



CHO OYU 2008

Dates August 23th - October 4th

Price £7450 per person (minimum 4 climbers/clients on expedition)

Included in Price guides fees and expenses, sherpas, 2 bottles of oxygen per person, emergency oxygen, basecamp set up, ropes, tents, cooking equipment/fuel, basecamp & hill food (minus your supplements), internal transport, hotels/accomodation in transit according to itinerary, meals in transit (except lunch and evening meals in Kathmandu and Lhasa) group medical kit, communication equipment, Lhasa flights.

Not Included in Price visa costs, airport taxes, any personal shipping, international flights, insurance, tips, early/late departure costs from basecamp (eg jeep cost leaving basecamp, about \$600, additional accomodation) - no charge if leaving en masse, internet time (\$18/megabyte), satellite phone calls (\$6/minute), personal equipment as set out in Kit List, drinks (except boiled water) in transit, meals/accomodation outside of itinerary.

Payment £600 deposit due on booking. 50% of total due by 23rd April. 100% due by June 23rd. Please see 'Booking' page of our website for bank details and full booking conditions.

Cancellation Charges 50% of total if cancelled before July 23rd. 100% of total if cancelled July 23rd or after.

Guide Guy Willett (IFMGA, doctor, guided on Cho Oyu 2006), Rob Casserley (doctor - summited Everest 4 times, climbed/guided Cho Oyu twice and turned round on Lhotse near to summit) **Note:** guide or guides to be confirmed.

Sherpas There will be 2 sherpas per 5 team members preparing the route, load carrying, camp stocking and with us on summit day. They will be from Pangboche and local Tibetans. They are all part of our regular, loyal and experienced sherpa team. There will be extra Tibetans on hand to help with load carrying at a small extra cost.

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

Climbing Permit We will apply for the climbing permit on July 1st (see Time Scale for details). Unlike Nepal, it is difficult to add/change names on the permit.

Visas A multiple entry visa for Nepal costs \$25 and will be obtained on arrival in Kathmandu. Tibet visas will be obtained in Kathmandu and cost \$65. 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.

Insurance/Flights If not using Dream Guides Insurance, we recommend BMC insurance - it is comprehensive, tried and tested. They have alot of experience in dealing with mountaineering emergencies and provide a good service . Purchase insurance before flights and make sure cancellation, rescue and medical expenses are covered. Please send a copy of your insurance details to us and bring the original to Kathmandu. Flights should be booked bearing in mind ease of changing return flight and weight allowance. We use Qatar.

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. We recommend vaccination against Japanese Encephalitis.

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 (strepisils, bandages, painkillers, electrolyte replacement etc).

Dream Guides Ltd
company no: 6018508 registered in England and Wales
Llamedos, Eaydyke, Friskney PE22 8RT, UK

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 a 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.

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

Basecamp This will be as comfortable as possible given expedition conditions. You will have individual tents with thick sleeping pads and a shared mess tent and shared comms tent. Our camp cooks are well versed in hygiene and catering for western tastes. There will be three meals a day plus snacks and drinks. There are chairs, tables, lighting and gas-heating in the mess tent. Internet and phone access (satellite phone) is available. as is a selection of DVDs. A barrel of snack food and 'goodies' will be available to dip in during rest days.

High Camps will be stocked with food and gas by our sherpas. Tents will be North Face VE25s and mountain 47's. We will be cooking for ourselves. Oxygen will be stocked at camp 2, ready for the summit push. Several Tibetan porters will be available to help carry personal items at a small extra cost.

How it will work: We will be working as an independent team, with logistical/admin back up from our sherpa team and basecamp staff. The route will be prepared by the sherpa team while we make acclimatisation forays onto the mountain, moving at our own pace. As we acclimatise we will venture further and further up staying at the higher camps, eg camps 1 (~6500m) and 2 (~7100m) overnight, with returns to basecamp for well earned rests!. Once acclimatised, a rest of about 4 days gives us the strength for a summit (8201m) push, via a night at camp 3 (~7400m). Descent will be swift with a night at camp 2 or 1 en route to BC. Acclimatising and returning to basecamp means we adapt to the altitude, whilst allowing our bodies and minds to recuperate. We have a very flexible approach to our climbing tactics and frequently use intermediate camps. The camp positions and tactics will be decided during the expedition to best suit the conditions and climbers.

The Climbing The trek from lower (aka Chinese) basecamp to Base Camp is over rough paths and moraine, can involve some river crossing, and takes 2 days. From BC (5800m) to camp 1 (6500m) we climb up moraine/scree. From Camp 1 to Camp 2 (7100m) we climb a rounded snow ridge to the ice cliff. Once over this we climb up a gentle glacial slope to camp. Camp 2 to Camp 3 (7400m) is a relatively short day (3-4 hours) up a glacial slope. Summit day involves climbing moderate glacial snow slopes interspersed with short rocky steps, followed by a long snow slope and plateaux. It takes about 6-7 hours to the summit. 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.

Skiing If you are an expert skier with good ski touring experience, skiing from the summit is a possibility. Please discuss this with Guy Willett before booking.

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/Lhasa) and 1000 US dollars cash, as contingency during the trip (also covers visas/airport taxes/tips). Dollars can readily be changed into rupees or yuan locally. If you plan to spend cash on souvenirs etc, you will need more. Don't forget your plane tickets, passport and insurance documents, passport photos.

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.

Dream Guides Ltd
company no: 6018508 registered in England and Wales
Llamedos, Eaydyke, Friskney PE22 8RT, UK

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 (no helicopters available in Tibet) 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 that we are active Mountain Guides and may not be able to reply to your communications instantly. Email is best and we can call/email back, as we will be guiding through the summer (in the alps) - guy@dream-guides.com . Guy's mobile is 0033689846055. kenton@dream-guides.com Kenton's mobile is 0033611634258

Why go with Dream Guides?

1. Highly experienced leader/guide.
2. High guide/sherpa:climber ratio.
3. Very experienced agent on the ground .
4. Comfortable state of the art basecamp set up.
5. Oxygen included.
6. You will meet and bond with the team, should you wish to join us for Everest.
7. Opportunity to fine-tune set up for Everest.
8. As a small but experienced and successful company, we offer a personal touch, often diluted in larger outfits.

Dream Guides Ltd
company no: 6018508 registered in England and Wales
Llamedos, Eaydyke, Friskney PE22 8RT, UK



TIME SCALE FOR CHO OYU 2008

- Now** £600 deposit due to Dream Guides
See GP for Innoculations and check up.
Return medical questionnaire
Return booking form
Buy Insurance and **send a photocopy to Dream Guides**
Book flights to Kathmandu (leaving 23th August, return Saturday 4th October)
Assemble personal kit
- 23rd April** 50% of total due to Dream Guides
- 23rd June** Total balance due to Deam Guides
- 1st July** Passport photocopy, personal 'bio' form, 2 passport photos (name on back) required for climbing permit. Send to Dream Guides. **Also email a high resolution scan of your passport details/photo page.**
- 5th August** Deadline for any barrelled kit for shipping to be collected by freighting company
- 23rd August** Fly to Kathmandu

Please use the postal address:

appt C3, residence bois du bouchet,
chemin des tussilages,
74400 Chamonix,
France.

Dream Guides Ltd
company no: 6018508 registered in England and Wales
Llamedos, Eaydyke, Friskney PE22 8RT, UK



CHO OYU MEDICAL QUESTIONNAIRE

Please print, fill out and return this form to **Dream Guides, appt C3, residence bois du bouchet, chemin des tussilages, 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:

DATE OF BIRTH:

SEX:

CURRENT MEDICAL ISSUES:

CURRENT MEDICATION: inc. oral contraceptives

PAST HEALTH ISSUES/OPERATIONS: eg. appendix

PLEASE CIRCLE IF YOU ARE: ASTHMATIC DIABETIC EPILEPTIC ANAEMIC

ALLERGIES: eg drugs/food

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

Dream Guides Ltd
company no: 6018508 registered in England and Wales
Llamedos, Eaydyke, Friskney PE22 8RT, UK



BOOKING FORM - CHO OYU 2008

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

NAME:

DATE OF BIRTH:

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 Terms&Conditions. I have read the Cho Oyu 2008 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:

Dream Guides Ltd
company no: 6018508 registered in England and Wales
Llamedos, Eaydyke, Friskney PE22 8RT, UK



FOOD

Between Kathmandu and basecamp (Chinese camp) we will be eating in hotels, tea houses and restaurants. At Chinese 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

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

In total you can expect to spend about 12 days staying above basecamp, split up with spells in basecamp.

BASECAMP

This food will be eaten when trekking from Chinese camp to BC, during rest days and during acclimatisation forays when we are overnighing in BC. It will be a very western, tasty and plentiful diet.

Breakfast: eg. cereals, porridge, eggs, powdered milk, bread/toast, bacon,

Lunch: eg. A hot meal or sandwiches, cheese, jam, meat. Snack bars.

Evening: eg. soup, rice dishes, curry, dal, spaghetti dishes, potatoes, homemade pizza, chips, lasagne etc. There will be plenty of fresh vegetables and meat every day. Puddings.

Drinks include tea, coffee, infusions, cordial/tang, hot chocolate, water. Some soft drinks and beer are available at a small cost.

A variety of sauces (ketchup, mustard, chilli sauce etc)

There will be a variety of biscuits, pringles, bars and cakes available to snack on through the day...

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.

Dream Guides Ltd
company no: 6018508 registered in England and Wales
Llamedos, Eaydyke, Friskney PE22 8RT, UK



CHO OYU 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 £4.50/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 9th August 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 1ST August 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. It is best if all the barrels are collected from the same place so they go as one unit, making the paperwork more simple in Nepal.

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

Dream Guides Ltd
company no: 6018508 registered in England and Wales
Llamedos, Eaydyke, Friskney PE22 8RT, UK