



EVEREST 2007

Dates March 25th - June 3rd

Price US\$48,000 this price is accurate for a minimum of 4 climbers at a maximum guiding ratio of 1:5. If there are less than 4 climbers the price will increase. A change in the maximum guiding ratio will increase the price. Dream Guides reserves the right to increase the price accordingly.

Included in Price guides fees and expenses, sherpas, eight 4l bottles of oxygen per person, emergency oxygen, basecamp set up, tents, ropes, cooking equipment/fuel, hill food (minus your supplements), internal transport (including return flight to Lukla), hotels/teahouses and meals (except lunches /evening meals in Kathmandu) in transit according to itinerary, group medical kit, communication equipment, access to basecamp doctor.

Not Included in Price visa costs, airport taxes (\$25), any shipping, international flights, excess baggage, insurance, tips, , internet time (\$18/megabyte), phone calls (\$6/minute), personal equipment as set out in Kit List, drinks (except boiled water), sherpa summit bonus, medication costs at basecamp or clinics, hotels/teahouses/meals outside of itinerary, lunches/evening meals in Kathmandu.

Lukla Flights The price above includes the cost of Lukla flights, however, for legal reasons, we will deduct the cost of the flights before final payment and ask you to bring this in cash to Kathmandu to pay the airline directly.

Payment £600 deposit due on booking. The remainder should be paid in US\$. 50% due by November 25th. 100% due by January 25th. Please see 'Booking' page of our website for bank details and full booking conditions.

Cancellation Charges Loss of deposit if cancelled before December 25th. 50% of total if cancelled after December 24th but before February 25th. 100% of total if cancelled February 25th or after.

Guide Kenton Cool (IFMGA, guided Everest 3 times), Rob Casserley 2nd guide (2 Everest summits)

Sherpas There will be a 1:1 sherpa:climber ratio preparing the route, load carrying, camp stocking and with us on summit day. They will be from Pangboche. We have worked with the sherpa team before, and they are strong!

Shipping You should be able to keep to the 30kg baggage allowance, but if you want to ship any food or kit please refer to the shipping information page.

Climbing Permit We will apply for the permit on January 2nd. It is usually possible to alter numbers and names if need be.

Visas A single entry visa for Nepal costs \$25 and will be obtained on arrival in Kathmandu. Bring 4 spare passport photos and ensure your passport is valid for at least 6 months after your return to the UK, and has 3 blank pages. If a visa extension is required (due to a late summit), this will be obtained in country by our Agent.

Insurance/Flights We recommend BMC insurance - it is comprehensive, tried and tested. They have a lot of experience in dealing with mountaineering emergencies and provide a good service . Purchase insurance before booking flights and make sure cancellation, rescue and medical expenses are covered. Please send a photocopy of your insurance details to Dream Guides and bring them to Nepal. Flights should be booked bearing in mind ease of changing return flight and weight allowance. We use Qatar Airways.

Innoculations You should visit your GP 3 months before departure to ensure you are up to date with any inoculations and to get a prescription for antibiotics to cover chest infection and bowels (for your personal first aid kit). You should discuss any health concerns you may have with your GP.

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E: info@dream-guides.com

Medical Kit Please see the Kit List for personal first aid kit requirements. The group kit will include emergency drugs for high altitude illnesses, anaphylaxis, trauma and infections. There will also be a supply of miscellaneous items to cover common ailments (strepils, bandages, painkillers, electrolyte replacement etc). You will have access to a Doctor in basecamp.

Communications There will be internet access at basecamp via an RBgan (ie almost broadband). Basecamp and climber communication will be maintained with handheld icom radios with base station. This enables comms between basecamp and climbers and climber to climber. A laptop will be available in basecamp. You may bring your own, but they may not work at altitude/under expedition conditions. There will be a satellite phone for your use.

Power is from large solar panels at basecamp. You will be able to recharge batteries, cameras etc, and plug in electrical appliances.

Basecamp You will have individual tents and a shared mess tent and shared comms tent. Shared camp cooks. Three meals a day plus snacks and drinks. Seating, tables, heating and lighting. Internet and phone access (satellite phone). A selection of DVDs. Access to basecamp Doctor (free consultation, but you are charged for medications - reclaim on insurance). Basic shower facility.

High Camps will be stocked with food and gas by our sherpas. Tents will be North Face VE25s and mountain 47's. Cooking and mess tent provided at Camp 2, otherwise cooking for ourselves. You will be sharing 2 to a tent in high camps.

How it will work: We will be working as an independent team, with our sherpas preparing the route ahead of us while we make acclimatisation forays onto the mountain. We will move at our own pace. During these forays, we will be spending several nights at a time in progressively higher camps, before descending to basecamp to rest. The final acclimatisation trip will involve sleeping at camp 3. The team now descends to basecamp (or lower down the valley) for 4/5 days rest before a summit push. The summit push involves climbing to camp 2, possibly a rest day, and then up to and overnight in camp 3, then camp 4 for a few hours rest and the summit. Descent will be swift with a night at camp 2 en route to BC. Acclimatising and returning to basecamp means we adapt to the altitude, whilst allowing our bodies and minds to recuperate. Above camp 3 we will be using oxygen.

The Climbing Trekking from Lukla to basecamp (5400m) is on well trodden dusty paths, staying in teahouses en route. Basecamp is on a glacial moraine. To camp 1 (6000m) we climb through the Khumbu icefall and a short section of glacier. To camp 2 (6300m) we travel further up the glacier to the Western Cwm. To camp 3 (part way up the Lhotse face at 7100m) involves climbing up the remaining glacier and then ascending a 45 degree snow/ice slope (6 hours). To camp 4 (South Col, 7900m) involves climbing the remaining part of the Lhotse face and traversing snow and rock steps across the Yellow Band and Geneva Spur (8 hours). Summit day starts at 11pm, traversing the Balcony, up to the South Summit, over the Hillary Step and on to the main summit - it will be a long day. Much of the ground above camp 3 is exposed, mountaineering terrain. All difficult/exposed/crevassed sections will have fixed rope.

Temperatures Below BC it will be warm/hot during good weather and cooler in the evenings (light clothing). At BC in the middle of the day, in good weather it will be warm (light clothing), but in poor weather/not in the sun and at night it will be cold (down jacket, trousers, hat etc). It can snow at this level. When above BC and moving, clothing needs will vary from just a thermal top to full down clothing as we get higher. Out of the sun and in the evenings it will be cold, requiring down clothing.

Travelling to Nepal We recommend travelling in trekking clothing, with your day-sac for carry on baggage. Remainder of kit packed in 2 duffel bags to check in (no individual bag can weigh more than 30kg). Bring credit and cash cards (cash points in Kathmandu) and **1500 US dollars cash** (Lukla flights, sherpa tips, spending money and as contingency during the trip). Dollars can readily be changed into rupees locally if/as required. Don't forget your plane tickets, passport and insurance documents.

The Nature of Expeditions Our guides, agent and sherpas will do their best to make the expedition smooth and successful, but please note that expeditions to the Himalayas are remote and a team experience. During the trip all team members will need to work together and get involved in various aspects of organisation, camp life and climbing life. The success of individuals and harmony of the trip as a whole is dependant on this team effort. In addition, please remember that climbing an 8000m peak is inherently arduous and hazardous for everyone.

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In remote areas it is very important to make sure you are healthy and avoid injury, as medical facilities will not be close by. Evacuation due to injury/illness is difficult and may take several days. In particular try and make sure you are healthy before departure by having a check up with your GP and avoid illness early in the trip by only drinking boiled/bottled water/drinks and avoid unpasteurised milk.

Guiding and climbing on 8000m peaks is not the same as climbing and guiding in the Alps or UK. There will be fixed ropes on difficult/exposed/crevassed sections of the climb and sometimes we may rope up as a team due to conditions at the time (eg bad weather or lots of fresh snow), but there may be times when it is appropriate/desirable (as judged by the guide) for individuals to move between camps or stay in a camp unsupervised. This is where your previous mountaineering experience comes into play in addition to instruction given at basecamp (how to use radios, fixed ropes, oxygen etc). On summit day you will be accompanied at all times, either by a guide or sherpa.

Disruption to the expedition itinerary may occur for a number of reasons outside our control. These could range from bad weather, landslides etc to strikes, civil unrest etc to illness/injury. In the same way, due to the expedition environment, we cannot guarantee that communication equipment such as computers will work all the time. You may not be able to communicate with home or sponsors for periods of time.

We will be immersed in a different local culture. Please respect this with sensible dress and politeness.

Future contact: Please bear in mind we are active Mountain Guides and so may not be able to answer your queries instantly, but we will get back to you as fast as possible! Guy's contact details are **guy@dream-guides.com**, mobile 0033689846055. Kenton's contact details are **kenton@dream-guides.com**, mobile 0033611634258

Why go with Dream Guides?

1. Kenton is an IFMGA guide and has successfully guided Everest 3 times. No other Brit has this record. He has expert knowledge of the workings of running harmonious and successful expeditions to Everest. He is one of the most sought after Everest guides world wide.
2. Rob, our second guide, is a true high altitude athlete, with 2 Everest summits and very close to a third to his name. He has been to within 150m of the top of Lhotse (8501m), retreating due to crampon failure, and summited Cho Oyu (8201m) twice - the second time successfully guiding 2 climbers to the top for Dream Guides.
3. 1:1 sherpa to climber ratio. This is a state of the art ratio.
4. Experienced agent on the ground.
5. Comfortable state of the art basecamp set up.
6. The expedition set up will have been fine-tuned from your Cho Oyu experience.



TIME SCALE FOR EVEREST 2007

- Now** £600 deposit due to Dream Guides
See GP for Innoculations, antibiotics and check up.
Return medical questionnaire
Return booking form
Buy Insurance and send a copy to Dream Guides
Book flights to Kathmandu (leaving 25th March, returning 3rd June)
Assemble personal kit
- 25th November** 50% of total balance due to Deam Guides
- 1st January** Passport photocopy, personal 'bio' form, 2 passport photos (with your name on back) required for climbing permit. Please also email us a colour scan of your passport. Send to Dream Guides.
- 25th January** 100% of total due to Dream Guides
- 7th March** Deadline for barrelled kit for shipping to be collected by freighting company
- 25th March** Fly to Kathmandu (don't forget passport, insurance documents, passport photos, US\$ cash, cash/credit cards, plane ticket)

Please use the postal address below:

251 Cachat le Geant
Chamonix
74400
France

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Llamedos, Eaudyke, Friskney PE22 8RT, UK

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EVEREST MEDICAL QUESTIONNAIRE

Please print, fill out and return this form to Dream Guides, 251 Cachat le Geant, 74400 Chamonix, France.

This information will be CONFIDENTIAL to Dream Guides.

It is important that the information you provide is accurate and complete, as this may impact your suitability for the trip or medical supplies taken/precautions taken.

NAME:

AGE:

SEX:

CURRENT MEDICAL ISSUES:

CURRENT MEDICATION: inc. oral contraceptives

PAST HEALTH ISSUES/OPERATIONS: eg. appendix

PLEASE CIRCLE IF YOU ARE: ASTHMATIC DIABETIC ANAEMIC

ALLERGIES: eg drugs/food

ADDITIONAL INFORMATION: eg significant family history of illness. anything else you feel is important.



BOOKING FORM - EVEREST 2007

Please fill in all the areas, read the declaration at the bottom and sign and date this form to make a booking.

NAME:

ADDRESS:

TELEPHONE:

EMAIL:

MOUNTAINEERING EXPERIENCE:

FOOD PREFERENCES:

NEXT OF KIN CONTACT DETAILS:

DECLARATION: In signing this booking form, I confirm that I have read and agree to abide by Dream Guides online booking conditions. I have read the Everest 2007 information pack. I confirm that I understand the inherent risk involved in, and the arduous nature of climbing an 8000m peak. I confirm I am medically fit to undertake this expedition. I understand that this booking can only be confirmed when I have paid a deposit of £600 and Dream Guides are satisfied with my suitability for this expedition.

SIGNED:

DATE:

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EVEREST SHIPPING INFORMATION

We recommend the following shipping company:

Transglobal Express
Unit 5, The Gateway
Wirral International Business Park
Bromborough
Wirral CH62 3NX
Tel 0870 027 3338 web: transglobalexpress.co.uk

COST: approx £3.50/kg but depends on total weight/number and size of items to be shipped. They accept credit cards over the phone.

DEADLINE: Your barrels, ready to ship, should be available for collection on the 7th March to ensure they arrive in Kathmandu and are cleared through customs, by our Agent, before our arrival.

PROCEDURE:

1. Pack the items to be shipped securely in blue plastic barrels and weigh them (in kg).
2. Contact Transglobal Express on 4th March to arrange collection and confirm quote/collection details.
3. Write an itemised list of contents for each barrel (Transglobal Express will need this).
3. Write 'Himalayan Guides Nepal Treks & Expeditions Ltd' on a piece of paper and put this on top of your items **INSIDE** the barrel. Seal the Barrel.
4. Ensure the paperwork at Transglobal Express notes the following destination/consignee:
Himalayan Guides Nepal Treks & Expeditions Ltd,
P.O.Box No. 20654 Thamel,
Kathmandu,
Nepal.
5. Ensure the consignee will be notified of arrival
6. Write in the airway bill 'PERSONAL CLIMBING GEAR'
7. If you need to give an estimated value of contents, give a low number (or nil - NVD), to minimise any tax due in Nepal.
8. Transglobal Express will label each barrel with the 'airway bill number'
9. Email Dream Guides with the number of barrels shipped and their 'airway bill numbers' and the shipping date.
10. We will forward this information to our Agent, so they can ensure all barrels have arrived in Nepal and clear them through customs.

NOTE: Transglobal ship to Nepal on Saturdays, with the freight arriving in Kathmandu the next day usually. The freight needs to be at Transglobal 2 days before shipping. The price above includes an optional collection service from your home - they need 2 days warning to arrange collection.

If possible, it is best if all the barrels are collected from the same place so they go as one unit, making the paper work more simple in Nepal.

There is a week's contingency built into these dates.

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FOOD

Between Kathmandu and basecamp we will be eating in hotels, tea houses and restaurants. At base camp and above we will be eating food from our own supplies. Below is an outline list/typical menu of what we will eat.

WHEN STAYING ABOVE BC ie during the main climbing forays and cooking for ourselves.

Breakfast, lunch and dinner will be a combination of boil-in-the-bag 'wayfarer' type meals and noodles, snack bars (nutrigrain, alpen bars, chocolate, soft muesli bars, according to your taste), soups, tea/coffee, infusions, horlicks, hot chocolate, tang, biscuits, cakes, tinned fish. There will be plenty of food. Normally appetite is diminished, but food will be stocked on the basis of a full appetite.

BASECAMP AND CAMP 2

This food will be eaten during rest days and during acclimatisation forays when we are overnighing in BC/camp 2. It will be a very western diet. Three full meals a day. Example food types:

Breakfast: cereals, porridge, eggs, bacon, powdered milk, bread/toast, pancakes&syrup

Lunch: sandwiches, cheese, jam, meat. Snacks and bars. Or a hot meal.

Evening: rice, curry, dal, spaghetti, homemade pizza, chips etc. There will be plenty of fresh vegetables and meat every day.

Drinks include tea, coffee, infusions, cordial/tang, hot chocolate, water. Some soft drinks etc.

Vegetables will mostly be root vegetables (carrots etc), cabbage, tomatoes, potatoes and onions due to storage. There will be some fresh fruit (eg oranges). There will also be tinned fruit, nuts, butter, cheese.

PLEASE let us know your snack bar preferences and whether vegetarian or not on the booking form. Also let us know any favorite dishes, so we can stock accordingly.

The snack bar stock can be supplemented in Kathmandu with western brand bars, if you anticipate eating alot of them.

The cooks are well versed in personal hygiene and have a good repertoire of 'western' and local recipes eg. pizza, chips, omelettes, curry, spaghetti dishes etc.

Note: much of the food is sourced locally, but some is shipped from the UK, to provide a varied and appealing diet.

BIO DATA

Surname: _____

Forenames: _____

Date of Birth: Day _____ Month _____ Year _____

Place of Birth: _____

Nationality: _____

Home address: _____

Present address: _____

Occupation: _____

Passport Number: _____

Previous visits to Nepal: _____

Duration of visits: _____

Mountaineering Background: _____

