000	\$5,000	\$10,000
Oct. 20, 2010	\$1,000	\$1,000	\$2,500	\$10,000
Dec. 20, 2010	Balance	Balance	Balance	Balance

All IMG program fees are quoted in US dollars. All fees and payments are non-refundable and non-transferable. Payments must be received by IMG on or before the due dates noted above. Failure to submit payments on or before these due dates will result in forfeiture of fees paid and loss of program reservation. Our bank does not charge for incoming bank wires, however, please include wire fees charged by your bank or correspondent banks.

Expedition Organization and Leadership

International Mountain Guides (“IMG”)

IMG is the oldest and most respected high-altitude climbing service in the world and its three principals, Eric Simonson, Phil Ershler, and George Dunn, have led and organized hundreds of expeditions worldwide since 1975. Each is an AMGA Certified Alpine Guide with Himalayan expedition experience including Everest, K2, Kangchenjunga, Shishapangma, and Cho Oyu. IMG’s Himalayan mountaineering programs are organized and directed by Eric Simonson, one of the world’s premiere expedition organizers. Under his direction IMG has conducted over forty Himalayan expeditions. His teams include a group of professionals and Sherpas who are the best in the business. Since 1990, nearly 400 IMG team members have summited the world’s classic 8,000-meter peaks, including Everest, Cho Oyu and Shishapangma.

Ang Jangbu and the IMG Sherpa Team

A veteran of dozens of expeditions and an Everest summiter, Ang Jangbu has worked with Eric Simonson on every IMG Himalayan program since 1991 and is a very popular leader. Ang Jangbu Sherpa and his staff put together one of the very best Sherpa teams for IMG. We are proud to have a group of Sherpas working for us who are among the best paid, best led, best equipped, and best trained in the business.

References

Joining a high-altitude trek or expedition is a serious decision. You should be completely confident in the organization and leadership before you make that decision. Many of you have climbed with us before, and because your experience with us was good, you’re considering another climb with us. For those of you who haven’t climbed with us before, we strongly encourage you to interview us thoroughly and also talk to our past clients. When you’re ready to make the decision, we’ll be happy to provide you with a complete list of references.

IMG’s Philosophy

IMG leads the way! Virtually every year we are one of the first teams to the summit. Our Sherpas are involved in route fixing every year, often leading the charge. Our goal is to safely help as many team members as possible reach their goals, and we invest in the logistics that will make this happen. We value our reputation as the premiere international climbing company and we only put programs in place that measure up to our own high standards. If you would like to join a world-class team on Everest, we encourage you to contact us to discuss your goals and qualifications and secure an exciting role for yourself on our team!

“I could go on and on, but the bottom line is that your organization is first-rate in every respect. Thanks for everything... I hope to make use of your services again...”

—Tom G.

“I’m writing to you for several reasons, the foremost of which is to thank you for providing me with an excellent trip to Everest... I can’t say enough good things about both the logistics and the staff. As you know I am a crusty old IFMGA mountain guide with previous experience on the mountain, and so I had plenty of ideas about how the trip should go and what was possible. Your expedition service surpassed all my expectations, provided me with “the best” opportunity to summit even compared to the super expensive guided trips, and as such, I was successful in fulfilling a dream of 20 years... I will recommend your service to anyone interested... it was simply the best on the mountain. How do you keep the price so low? The facilities, equipment, and staff equaled surpassed any service on the mountain, even the expensive ones. Anyway, thanks again for a perfect trip!”

—Dan G.

For more comments from IMG climbers, please see our website at:

www.mountainguides.com/comments.shtml

Things to Consider

We know we're not the cheapest deal around, and we don't want to be. We spend more providing the best personnel, equipment, logistics and safety measures – things that many lower-cost programs cannot afford and do not have. We don't cut corners. As you shop around, consider the following:

- **IMG** leaders are professionals and are great teachers as well as strong climbers. All have done numerous high-altitude expeditions, including the Himalaya. Our clients enjoy the immense benefit of a core group that has climbed together extensively, producing a team that knows how to work well together. We do not think you will find any other Everest climbing or trekking programs that will be led or staffed by persons of the caliber we will field for Everest 2010. We challenge you to try!
- **IMG** always complies with all local, state, federal, and international regulations for the countries in which we climb. This includes proper visas and climbing permits, full insurance and equipment for our employees and Sherpa support teams, and complete adherence to all environmental regulations. Our great safety record allows us to operate with full liability insurance. All client funds are deposited in a regulated trust account. We take our business seriously!
- **IMG** Sherpas are top-notch. We hire the same great Sherpas every year, we treat them with respect, we pay them well and they like working with our teams. Most of them have been on many climbs with us over the years and many of them have multiple Everest summits. Our enthusiastic cooks do a great job and our menus are well considered. It makes a difference!
- **IMG** trek itineraries are longer than most others offered on the market. We know how to acclimatize properly and we don't rush. Unlike most other teams, we actually take our trekkers to Base Camp and invite them to stay there for several days as members of an expedition team. If you want to trek to Everest Base Camp, go with a team that actually gives you a real chance to fully experience it!
- **IMG** Base Camp is fully stocked with double wall dining tents with carpets and heaters, top notch food (fresh food delivered weekly), propane heated showers, custom weather forecast, high speed internet for your personal e mail is available @ \$10/MB. Solar power at Base Camp quietly supports our satellite communications, allowing us to maintain excellent emergency contact capabilities and keep friends and family informed of our progress during the long weeks away from home. IMG will post regular internet dispatches from all of our teams during Everest 2010. We have a generator for backup on the inevitable snowy/cloudy days, and 110v power for charging your electrical devices.

Air Travel and Insurance Arrangements

International Mountain Guides has worked for many years with Ms. Pirjo Dehart and her staff at CTT Destinations to provide professional travel service for participants in our programs. We urge you to contact CTT Destinations at 800/909-6647 or img@cttdestinations.com for help with your plans.

We invest in insurance coverage for commercial liability and medical and disability insurance for our employees and Sherpas while participating on our programs. We cannot insure you for your personal needs, but we do expect you to be as fiscally responsible as we are. We strongly recommend that you insure yourself against potentially expensive difficulties that may arise. First, trip cancellation insurance may provide financial relief should you be forced to withdraw from the climb before it even happens. Next, make sure you have adequate traveler's medical and evacuation insurance for coverage should you have a problem during the trip. Medical care and evacuation from Everest can be expensive. Please see the Application Forms: www.mountainguides.com/pdf/IMG-Forms.pdf for further information.

“A lot of people have asked me about my trip and I've told them that if they ever want to go on a altitude oriented adventure, to connect with the guys at IMG. You run a great show...”

—W.G.S.

“We put a lot of effort and research into choosing the right way to go for Everest, and I left the mountain without a doubt that we chose and were with the best organization and people on the hill. I think most of the rest of base camp knew it too.”

—Jeff

For more comments from IMG climbers, please see our website at:
www.mountainguides.com/comments.shtml

Everest Personal Equipment Checklist

This equipment list is meant to help you compile your personal gear for a high altitude trekking trip. Most items are required. Please consider each item carefully and be sure you understand the function of each piece of equipment before you substitute or delete items from your duffle. Keep in mind that this list has been carefully compiled by Eric Simonson, the expedition organizer. Don't cut corners on the quality of your gear. In order to assist our clients in understanding and selecting the appropriate equipment for this program, IMG has worked with online outdoor retailer Mountain Gear (www.mountaingear.com) to post gear lists, along with specific product recommendations, on the Mountain Gear website.

Travel Items

- Duffel Bags: One duffel will accompany you on the trek to BC. Climbers will need a second duffel, which will be packed with the mountain equipment and which will go direct to BC. Duffels are carried by porters and yaks and should be sturdy and waterproof with name written on bag (in case tag is lost). Bags with wheels are nice for the airport, but the porters and yaks don't like to carry them, so don't bring wheeled bags. You will also store some travel clothes at the hotel in Kathmandu while trekking, so a smaller additional bag with a lock might be handy. Tip: Bring 5 large plastic garbage bags to pack gear inside duffels to protect gear from rain.
- Daypack: Large daypack or bag with a shoulder strap, so you don't have to set it down while doing the duffel shuffle or handling travel documents while going through passport control and customs at the airport. It needs to be big enough to hold everything you'll need for an overnight stop.
- Locks: You'll want padlocks in Nepal and Tibet, but for flying out of the USA, it might be better to use plastic zip ties which can be cut by TSA staff if necessary (bring extra zip ties).
- Travel Wallet: Important for carrying your important documents including passport, extra photos, duffel inventory list, and money. We suggest that you use a travel wallet that you can hang around your neck and place inside your shirt, or around your waist tucked under your shirt or trousers.
- Passport (valid for at least 6 months after the trip ends with sufficient extra pages for visa stamps and in **same name as airline ticket** (or with endorsement-for women who changed name w/ marriage). Get your Nepal visa on arrival in Kathmandu at the airport
- 2-3 additional passport photos: one for visa, one for trek permit, Everest and Lhotse summit climbers bring one more for your summit certificate (hopefully you will need this!).

Trekking Gear

- Trekking Poles: Poles come in handy for balance and easing impact to your knees. Get collapsible poles that can attach to your backpack.
- Backpacks: The "day pack" is great for a travel carry-on and may be big enough for the trek (need room for your clothes, water, camera, food, etc during the day while hiking). Climbers will need a larger pack (50-60 liter size is popular) and this will also be fine for the trek. For the international flights put your backpack into the duffel bags, but carry it on the plane for the Lukla flight.
- Pack Cover: Waterproof rain cover for your pack.
- Sleeping Bag: Rated to at least 0 degrees Fahrenheit. Synthetic or Down. Base Camp can get down to around 0-10 degrees F at night...so quite chilly. Everest and Lhotse climbers will want to bring a second sleeping bag (available for rent if you do not have a suitable one).
- Trekkers do not need a pad (foam mattress will be provided for trek and Base Camp). Climbers should bring a Thermarest pad to augment the closed cell pads we put in the tents above BC.

Footwear

- Lightweight Shoes: Running/tennis shoes and sandals for camp, around town, etc.
- Hiking Boots: Medium-weight hiking boots, waterproofed and broken-in.
- Gaiters: To keep snow, mud, and scree out of your hiking boots.
- Socks: 3 complete changes of socks, in a combination that you have used and know works for you. Make sure your boots are roomy enough for the sock combination you intend to use. Tight boots will make your feet cold.

Clothing

- Base Layer: 2 pair synthetic long johns: one midweight set and one expedition weight set.
- Mid Layers: One additional warm layer (wool sweater, another fleece jacket, shelled vest, etc, that can be worn in conjunction to the other layers).
- Shell Jacket: Waterproof/breathable jacket with hood.
- Shell Pants: Waterproof/breathable pants (full side zips are best).
- Climbing/Trekking Pants: Look for construction that provides freedom of movement and/or stretch materials. Fabric should be a breathable synthetic that preferably holds up to abrasion and dries quickly. You can wear them over longjohns if it is cold.
- Warm Parka: Down or synthetic. This should be big enough to go over other garments. Many climbers also like insulated pants for cold mornings and evenings at BC / ABC.
- Trekking Clothes: Light hiking pants and / or hiking shorts for warm weather down low- NOT cotton. Shirts for hiking on nice days (t-shirts OK, quick-drying synthetic fabric far better.)
- Casual Clothes: For travel/meals in dining rooms. You'll want a shirt or two with a collar to wear on flights and for restaurants. A sweatshirt or light jacket might be nice in the evening.
- Bathing Suit: Some of the hotels have pools (eg, in Bangkok).

Clothing Accessories

- Gloves: Light gloves for hiking and warm ski gloves. Bring mittens too if your hands tend to get cold.
- Hats: Warm wool or heavy fleece hat, sun hat and bandana.
- A "Buff" or light balaclava to breathe through in the cold dry air. Good for preventing "Khumbu cough"

Camp Accessories

- Headlamp: With several sets of extra batteries. Climbers should bring a second "back up" headlamp.
- Water Bottles: 2 water bottles with foam insulation shells. Bring a Pee bottle too.
- Water Treatment: Iodine tablets (Potable Aqua or similar) or iodine crystals (Polar Pure).
- Camera: With spare batteries, and film or memory cards.
- Pocket Knife. Climbers need to bring Bowl, Cup spoon.

Personal Accessories

- Wrist Watch: With alarm and light for reading in the dark. We like the Suunto ones.
- Eyewear: Bring good sunglasses. For contact lens wearers, ski goggles with light color lenses (for use at night) might be useful in windy conditions that cause blowing dust.
- Vision correction: Bring extra prescription eyeglasses or contact lenses if you wear them. Lens solutions are not widely available in Nepal, bring enough.
- Skin Care: Maximum SPF sunscreen and lip balm.
- Basic First Aid and personal: Bring plenty of hand sanitizer (Purell). Also you'll want moleskin, tape, aspirin (many climbers take an 81mg aspirin every day to prevent stroke), ibuprofen / acetaminophen, Imodium and Pepto Bismol for diarrhea, Band-Aids, antacid, insect repellent, ear plugs, and several rolls of toilet paper (we will have a supply at Base Camp), small towel, soap/shampoo, a few disposable dust masks, hand cream (for chapped hands),
- Prescription Medications: 1) Antibiotic for upper respiratory problems (azithromycin) 2) Antibiotic for GI problems (Cipro or azithromycin); 3) Diamox (acetazolamide) for acclimatization (125 mg tabs recommended, enough for a week); 4) Sleeping pills for jet lag; 5) Tylenol 3 or similar for severe headaches; 6) Malaria Chemoprophylaxis, if needed based on travel plans; 7) Asthma medication, if any history (many climbers use Advair inhalers at high altitude to prevent Khumbu cough). For serious illness on high altitude expeditions standard treatment protocol is 8) nifedipine (for pulmonary edema) and 9) dexamethasone (for cerebral edema) in association with immediate descent.
- Cold medicine (Sudafed, etc), Chloroseptic or Tessalon Perles throat lozenges.
- Personal Snack Food: Approximately 5 pounds of personal snacks, also some drink mixes if you like these (add drink mix to your water bottle after giving iodine tablets 30 minutes of contact time). Summit climbers should bring some extra high altitude snacks they know they will like to eat up high!
- Books/ tapes/CD's. Plan on sharing among your team members. You can also borrow from and add to the Base Camp Library we establish every year.

Nepal Lobuche Peak and C2/C3 Climbers add the following

- Ice axe: We like a general purpose axe in the 60-70 cm range. A wrist leash or tether to the harness is useful on steep slopes where losing an axe would be a big problem. A spike with a point is preferable to a tubular shape (which can glance off the ice at certain angles).
- Crampons: The number one rule with crampons is that they need to stay on your boots no matter what. Make sure your boots are compatible with your crampons. Avoid "cookie cutter" crampons with a vertical side rail. They tend to ball up in soft snow. Mono points, heel hooks, and various technical ice paraphernalia may be great for an icicle, but are unnecessary for mountaineering.
- Helmet
- Climbing Harness: We prefer a harness with a minimum of padding that can be adjusted to fit over bulky clothing with leg loops that open so you don't have to step into the harness.
- Ascenders & Hardware: Two large locking carabiners, mechanical ascenders with slings, rappel device (Figure 8 or ATC that will work on a variety of rope diameters from 6mm to half inch braided rope), 4 extra shoulder slings with 'biners. Bring 30 feet of 6mm accessory cord or ½ inch tape webbing to rig your ascender and safety sling (we will show you a good way to do this).
- Warm shelled mittens
- Plastic double boots or equivalent. Some climbers wear single boots up to C2, but above C2 you will need double boots.
- Insulated pants. Great for the cold evenings at Base Camp, and up higher.
- 1 pair of Glacier glasses, with a spare pair as backup.
- Bowl, Cup, Spoon.
- Small repair kit. We'll have a large repair kit at Base Camp with tools, etc.
- Holster or other manner for stowing ice axe (between shoulders under pack?) while climbing ladders in Icefall. Must be out of the way and easy to reach with one hand.

Everest and Lhotse Summit Climbers additional equipment

- We would like to discuss this in detail with you individually. It will be necessary to have a down suit (or down trousers and parka) and many climbers prefer the Millet Everest, La Sportiva Olympus Mons, Asolo, or other type high altitude boots. Additionally, we suggest extra socks, warm mittens, goggles (including light yellow or clear lens for night if it is cold), a good 1 liter thermos bottle, and other accessories. Everest and Lhotse climbers will want to bring a second sleeping bag (available for rent). We also suggest summit climbers bring a back-up headlamp and an extra 6 AA Lithium Batteries (for headlamp and walkie talkie back up up high).

Immunizations Checklist

- Tetanus-Diphtheria** - You should already have. Do you need a booster?
- Polio** -You should already have. Do you need a booster?
- MMR** -You should already have. Do you need a booster?
- Meningitis** - Recommended. Consult your physician.
- Hepatitis A** - Recommended. Consult your physician.
- Hepatitis B** - Not a bad idea. Ask your physician.
- Cholera** - Ask your physician. Not usually recommended any more.
- Typhoid** - Not a bad idea to be safe. The tablet form, Vivotif Berna, is good for five years.
- Rabies** - The new vaccine is easy. Kathmandu and Nepal have rabid animals.
- Malaria** – No problem in Kathmandu, since we are above the zone of malaria, but if you plan on traveling to lower elevations in Nepal, or to certain parts of Thailand before/after the trip then malaria chemoprophylaxis is highly recommended.

Consult your physician and visit the travel clinic at a major University Hospital or your local Public Health Department for the most up to date info on travel requirements, or check out the Center for Disease Control Website at www.cdc.gov.

IMG EVEREST 2011

Climbers Update

Dear Team and Prospective Team members,

Eric Simonson here, I am IMG Himalayan Program director. I have organized over 40 Himalayan expeditions, including 18 on Everest. For Spring 2011, we are looking forward to our 19th expedition to the world's highest mountain. We have seen over 200 Sherpas and western climbers summit Everest with our IMG teams over the years. Among IMG non-sherpa climbers in the past 5 years who reached the South Col, 83% have gone on to reach the summit. IMG is an international guide service, and we welcome climbers from around the world who share our philosophy.

IMG Everest Philosophy -- "We support Climbers"

I have seen Everest change so much since 1982 when I first went to the mountain. Now you might have close to 1000 climbers and Sherpas on the mountain, so you will not be lonely! The negative side of this is that there are an increasing number of climbers on Mt. Everest that do not belong there or who are poorly supported, so that if they have a problem, it might soon become your problem! To mitigate this we do a number of things. For example, we want IMG climbers empowered with the freedom and flexibility to leave early and get ahead of slow climbers and slow groups. We want to have in place the support and logistics to split our team up if necessary, to beat the traffic jams. We want to have in place the support and logistics to be able to render assistance without negatively impacting our team members. If you want to climb with a large slow group, we suggest you seek another guide service. We have the logistics and horsepower to mount one big summit bid, several smaller bids, or if necessary a second summit bid if the first is unsuccessful. Our goal is to provide great support and flexibility to our climbers with a good fun team structure.

IMG staff

I am happy to announce that for IMG Everest 2011 we have now slated our top IMG guides and our very best "A Team" Sherpas under the expert guidance of Ang Jangbu and Ang Pasang.

Prerequisites

If you are going to be a member of IMG Everest expedition, you need to be a solid climber. That means that you are in excellent physical condition, with good technical skills and previous altitude experience. You need to be proficient with crampons, fixed rope, ascenders, rappelling, and have climbed previously to at least 20,000 ft / 6000m and demonstrated your ability to acclimatize normally. Over the course of the Everest expedition (starting with the Lobuche climb and on the two acclimatization rotations) we expect you to demonstrate your skills and fitness in order to qualify for the summit bids. The single most important thing that you can do to increase your safety on Mt. Everest is to minimize the time that you spend on the dangerous parts of the climb. This includes the Icefall, on the Lhotse Face, and in the Death Zone (above 26,000ft/8000m). You must be able to climb strongly and proficiently to avoid the pitfalls presented by the mountain, the weather, and the other climbers!!

Guided / Non-Guided / Western-guided / Sherpa-guided

These terms all become pretty confusing these days. The IMG Everest programs are ALL guided expeditions, they are NOT non-guided. Our IMG Everest goal is to meet the needs of our customers with programs that combine the best attributes of both Sherpa and western leadership at competitive prices. There are many different styles of guiding on Everest, and they are not the same. At the \$40,000 price we offer a 1:1 personal Sherpa guide. For \$55,000 we offer the 1:1 personal Sherpa guide plus the western guide at a 4:1 ratio. For \$70,000 we offer the 1:1 Sherpa guide and a western guide at a 2:1 ratio. For \$100,000 you get 1:1 for both. Lots of choices depending on what you want, what you need, and what you want to spend! The Sherpas that work for IMG are some of the very best Everest climbers, period. In order to compare different styles of Everest programs you need to understand who is going to be actually climbing with you and what support will be available if there is a problem. These are fair questions to ask of any company, and you should be comfortable with the answers you receive.

Strategy

Our IMG guides and staff will work with you decide on the best strategy for you. We have seen many times that this is not the same for all climbers. It depends on variables like people's health, fitness, acclimatization, aggressiveness, etc. For example, there is debate whether it is better to go up to C1 and then to C2 on your first rotation, or just to C1 and come back to BC. How many nights to stay at C2? Is it really necessary to sleep at C3 before summit bids and if so, how many nights? This kind of planning is not written in stone and will be affected by other factors such as your health, weather, and dates, how you are doing, etc. You will each have considerable flexibility on the mountain to adapt your climb, especially down low. We would expect for the team to break up into a couple different "rotations" as each person finds the schedule that works best for themselves. Our IMG Everest climb is NOT a "free for all". You are a member of an expedition team and everything you do on the mountain will have to fit into the larger picture, especially when it comes to occupation of Camps 3 and 4. Up high it will be especially important that everyone work together and communicate clearly. With IMG you will always be with your very experienced personal IMG Sherpa guide, with whom you will build a personal relationship over the expedition. With IMG you'll always have other climbers and their Sherpa guides in the immediate vicinity and additional IMG guides and Sherpas in position to respond with extra oxygen, gamow, sked stretcher, medical kit, etc.

Sherpas

Most IMG Sherpas are from Phortse and Pangboche. We have a great crew of guys working for us, and many have been with IMG exclusively for over ten years. It is a tight knit bunch, managed by Ang Jangbu and Ang Pasang. The senior guys (the ones we assign to climb with our climbers) have solid English language skills, first aid and rescue training, and tremendous 8000m experience.

Acclimatization and Training

Once we get to Base Camp we will do training on the ice seracs of the lower Khumbu Glacier to check climbers' equipment and review climbing and rescue techniques. Then, we are off to Lobuche Peak, an attractive 20,000 foot climb just down the valley from Base Camp. Lobuche Peak is a perfect warm-up climb for further acclimatization, practice of climbing techniques, and a good chance to get to know everyone better. After Lobuche Peak, we return to Base Camp and get ready to head up Mt Everest!

Most climbers will chose to do two "acclimatization rotations" on Everest, prior to the summit bids. The first trip up will go to C1 (19,500ft/5950m) for a couple nights, C2 (21,000ft/6400m) for a couple nights, tag but not overnight at C3 (24,500ft/7470m), then back to C2 for a night and finally back to BC. After a rest period the second rotation will return to C3, this time for an overnight stay at the camp. After the C3 overnight, we descend to BC to prepare for the summit bids.

To reiterate, each phase of the IMG Everest expedition is an opportunity to evaluate our team members. We do not send people up high for summit bids unless they can demonstrate the skills necessary to climb safely and take care of themselves so that they are an asset to the team.

Icefall

When we head up the Icefall, we break up into two person climber/Sherpa teams. We want to minimize unnecessary stopping and waiting in this dangerous area, and we have found the two person climber/Sherpa teams the best way to allow climbers to keep moving, so you are not waiting for slower climbers or slow groups. Each team is issued two radios and a rescue rope (the Sherpa will carry the rope). We have required check in points along the route, and this is logged at BC. You are on an open frequency, so you know when the climbers ahead and below you have passed a check point. There are many climbers and Sherpas, from many teams, moving up and down in the Icefall and it all gets confusing. You do not want to get stuck behind a big slow group! Each climber stays with their Sherpa who knows the route well, allowing maximum flexibility in the Icefall to negotiate steep spots and move around large slow groups. We do not allow climbers to climb solo. Climbing the Icefall quickly and smoothly is the single most important thing you can do to minimize risk.

Camps 1,2,3,4

At Camp 1 and Camp 2 we have large a kitchen/dining tents, gear storage tents (you can leave items here), and sleeping tents with closed cell pads (two persons per tent). Camp 1 is utilized on the first acclimatization rotation, but most climbers will skip it on the second time up, going straight through from BC to Camp 2. Generally the Sherpas will do most of the cooking/melting at Camp 1, 2, 3, and 4 but we also want the climbers proficient at running the stoves, so if necessary they can also run the stoves. At Camp 3 and Camp 4 (South Col) we have bags and pads in the camps. At South Col we keep a dedicated Sherpa there just to cook, melt, and monitor the radio.

Personal Gear and Pack weights

Generally speaking, you will only need to carry the items which you require during the day while climbing. The Sherpas will carry loads (including a reasonable amount of your personal gear) between the camps. When you are using oxygen (above C3) you will never carry more than one cylinder and regulator (16lbs/7.3kg).

Communications

We utilize VHF radios and satellite phones to maintain good comms, ensuring that IMG climbers, guides, and Sherpas work very closely together as a team. Each climber is issued a personal radio and speaker microphone that will clip to the collar. We constantly monitor the radio 24/7 anytime climbers are on the mountain and we have required check in places/times and logging of all transmissions.

Oxygen

Our IMG cylinders hold 1800 liters, which is enough for 10 hours @ 3 liters per minute (LPM). Each bottle and regulator weighs about 16lbs/7.3kg total. You will never carry more than this. We use the "Top Out" masks with carbon fiber composite cylinders – the "state of the art". For the summit bid we provide oxygen for sleeping at Camps 3 and 4 @ 1 LPM and climbing @ 3LPM. This is considered quite a generous flow rate. Most climbers will use about 7200 liters total on the summit bid, from Camp 3 to the top and back to Camp 3, but we have more oxygen if necessary for emergency. For the climb to the summit you start with a full bottle at the Col and use about half of it on the way up to the Balcony (it is usually about a 5 hour climb to Balcony). You will switch to another full bottle at the Balcony and leave the half full bottle at Balcony for emergency back-up. Leaving the Balcony with a full bottle you go to the summit and back to the Col (normally this is about 8 hours). With our system you do not need to do a bottle change at the South Summit (there have been many cases of missing/lost/stolen bottles from here over the years). We also send backup oxygen, masks, regulators up high with the Sherpas for emergency. On summit bid we have additional Sherpas who will carry oxygen just up to the Balcony, and who will then come back to the Col to wait in reserve in case of emergency up high. This is an important safety aspect – having climbers ready at the South Col to support.

Extra oxygen is available @ \$1500 per cylinder delivered at the South Col and \$4000 at the Balcony.

Many climbers have asked about "practicing" at home with a mask. Our recommendation is to purchase the 3M R-6311 Respirator (about \$30), for example

<http://www.amazon.com/3M-R6311-Low-Maintenance-Half-Mask-Respirator/dp/B0009F5KDS>

The TopOut mask (which we use on Everest) is built on the 3M mask body and doing workouts at home with the 3M mask will simulate some of the issues using oxygen. For climbers familiar with scuba diving, you will be reminded of the necessity to breath easy and steady, don't pant, just focus on moving the air efficiently. Check how the 3M mask fits with your goggles. We have found that many climbers will use a "Small" or "Medium" size and people with big faces can use a "Large" size.

Base Camp

We have a very comfortable Base Camp, with large kitchen/dining tents, roomy single sleeping tents, social tent with heater and dvd, propane heated showers, and good toilets. We have good charging capacity with both 12v solar and back up generator. We have wireless Bgan internet @ \$10/MB, VHF radio base station, large antennas that let us communicate well with the South Col and all the way down to Pheriche. We subscribe our members and Sherpas to the service provided by the HRA Base Camp Medical Clinic so you have available to you unlimited consultation to the doctors.

International Mountain Guides ♦ www.mountainguides.com ♦ email: office@mountainguides.com

PO Box 246 ♦ 31111 SR 706 ♦ Ashford, WA 98304 ♦ phone: (360) 569-2609 ♦ fax: (866) 279-7455

Food Preparation

Nothing is more important to health and morale on a long trip than good food. We have a very experienced BC and ABC (C2) cook teams. We receive weekly delivery of fresh fruit, vegetables, and meat to Base Camp in addition to staples purchased in Kathmandu and “goodies” brought from USA. We pack high altitude food in USA using the food assortment that we have found to work well on past expeditions. Most climbers will spend about a week at high altitude (C3 and C4) during the trip, when appetites really wane and life is truly miserable. If you have some food items that you have found to be especially easy to eat, we would encourage you to bring a “personal stash”...especially for the summit bid...so you know you have some foods that you can manage to keep down.

Weather Forecasting

IMG subscribes to weather forecasting by Michael Fagin in Seattle (www.everestweather.com) We have worked with Michael for many years and he does an excellent job tracking multiple weather forecast models and providing custom forecasting for us.

Rescues

Our first priority is always going to be supporting our fellow IMG climbers. We are also willing to assist with other teams that need help with rescue, but this will take second priority to our IMG climbers. Any rescue above Base Camp will require a ground litter evacuation (no helicopter above BC). At and below BC the cost of a helicopter evacuation depends on the type of helicopter involved, the amount of flight time, and the number of landings. For 2009 the cost for an evacuation from Pheriche/Dingboche in the Eurocopter Ecureuil AS350 B2 ran about \$5600. An evacuation from Everest Base Camp or Gorak Shep in the more powerful and expensive AS350 B3 ran about \$10,000. You will need either cash or a Visa / Mastercard with sufficient credit available (not American Express). If you have insurance you may need to guarantee the charge on your credit card and then seek reimbursement from your insurance company. We suggest that everyone carry a rescue insurance policy that will as a minimum cover the \$10,000 evacuation from Base Camp.

Tip Pool

We ask the trekkers and climbers to please contribute \$200 into a tip pool for our Nepali staff. We will collect this in Kathmandu and distribute this on behalf of the team as a thank you gift to the many unsung people that make the whole operation run smoothly...the porters, trek staff, cooks, hotel staff, Kathmandu staff, Base Camp staff, and others that help the team. For the climbers, we ask that you contribute an additional \$300 for the climbing Sherpas (so this makes \$500 total). If you want to give some more to the IMG leaders or the personal Sherpas that climbed with you, that is always appreciated!

“I wanted to take this opportunity to thank you and your entire staff for running such a great Everest program the last two years... Ang Jangbu's management is perfect. Our Sherpa team is beyond outstanding. I saw some crazy things on summit day by other teams and was so proud to be with IMG!”

—Dr. Tim W.

“Jangbu and all the Sherpas were the strongest on the mountain — by far. I can't say enough good things about them. They just outclassed everybody.”

—Bruce D.

For more comments from IMG climbers, please see our website at:
www.mountainguides.com/comments.shtml
