



EVEREST EXPEDITION 2019 TRIP NOTES



Mount Everest 2019

Expedition Notes

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During the spring season of 2019, Adventure Consultants will operate its twenty-sixth expedition to Mount Everest via the South Col from Nepal.

This expedition will bring together the very best components in high altitude guiding to attempt Mount Everest. Calling on our many years of experience, our very qualified guides and Sherpa crew offer the most seasoned team in the industry and the most professionally run expeditions available. We can quite confidently say that our expedition offers you the most resources, the highest guide/Sherpa to client ratio with the best equipment, food and Base Camp support of any expedition operator making Adventure Consultants the best value for money.

If you have a desire to stand on the highest summit in the world, this is an exciting opportunity and Adventure Consultants can provide you with an excellent chance of achieving that goal. We believe the ascent should be made in the best style possible, a philosophy that has seen us help our expedition members achieve many successful ascents and given us the best reputation in the arena of high altitude expedition guiding.



View from the summit of Everest. Photo Mike Roberts

The Adventure Consultants Everest Team

Logistics

The 2019 expedition is being organised by Guy Cotter, the director of Adventure Consultants and a veteran of 27 years of Everest expedition guiding and organisation. With technology

constantly evolving, Adventure Consultants have kept abreast of all the new techniques and equipment advancements - encompassing the latest in weather forecasting facilities, equipment innovations and communications systems. Everest is not the place to be with an organisation that is 'learning the ropes', there is too much at stake for that. Adventure Consultants expedition staff, along with the operations and logistics team at the head office in New Zealand, provide the highest level of backup and support to the climbing team in order to maximise your chances of success. This is coupled with a very strong expedition guiding team and Sherpa contingent, who as you will come to see are second-to-none in the industry.

Expedition Leader



The Expedition Leader is Mike Roberts, an IFMGA New Zealand guide who has led our Everest Expeditions multiple times and has an impressive history on Everest and other expedition peaks around the world. Nine times Mike has summited Mount Everest and on two other occasions has forgone his summit to assist other members. He has successfully led expeditions to Aconcagua in South America, Vinson Massif in Antarctica, Gasherbrum II in Pakistan, Cho Oyu in Tibet and Muztagh Ata in Western China, and has 12 ascents of Denali in Alaska to his name. He has also managed to fit in 17 seasons mountain and ski guiding in the Southern

Alps of New Zealand, 15 seasons in Antarctica as a Field Leader/Guide to the USA Antarctic Program, has worked as a Professional Ski Patroller/Avalanche Forecaster and is a qualified Physiotherapist.

Add Mike's calm and welcoming personality, and attention to detail to the picture and you have a very personable and experienced Guide and Expedition Leader who is passionate about seeing his clients achieving their goals as is reflected in the accolades he receives from his past clients.

Expedition Guides

Our international guiding staff are the best in the industry. You will find the Adventure Consultants Mountain Guides companionable and strong expedition leaders with considerable abilities and a willingness to see you achieve your goals. The number of guides is determined by the team size but the normal ratio of guides to members is 1:4.



Ang Dorjee Sherpa

Summitting Everest initially with us in 1992, Ang Dorjee has moved on to achieve 21 ascents of 8000m peaks including Everest 19 times! His skills as a climber are legendary. Ang Dorjee is originally from Pangboche Village in the Khumbu Valley of Nepal, but he now lives in the USA. He guides on Mt Rainier, and leads Aconcagua and Kilimanjaro expeditions for Adventure Consultants and guided on our successful Everest 2008, 2009, 2010, 2011,

Ang Dorjee on the summit of Everest for the 19th time in 2017.

2012, 2013, 2016 and 2017 expeditions.

Lydia Bradey

Lydia was the first woman to ascend Mt Everest without oxygen in 1988 and after years of personal climbing is now mountain guiding with Adventure Consultants. Her strong personal skills and breadth of experience are a real asset on any trip into the mountains. As well as being a qualified IFMGA Guide from New Zealand she is also a qualified physiotherapist. Lydia recently guided on Everest, Cho Oyu, Aconcagua, Alpamayo, Lobuche East and in Mongolia. In 2008 she guided on our Everest trip, and successfully summited again, 20 years after her first summit! Since then she has guided on Ama Dablam, Kilimanjaro, Carstensz Pyramid, Island Peak, Vinson and the South Pole, as well as summiting Everest again in 2013, 2016 & 2018, and Dhaulagiri in 2017.



Rob Smith

Rob Smith, pictured left at Camp 3 on Everest with Expedition Leader Mike Roberts has been guiding since 2000. He divides his time guiding between the Antarctic summer seasons and then amongst the greater ranges of the Himalaya. Originally from Omagh, Northern Ireland Rob is now based in Fort William, Scotland. He has guided for Adventure Consultants for a number of years and his notable guided ascents include Everest, Vinson Massif, Cho Oyu, Carstensz and Elbrus amongst many others. Rob has summited Everest 4 times and has climbed both the North and South routes.

Sherpas

Our Sherpa team has dozens of Everest summits between them. Da Jangbu Sherpa is the Expedition and Climbing Sirdar who has summited Everest an impressive 13 times and brings with him considerable knowledge and experience. As a consequence of his leadership, we have a legendary group of Climbing Sherpas who operate in a harmonious atmosphere of cooperation and commitment to the expedition and its members. Our group of Climbing Sherpas is enthusiastic, motivated and regarded as the strongest and most cohesive group of Sherpas on Mount Everest. It is indicative of the reputation that our Sherpa team has earned - that Sherpas from other expeditions enthusiastically pursue a future position with the AC team.



Our 2017 Sherpa Team at the Puja Ceremony

Our cooking staff are very well known for the quality of the cuisine they produce and as a consequence are coveted by other team leaders due to the reputation they have

established. We have been developing the personnel within our Sherpa team for 25 years and they are an integral part of the Adventure Consultants Everest Team.

What it Takes to Climb Mount Everest

The South Col route on Mount Everest is not an especially technically difficult climb - nor is it the 'Yak Route' some non-Everest climbers have termed it. However, it is imperative that expedition members are well versed in the latest techniques and have experience in the high mountain environment.



*Climbing the summit ridge between the South Summit and the Hillary Step.
Photo Charley Mace*

What the photographs do not show are the difficulties of operating at these extreme altitudes. It is a physically demanding ascent, requiring enormous determination and stamina. An expedition to Everest is not a place for those who will give up when the going gets uncomfortable or strenuous. Days can be up to 15 hours long and although we have lightened the loads you personally carry by having enough Sherpa support to carry your equipment, the days are still arduous and taxing, especially over the 7-9 weeks of

the expedition.

The outcome of the expedition will be determined by three broad groups of factors. The first is environmental (weather and snow conditions, etc.). The second is the logistical approach taken by the expedition leaders and the strategies employed to embark on a summit bid. The third is your own preparation in the years prior to the expedition and how you perform whilst the expedition is under way. We can help design a training programme that will both physically and mentally prepare you for the climb but you need to commit the time and energy to ensure you attain the correct conditioning.

We *know* that the success of an expedition is determined by factors that are planned well in advance of the outset of the actual climbing. During our 24 previous seasons on Mount Everest, we have observed many other groups attempting to climb the mountain. Many try to emulate our strategies without committing to the level of resources that we provide.

Every step of the way, our head office staff will be there to answer your questions. If they can't, they will be happy to put you in touch with one of our Senior International Guides who will have firsthand knowledge of the climb.

We recognise that no amount of finely tuned organisation will guarantee anyone the summit of Mount Everest. However, we do believe that our experience, combined with your enthusiasm and determination, will provide you with the best possible chance of standing on top of the world. Our track record on Everest is unmatched with 313 summits to date!

How do I Choose Between the Various Expedition Providers?

It is very important to us that the climbers who join our team have expectations that are compatible with the programme we offer and the style of expedition we run. We don't want to merely 'fill our expedition' but instead we want a team made up of *companionable people who are focused on reaching the summit in good style with the highest level of support and safety standards, as can be provided by a guiding service on Mount Everest accompanied by the best standards of food and equipment that is attainable.*

So, what is the difference between us and the rest? We could make a lot of claims about how much better we are than the rest, but it is our clients who are the best judge. We are happy to put you in touch with some of our past clients who are so impressed that they have offered testimonials, so please contact us for their contact details.

Which Route? North or South?

The South Col route from Nepal offers the best chance of success for most climbers. High royalty fees by the Nepalese government have created a large disparity between the costs of Everest expeditions from Nepal and Tibet.

We encourage you to research details about both sides of the mountain. People will argue the virtues of either of the two approaches. However, we maintain that the 'entire package' of the Nepal side makes it the preferred option: the delightful approach through the Sherpa homelands via the Khumbu Valley, enjoying Sherpa hospitality in modern lodges with good food and all the while, being impressed by the spectacular scenery of the incredible peaks of the lower Khumbu.



Looking down the Western Cwm, Camp 2 on the right. Photo Suze Kelly

The Khumbu Icefall has a fearsome reputation and it is indeed a phenomenal route to climb. Yet it is an integral characteristic of the South side that it is a 'climbers route' that requires a mountaineer to be well skilled in the use of crampons and an ice axe. The Western Cwm is renowned for its phenomenal views of Lhotse, Nuptse, Pumori and Cho Oyu, and our Camp 2 is situated directly beneath the imposing black hulk of the notorious Southwest Face. As one climbs higher up the route to

South Col, the views become even more outstanding with incredible vistas along the Himalayan chain and out towards the lowlands of Nepal. We ascend 900m from the South Col on summit day via moderate snow slopes with the occasional rock step to climb over. As we approach the South Summit, the dawn breaks to reveal astounding views from Kanchenjunga in the East to Shishapangma off to the West, with all the peaks of the Khumbu well below us. The traverse along the summit ridge is exposed and exciting. When we make our way up the Hillary Step, we can look 2,400m straight down onto our Camp 2 in the



Descending to the South Col after a successful summit. Photo Charley Mace

Western Cwm and 3,000m down the opposite side of the ridge into Tibet! The summit itself provides ample space for the obligatory summit photo and is a time to reflect on the journey thus far. For many, it is one of the most poignant moments of a life time.

After the summit we descend via the same route, losing height quickly and generally we arrive back at the South Col some 3-4 hours after leaving the summit. On

the North side, climbers must do a long traverse and it is this feature where climbers cannot lose elevation quickly that can cause the demise of tired climbers, especially those who have run out of oxygen.

We only climb on Everest during the spring season because the weather becomes progressively warmer and the days longer. Winter winds have already scoured away much of the snow, which significantly reduces the snow avalanche hazard as well. Contrast this with the fall; typically, as the expedition goes on, the days get shorter and colder with more snowfall. Consequently, very few expeditions are undertaken in the fall and those that do have quite a low percentage chance of success.

By the time you first arrive at Base Camp at the foot of the Khumbu Icefall, a route will already be established with ropes and ladders through to Camp 1. Our strong Sherpa team will be busily involved in ferrying loads of equipment up the mountain. After a few days acclimatisation at Base Camp, you will climb through the icefall to Camp 1 and rest there for a day. The following day you will continue up the more gentle slopes of the Western Cwm to Camp 2 to rest and acclimatise for several more days. A day-climb up the Lhotse Face towards Camp 3 will complete this first foray before returning to Base Camp. During this time, the guides and Sherpa climbers will be establishing the higher camps and stocking these with bottled oxygen for the summit climb.



Climbing a ladder in the Khumbu Icefall. Photo Rob Smith

The second trip on to the mountain will involve either 'tagging' or sleeping one night at Camp 3 for acclimatisation, before returning to Base Camp for a rest period. In a perfect scenario, weather and health would remain constant, and these two trips up the mountain would take

around 3 weeks. In reality, factors such as weather can add several days to the acclimatisation process.

The most likely time for our summit climb will be between 15 and 25 May (*previous summit dates 10 May 1990, 12 May 1992, 10 May 1993, 9 May 1994, 10 May 1996, 23 May 1997, 15 May 2000, 16 May 2002, 18 May 2003, 27 May 2004, 19 May 2006, 21 May 2007, 24 May 2008, 19 May 2009, 22 May 2010, 11,13,19 May 2011, 19,25 May 2012, 19,20,21 May 2013, 19,20 May 2016, 21,22,27 May 2017, 16,19 May 2018*). We will climb through the established camps with lightweight packs and climb to Camp 4 on the South Col. All climbers will be sleeping on bottled oxygen before setting out for the summit, carrying only very lightweight Russian oxygen bottles and using Summit oxygen masks. Sherpas and Western guides will accompany all members during the summit climb.

The 2014 and 2015 Seasons and Subsequent Planning

As a pioneer of guided ascents on Everest since we started 26 years ago, we have been blessed with a perfect safety record for our Sherpa staff on the mountain. That was until 2014 when a major avalanche caused the tragic deaths of 16 Nepalese high-altitude workers in the Khumbu Icefall; three of whom were working with us at AC. We were all saddened by the loss and became more determined than ever to apply whatever pressure we could to get the route through the icefall changed, so as to reduce the risk to climbers using the route and especially for the Sherpas who do many more rotations than western climbers.

In the 1990's we would establish the route through the icefall ourselves. The line we took was more central to avoid the more hazardous, but easier path on the left side of the icefall. However, the expeditions to Everest were later forced to rescind control of the icefall route 'fixing' to a Nepalese consortium and the Sherpa climbers who put the route up the icefall were dubbed the 'icefall doctors' in respect to the intricate rigging of ropes and ladders involved. Over time the route to Camp 1 drifted to the left side of the icefall because it was easier to establish and provided a faster route, but the downside was the increased exposure to the ice cliff hazard under the West Shoulder of Everest. The attempts made by us and other expedition leaders to lobby the entity that managed the icefall to move the route away from this hazardous area were not successful. It was only after the avalanche in 2014 that the icefall 'doctors' agreed to change the route and during the 2015 season, a reasonably hazard-free route was successfully established up the centre of the icefall.

The 2015 season started successfully with Sherpas and climbers getting established on the mountain through to Camp 2, when a catastrophic 7.8 earthquake hit Nepal on April 25. A considerable amount of ice was dislodged off the Eastern side of Mt Pumori that caused a devastating avalanche that hit and destroyed the central area of Base Camp, leaving over 30 seriously injured and 19 people dead in its wake. Seven expedition Base Camps were in the path of the deadly avalanche with the Adventure Consultants camp being one of the worst hit, and causing the deaths of six Nepalese Base Camp staff, climbing Sherpas and injuring nine others. This shocking event was a severe blow to us as our staff are members of our extended family, with some of the deceased having worked with us for over a decade and are sorely missed.

The earthquake also caused extensive damage to the majority of our Sherpas homes, exacerbated by a subsequent strong quake on May 12. Most Sherpas have needed to rebuild their homes and this has only increased their desire for ongoing employment that our expeditions bring from which to pay for repairs or rebuilds. For that reason, we returned to

Everest in the spring of 2016 and operated a highly successful expedition with 3 guides, 6 members and 14 Sherpa reaching the summit. The expedition also saw other successes including the continued establishment of the route through the centre of the icefall and a breakthrough with the Nepalese Government, following years of lobbying from AC and other expedition operations, allowing the helicopter lifting of rope-fixing equipment, thus saving dozens of trips through the icefall for the Sherpa.

We have always had a strong connection with our Sherpa contingent and will continue to push for the best working conditions and training with which to improve their conditions. We are contributing to the ongoing well-being of the families of the lost Sherpas through the Sherpa Future Fund, which is supported by generous donations from our supportive AC family and past expedition members. 100% of the contributions are delivered to Nepal with all the administration of the Sherpa Future Fund covered by Adventure Consultants.

Max Ox

AC offers a 'Max Ox' option that allows up to double the standard flow rate while on oxygen. Many have found this critical to their success on the mountain and in the last five seasons that we have offered this option; our success rate has increased dramatically while the response from clients has been phenomenally positive.

On our standard expedition package, climbers are provided with 2-3 litres of oxygen per minute for the climbing days above Camp 3 and 0.5 litres per minute for sleeping. For our **Max Ox** climbers, we also provide sleeping oxygen at 1 litre per minute at Camp 3 and Camp 4 (on the summit phase) and on all programmes, we have enough oxygen to wait a day at the South Col and Camp 4, before attempting the summit.



*Max Ox increases your chance of summit day success.
Photo Charley Mace.*

With the **Max Ox** option providing 4 litres of oxygen per minute for climbing, climbers have reported having better energy levels, a better appetite and more warmth; a higher degree of strength and greater enjoyment on summit day than those without. They also enjoy a higher rate of success.

Our recent experiences show that for those who really want to maximise their chance of success, then **Max Ox** allows the best option for ensuring you only need to attempt Mount Everest one time!

Another service we now include in the expedition price is '**Additional Sherpa Support**'. This enables climbers to forego the carrying of heavy packs, which is often very debilitating at high altitude. For some climbers, the long climb with a pack up to the top camp at South Col can leave them too exhausted for summit day and hence this service greatly enhances your summit opportunity.

We are also able to offer **Privately Guided Expeditions** where you have the services of a top AC Western Guide, as well as your own Sherpa support team to work exclusively with you on the expedition to ensure your needs are best met. AC has been fortunate to work with many privately guided groups over the years with exceptional results.

You may also like to talk to us about other options such as an Everest Traverse South - North, personal communication systems, or the provision of a personal tent on the mountain.

For more information on these additional services, please contact our office for details.

Your Health



*Adventure Consultants Base Camp.
Photo Caroline Ogle*

AC provides a dedicated doctor at Base Camp for the whole team as standard. Most other teams use a generic medical provider, whilst our doctor is there primarily for you and your team mates. The doctor will monitor your overall health throughout the expedition and our medical equipment and provisions are there to provide for your health care needs.

Ample resources will be on call to support each and every climber, not just the first team or fittest members. Remember, this is an expedition led by guides who have already climbed Mt Everest and whose job it is to look after your interests. This should not be confused with a 'professionally led' expedition, where often you may be buying a place in a team with fewer support services and led by

climbers who are attempting the summit primarily for themselves. There are also 'Sherpa led' expeditions where you are placed in the hands of a Sherpa for the climb. This can seem alluring, especially when some expedition operators will encourage you to join so they can fill their available spaces, but all too often these are expeditions with over 20 members! The Sherpas are not trained in medical techniques and are often reluctant to act effectively in situations requiring urgency. This is where the skills and experience of your Western Guide become invaluable. Too often expedition members find out the deficiencies of their guides/operators when things begin to go wrong and that is usually too late.

The Level of Climbing Skills Required

There is no definite measure for assessing the required skill level to climb Mount Everest, so we do like to discuss this on an individual basis. However, there are some broad guidelines that can be applied from the outset.

A successful team member will have been visiting the mountains for at least five seasons and made ascents of peaks up to 18-20,000ft (5,500 - 6,000 metres). It is quite common for members to have previously climbed Denali in Alaska, Aconcagua in South America and various Mexican volcanoes as training for Everest.



Descending the Yellow Band, Lhotse Face. Photo Suze Kelly

They will be familiar with crevasse rescue and glacier travel techniques and have a good overall standard of fitness. There will ideally be a broad set of climbing skills from basic rock climbing to advanced cramponing on snow and ice, and strong rope skills such as rappelling and rope ascending.

Age itself is no barrier. To date, we have succeeded on Everest with members aged from 20 to 66 years of age.

A fierce determination and a burning desire to climb the mountain are essential prerequisites for this expedition. The guides and other expedition staff will provide the leadership, tactics and overall decision-making required during the climb, but you will still have to physically put one foot in front of the other to make it to the top and back.

We recommend that prospective members undertake another expedition with us before attempting Mount Everest. Your ability to reach Everest's summit may be dictated by your understanding of how your body responds to very high altitude and ascending other less demanding peaks at high altitude will increase your confidence and enhance your judgement during summit day on Everest. For example, Cho Oyu from Tibet is an excellent venue to learn about the problems of extreme high altitude, without the time or financial commitment that Everest requires.

Team Membership

The team will have a **maximum size of three guides and twelve members.**

The Base Camp will be staffed by a medical doctor, Base Camp manager and Sherpa kitchen crew, usually totalling seven to ten people depending on group size.

A team of between fifteen and twenty Climbing Sherpas will carry loads and support the summit climb. Adventure Consultants have a ratio of at least one Sherpa for each team member or guide per person on summit day.

Sherpa cooks will occupy Camp 2 in the Western Cwm for the duration of the expedition. Their role is not only to provide us with tasty meals but also to maintain the integrity of Camp 2 during inclement weather. Often our assistant cook will trek down to meet us en route from Camp 1 with tea or juice!

Itinerary

Following is an ideal itinerary for our Everest Expedition:

April 1, 2019 Arrive Kathmandu, Nepal

April 2	Kathmandu preparations
April 3	Fly to Lukla
April 3 - 13	Trek to Base Camp
April 14 - May 4	Establish camps and acclimatise
May 5 - 12	Rest Period
May 13 - 25	Summit Climb Period
May 26 – 27	Clean up and depart Base Camp
May 27 – May 31	Trek to Lukla
June 1	Fly from Lukla back to Kathmandu
June 2	Depart Kathmandu

Please arrive into Kathmandu by mid-afternoon of April 1 as we have our first team briefing that very evening. Our permit for climbing Mt Everest allows us to stay on the mountain into June. We strongly suggest that you keep your homeward flight open dated and flexible so that we can extend into the latter part of May for a summit attempt if need be. We have June 2 as the probable finish date for departing from Kathmandu.

Visas

Expedition members will need to arrange their own entry visa into Nepal. This can be organised by a Nepalese Embassy or Consular office in your own country or at Kathmandu Airport on arrival in Nepal. Currently, the easiest and best place to obtain a visa is on arrival at Kathmandu Airport. Visa application forms can be downloaded off the web and we will also send you a copy prior to your departure. You will need to get a 90-day visa which costs US\$100. Once in Kathmandu, the expedition's agent will provide an expedition permit to match. If you choose to get your visa at the Kathmandu Airport, you will need to have 1 passport photo handy.

The Expedition Fee

The cost of the expedition, ex Kathmandu, is US\$65,000. This is an inclusive cost and covers the following:

- 1:4 Western Guide ratio and 1:1 Sherpa to climber ratio on summit day
- Bottled oxygen
- Personal equipment carried on the mountain
- Nepalese government royalty fees
- All expedition organisational requirements
- All climbing and trekking permits
- Air transport in Nepal
- All team equipment
- All expedition staff including Sherpa support
- All food whilst away from Kathmandu
- All supplies necessary to make a safe and strong bid for the summit
- Medical services from our Expedition Base Camp Doctor
- Base Camp Wi-Fi (fair-use policy applies) and satellite phone facilities
- Internet dispatch page that is updated daily by guides and Base Camp staff, and semi-hourly on summit day

- dZi Foundation support for their “revitalize a village” programme – likely to include support for a Nepalese child’s education for a year

The expedition fee **does not** include the following:

- Air travel to and from Nepal
- The ‘Max Ox’ option
- Hotel accommodation and meals in Kathmandu
- Nepalese airport entry visas
- Extras on the trek in/out such bottled drinks, showers and laundry
- Personal clothing and equipment
- Personal Insurance/ Trip Cancellation Insurance/ Medical Evacuation Insurance
- Actual satellite phone calls
- Gratuities for guides and Sherpa staff

Payments

All payments should be made by bank transfer to the following bank and account:

**Bank of New Zealand
Offshore Branch
1 Willis Street
Wellington
New Zealand**

for the account of **Adventure Consultants Limited**

Account # **1000-594771-0000**
Account Type: **US Dollars**
Swift Address: **BKNZ22**

Note: All bank transfer charges are for the **remitter's account**.

We can accept your deposit and balance payment by credit card plus a charge of 3% – **Visa, Mastercard and Amex.**

Deposit

A non-refundable deposit of US\$15,000 is payable to secure a place on the expedition.

Balance

The balance of US\$50,000 is payable in two instalments of US\$25,000;

The first on 20 October 2018 and the second on 20 January 2019.

Cancellation and Refund Policy

An expedition member may cancel his/her participation on the following basis:

- a) prior to 20 January 2019, then on the basis of a 50% refund of the 20 October 2018 balance payment
- b) after 20 January 2019 but before departure to the mountain from Kathmandu then on the basis of no refund of any monies paid.

Team members should take out private insurance if they wish to be covered against cancellation due to medical or personal reasons. This is called Trip Cancellation Insurance and can be obtained from your normal travel agent.

Communications

The expedition will be equipped with portable Thuraya satellite phone systems for the duration of the expedition in order to provide reliable email and voice communication globally for business, media or personal use. Limited satellite phone time can be purchased at the rate of US\$3.00 per minute. Our broadband satellite Wi-Fi connectivity will be available once the expedition is underway and is included in the expedition fee on the basis of a fair use policy. Please contact our office for details.

Equipment List and Reference Notes

Expedition members will be sent a list detailing all of the necessary clothing and equipment to be individually provided, contained within a set of Expedition Reference Notes with all the details for the trip. These notes provide extensive information on everything from suggestions of what type of camera to bring to training advice for your expedition preparation.

Medical Examination and Insurance

Expedition members will be provided with a medical questionnaire by the expedition doctor and asked to visit their family physician to receive a full medical examination. This information will be sighted only by the expedition doctor and Expedition Leader and treated with full confidentiality. Advice on immunisations will be provided at this time. We also require members to have rescue insurance and we will consult with individual team members as to your insurance needs and solutions for coverage.

Passport Photographs

Expedition members will need to provide 6 passport-size photographs for various climbing and trekking permits.

How to Join This Expedition

If you would like to join our Everest Expedition, please complete our online application form at <https://www.adventureconsultants.com/expeditions/seven-summits/everest/book-now> and submit your trip deposit. Please also contact us if you'd like any further information or assistance in planning your trip:

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Adventure Consultants is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants is a supporter of the dZi Foundation in Nepal for their 'Revitalise a Village' programmes.

Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.

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