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INTRODUCTION

The aim of this expedition was to attempt in as near 'Alpine Style' as possible the North-east ridge of Taweche and the South-west ridge of Cholatse. We would place our base camp at about 15,000 feet near Lake Chala. An advanced base would then be set up on the col at 18,000 feet, between our two routes. From this base we hoped to attempt the two routes.

After this overall aim we hoped to achieve several personal objectives. None of us had been to the Himalayas although we have climbed in many other parts of the world. So from this expedition we hoped to gain experience in high altitude mountaineering. Also, by all taking an active part in the organisation, we would learn some of the art of expedition planning. Overall this would provide a good grounding from which to plan future expeditions.

ACKNOWLEDGEMENTS

We are all particularly grateful to the Mount Everest Foundation and the British Mountaineering Council for their generous grants. We were very grateful that such bodies exist to help expeditions carry out their ideas. There is no doubt that without their help, this expedition would have floundered financially.

Thanks also go to all the manufacturers that provided material support (a full list appears in the appendix). We were amazed by Thorntons gift of fudge, which had to be guarded day and night before we left. The same goes to all the other suppliers of foods, museli bars, sweets and Dextrasol. The equipment manufacturers should not be forgotten either, particularly Raebok for providing training shoes for the walk in and exotic Goretex jogging suits for those who felt in need of a little extra exercise. We were pleased to see the amount of firms offering trade price equipment, this always relieves the burden of personal expense.

Finally many thanks to the army of friends who helped and supported us during the year before departure. They must have been glad to see us go after enduring endless hours of expedition talk in the pub. Particularly I would like to thank Al Rouse and Paul Nunn for their expert advice. It was great of our friends at the Parnassus Mountaineering Club who got out their cheque books, without to much protest! Thanks again to everyone.

EXPEDITION MEMBERS

William Dark, (Leader) 23, British, Roof Tiler.

Extensive back-packing and climbing to E1 in UK and France
Four Alpine seasons in Europe, Winter Scottish Grade 4
Ex. Mountaineering Instructor.
Duke of Edinburgh Award (Bronze)

William Thynne Wintrip, 28, British, Electronic Technician

16 years walking & climbing in UK, France and USA to E2
4 Alpine seasons, Winter Scottish Grade 4, D of E award (Gold)

Rory John Gregory, 30, British, Mountain Instructor (MIC)

12 years walking and climbing to E4 in Europe and Africa
7 Alpine seasons in Europe and Africa including guiding on Mts. Kilimanjaro
and Kenya and in Camaroons. Scottish Winter Grade 4

Keith Naylor, 24, British, Draughtsman

10 years walking and climbing in UK and France to HVS. Winter Scottish Grade 4
5 Alpine seasons in Europe and Canada.
Ex. National Park Ranger, D of E Award (Silver)

Dr. Paul Anthony Carling, 29, British, Environmental Scientist.

15 years walking and climbing in UK, Europe and USA to E2
5 Alpine seasons in Europe, Winter Scottish Grade 4

THE WALK IN

By Thursday 24th March we were ready to leave Kathmandu, all the hassle was behind us and what everyone had told us would be the most enjoyable part of the Expedition, the walk in, was to come.

At 5.00 am the alarm went off, most of us were awake anyway, a final shower and over to the store house to meet the bus. The bus was surrounded by people who all, it appeared, were something to do with the bus company, the Driver, the Driver's mate, the bus Owner, the Tour Operator, etc., etc. There were more of them than there were of us. By 6.30 am we were on the road, heading in the direction of China.

A breakfast stop and porter hiring session commenced at 9.30 am in a small village by the name of Lamosango. Everything takes ten times longer in Nepal than anywhere else in the world and it was with great relief that we eventually pulled out of Lamosango just one hour before noon. From here we turned off the Chinese metalled road and onto a very rough dirt track leading up into the foothills of the Himalayas. We arrived at the checkpoint of Dolkha at approximately 2.00 pm and duly had our trekking permits inspected. The bus driver and crew promptly took the opportunity to stretch their legs, disappearing for over three hours. When they did eventually return they claimed to only have been paid, by Sherpa Co-operative, to take us this far. A long argument ensued which nevertheless ended with us paying a further Rs500. Who said all the hassles were behind us?

We camped that evening on the outskirts of Kirantichap, a village overlooking the Tamba Khosi, a beautiful setting for our first night under canvas, though tarnished a little by the ever present feeling of being ripped off.

The tent door opened to reveal the smiling Sherpa face of Nima, one of the cook-boys, "tea sah", in his hand were two steaming mugs of tea. What a fantastic way to be called in the morning! Our first taste of Himalayan trekking was a pleasant experience until we started to climb out of the Tamba Khosi Gorge, seven hours later we were under the mid-day sun at the next camp-site, Yarsa, just five miles horizontally from where we had camped the night before. One thing amazed me, the cook-boys who were carrying two to three times the weight that we were, arrived at camp about the same time as us and then proceeded to make us lemon tea!

Next morning I just couldn't face the early morning tea or the breakfast, something I had already eaten was violently disagreeing with my stomach. It was hard work that day, not able to keep any food inside me for very long, a hard walk over two ridges and one river. I must admit I didn't take much notice of the countryside until well after we had reached camp at Those. We were in a flat bottomed valley and having just descended one side, obviously, next day had to ascend the other side, we were getting used to the idea now. Walking was starting to feel easier, except to Bill Wintrip, who was having a lot of trouble with his new training shoes and blisters!

The locals at Those decided to put on a show of athleticism with such delights as volleyball, barefoot longjump and 'rockputt', they weren't that bad either.

Sunday 27th March, I was hoping for a nice easy Sunday stroll in order to regain a bit of strength, it was not to be. The stroll began easily enough, along the Khimti Khola for almost an hour, then the stroll turned into a long hard slog up to the Thodung pass and cheese factory. Rory and Paul literally raced to the pass in one and a half hours. Bill Dark wasn't that far behind them but Bill Wintrip and myself, both still having problems, took nearly three hours to reach the pass. Rory and team then made a visit to the Thodung Cheese Factory, whilst the invalids stumbled off down to Chyangma and the next camp for a rest.

The morning routine was becoming familiar now, tea in the pit, get up, take down tents while breakfast is prepared, eat breakfast while the porters saunter off with all our belongings and then try and work up enough enthusiasm to follow them. Two of the porters adopted me and wouldn't let me out of their sight, it was quite good really as I learnt a bit of Nepalese and they learnt a bit more English. Ming was always there to point us in the right direction, he was usually the first porter 'home' but always sat apart from the other porters, he and his friend dressed, acted and spoke differently to many of the other porters. We never found out what tribe he was from but assumed that he was a member of one of the hill tribes because of his fierce appearance and huge Kukri in his waistband.

The next day was one of those days when all you want to do is lay down and let the world flow over you, I felt totally washed out, but the expedition had to move on. Chyangma to Sete after all turned out to be a rather pleasant day, taking it slowly, I had chance to take in a bit of the countryside, the paddy fields, the woodlands and most of all, the fascinating people. By now we had come to expect the grinding uphill sections, the major climb of the Lamjura pass lay ahead of us. Sete nestles into the hillside about half-way up on the 9000ft contour. At Sete I began to get over what I will call gastric trouble and actually started to enjoy the cooking, until now I had not been able to eat the quantities of food needed to sustain the very strenuous exercise.

We knew that the next day would be a hard one, reaching the altitude of 11,800ft at the Lamjura pass. It did, however, turn out to be easier than imagined and we were at the pass well before noon. Rory, Paul and Bill Dark made yet another detour at this point and climbed to the summit of a 12,000ft mountain north of the pass. Bill Wintrip and myself tried to follow but decided that climbing a snow slope in trainers with a 2,000ft drop below was pushing things a bit far - we admitted defeat and returned to the main path. Junbesi was, I think, the most pleasant camp of the whole trip - we were by the side of the river. We could have a much needed wash and also watch the dippers, small aquatic birds, flitting along the boulders in the river bed.

The trek from Junbesi to Nuntale offered our first real view of the high Himalaya and with such a thought in my mind I raced along the track until I was stopped by one of the most fantastic sights I have ever seen - range upon range of blue and white mountains, the summit triangle of Everest appearing at the far left. It was a place where you could sit and take in the majesty of the surroundings, but the pace had to be kept up. A long lunchtime stop by the river and then an even longer stop in a local chang house brought us to Nuntale quite late, although Bill Wintrip still managed to con a bowl full of hot water from the cook-boys to wash his sore and blistered feet! The next section of the trail is all downhill to the Dudh Khosi, Everest's river.

The usual greeting from Nima got us off to an early start, 7.15 am, and 8.30 saw us at the bridge crossing the Dudh Khosi, we must have been feeling pretty good at this point, we reached camp by 9.30 am. With the rest of the day to spend just idling away time, it felt like a rest-day.

A waterfall provided us with a shower and washing area, we managed to wash not only ourselves but also all our very dirty clothes!

The walk now turned north, we would have to cross all the small tributaries coming into the Dudh Khosi, sometimes walking along many thousands of feet above the river but always in the scorching heat of the sun. Ang Phurba, our Sirdar, asked Paul and Rory to go on ahead with Sailer (the cook's assistant) and try to get to Namche in time for the market on Saturday, this split the expedition into two very distinct groups - the two Bills and myself who by and large were not acclimatising as well as Rory and Paul. They did, in fact, make Namche Bazar the day before market day, making our three day walk look almost sedate. With over-night stops at Poyandaldha and Phakdingma we eventually arrived in Namche to find Rory and Paul absolutely sick of the place, they left the next day officially to check-out base camp, but it was really to get out of Namche and

be free of our Liaison Officer.

Three days later and after much hassle with the high altitude sleeping bag, which we were to provide for the Liaison Officer, we finally pulled out of that dusty hole and made our way onto Tangboche Monastery. Though the going was getting harder we seemed to be getting much fitter carrying a slightly bigger load every day, we were almost running past the trekkers who had flown into Lukla, they were finding the change from 4,000ft to 12,000ft a little too much. Expeditions started to appear from out of the ground at Tangboche, Italians heading for Lhotse, Germans and French going to Ama Dablam, Americans of course going to the big one-Everest. The place just made me want to get on that much quicker and next day we were headed for Pheriche, the last outpost of civilization, where we hoped to find Rory and Paul.

The meeting between Rory, Paul and ourselves raised all our hopes for the climb, they had seen 'our side' of the mountain and were full of confidence, the talk revolved around what a fantastic route the ridge on Taweche would make. That night everyone slept under canvas, together for the first time in over a week. Rory managed to pick up another dose of dysentery and decided that it must be Nima's cooking, the rest of us stoutly defended Nima, we hadn't had any trouble for a while now.

Morning dawned bright and cold, as it had been for the last few days. We were all off in a hurry to see the mountain, we were staggered by the sight, the enormity of the ridge hadn't really shown itself from the photographs. There were more cameras in evidence at that point than at any other time on the walk in.

Base camp was pitched, with this view towering over us, on a flat section of moraine which had obviously been a glacial lake at some time. The kitchen was formed from a large boulder, a wall and a tarpaulin, the mess tent being a little too draughty, was turned into a storage area, whilst we ate in the kitchen with the boys.

The walk in to me was perhaps the best part of the entire expedition, everyone was in good spirits especially as we came nearer to the mountain, and I think that air of expectancy added something which will be hard to recover without going on another expedition.

THE CLIMBING DIARY

- 7.4.83 Arrived at base-camp at Chola Lake near Pheriche in Khumbu valley.
- 8.4.83 Decided initial objective should be N.E. Ridge of Taweche. Sorted out gear. Found and cairned route over complex moraine field. Cached gear loads below rock couloir at side of Chola Glacier at 1400 hrs. Snowing lightly and mountains clouded in. Weather very mild.
- 9.4.83 R.G. & P.C. left Base-camp at 0700, established route up glacier close in under an icefall. Soft snow made for difficult progress. Fixed 300m of rope up couloir leading to col, to assist in load carrying over bad snow. P.C. reached col at 1600 hrs. R.G., W.W., & W.D. followed with loads. K.N. turned back feeling ill, after dumping his load as high as possible. Established gear dump on col and all descended to Base-camp.
- 10.4.83 Rest day. Very heavy snow-fall in afternoon and evening.
- 11.4.83 W.D. ascended to gear dump below glacier. Found going very difficult in deep snow. About 1ft. of snow fell in afternoon, much deeper in drifts. Planned for W.D. & W.W. to carry tent and food to col on following day. P.C. & R.G. to attempt ridge on 13.4.83.
- 12.4.83 W.D. & K.N. feeling ill. W.W. carried tent from base-camp up to the icefall. Dumped tent in heavy snow-fall and white-out conditions. Returned to base-camp.
- 13.4.83 R.G. & P.C. left base-camp at 0200 on fine clear night. By 0400 sky clouded over and heavy snow-fall commenced. Picked up cached tent and carried it to above the ice-fall. Avalanches could be heard on surrounding faces. Avalanche down couloir leading to col forced retreat. Descent in waist-deep snow. Snowed all day.
- 14-17.4.83 Snow-bound in camp.
- 18.4.83 W.W. & K.N. ascended to cave below icefall and bivouaced. P.C. & R.G. did training walk but found snow conditions very poor. More snow in evening with thunder and lightening.
- 19.4.83 W.W. & K.N. ascended to couloir below col. W.W. dug-out fixed ropes and climbed with light load to col. K.N. dumped load at foot of fixed ropes, and both returned to base-camp. P.C., R.G. & W.D. ascended to icefall in evening and made a bivouac.
- 20.4.83 Spent morning digging for gear at dumps. Carried tent, ropes and food to col. Cleared fixed ropes from couloir as realised that more rope would be required higher on the route. Pitched tent on col and spent night at approximately 18500 ft. W.D. feeling ill during night.

- 21.4.83 R.G. & P.C. set off along N.E. ridge of Taweche. W.D. descended to base-camp. Ridge looked exceedingly difficult technical ice-climbing. R.G. & P.C. retreated after nearly being avalanched, and climbed some way up S. ridge of Cholatse to get a better view of N.E. ridge of Taweche. Realised ridge was not feasible for a small team in the present snow conditions. Camped on col for the night and reviewed the situation. N.E. ridge was clearly out of the question and the East ridge of Cholatse also looked very difficult with many double cornices. A new advanced camp would also be required. Decided that as we had a camp already on the col to switch to S. ridge of Cholatse and attempt to make the second ascent.
- 22.4.83 R.G. & P.C. climbed fixed rope left from previous day on S. ridge of Cholatse. Took 3 hours to do two more pitches over difficult rock which all had to be dug out of fresh snow. Stopped by large steep red rock tower at 1000 hrs. Weather cold and cloudy. Two hard (British Grade Severe) pitches led to notch in tower. Had to sackhaul gear. Ice-ramp and two more easy pitches led to ledge on west side of ridge, at about 19500 ft. Bivouaced for the night. R.G. developed very serious cough in the night.
- 23.4.83 6'' of snow in morning and R.G. weak with a chest complaint. Had to descend leaving hard pitches fixed. Met K.N. at tent on col. W.W. & K.N. had descended to icefall to dig out gear dumps on the 22nd, bivouaced and K.N. had brought paraffin up to col. All descended with difficulty to base-camp. All the team discussed the situation and decided the S. ridge of Cholatse was now the only feasible objective. W.D. explained situation to the L.O. and obtained his permission to switch officially to the S. ridge. That night R.G. troubled by bad chest.
- 24.4.83 W.W., W.D. & K.N. ascended to bivouac below ice-fall. R.G. went to see doctor at Pheriche, who diagnosed a partially flooded lung. R.G. must descend if not improving by morning.
- 25.4.83 R.G. slept well but bad again in morning. R.G. descended to Namche Bazaar, hoping to return if recovered.
- 26.4.83 P.C. ascended to col by 1300 hrs in difficult snow conditions. W.W., W.D. & K.N. had climbed to col the previous day and ascended to bivouac site used by R.G. & P.C. at 2000 ft. Three pitches higher they had been stopped by a gap in the ridge, beyond which was a steep grey tower, which looked about H.V.S. and loose. Information we had, suggested the Swiss on the first ascent had traversed to the east side of the tower on good snow. In the present conditions this slope was unstable wet snow and steep rock slabs. They considered continuing to be too dangerous and returned to the col after spending the night at the high bivouac site. W.W. & K.N. descended on the 26.4.83 to base-camp. W.D. agreed to accompany P.C. up ridge for final attempt.

- 27.4.83 Left camp on col early but had problems sack-hauling on the Red tower, as a result had to bivouac above tower.
- 28.4.83 Ascended to gap in ridge. Evident that rock pitch was difficult and possibly dangerous. We had insufficient gear to attempt it. The "snow" traverse was also serious and an avalanche swept the lower slope whilst we watched. Forced to decide that to continue as a party of two with limited hard-ware was not practical or safe. Maximum height reached 20000 ft. Decided would have to abandon expedition, and stripped gear from the high part of the ridge as we descended.
- 29.4.83 P.C. left base-camp for Kathmandu to arrange expedition departure. Received news that R.G. had returned to Kathmandu still suffering from the chest complaint.
- 30.4.83 W.W. & K.N. stripped remaining fixed gear from mountain and removed tent from the col.
- 31.4.83 Expedition packed up and returned to Kathmandu, flying out from Lukla.

FOOD

Our basic plan for the supply of food was as follows. On the walk in we would eat food brought from Kathmandu supplemented by local produce that we could purchase as we passed through the villages. This plan would also continue at base camp. On the mountain we would use dehydrated and freeze dried foods brought from the U.K.

On arrival at Kathmandu we purchased large amounts of rice, sugar, flour and pasta. These basics would last the length of the expedition, with other unobtainables such as spices, pickles, oil, sauces etc. - items we could not buy in the hills.

Our Sirdar (Ang Phurba) also purchased the kitchen equipment, this consisted of all shapes and sizes of pots and pans, utensils and bowls etc. Also such items as water containers and large primus type cookers and lanterns. Ang Phurba took total charge of the buying of food and equipment, he knew exactly what was needed and how much. His help was invaluable here.

During the walk in (2 weeks) we purchased potatoes, onions and a few chickens to give some variety to the food. With a small expedition like ours it was easy to buy food in the villages because we did not require large quantities. Again this was left to Ang Phurba because he knew where to go and the correct prices.

A word of praise must go to our two excellent cooks Nima and Saila (assistant) who produced unbelievable meals in very difficult conditions. The food was always hot, plenty of variety and lots of it. Banana cake cooked on yak dung has to be tried to be believed. Any expedition who employs them has an invaluable asset in their team.

As for food on the mountain we were lacking in imagination, I feel. We had too many sweet things such as fudge, dextrasol, freeze dried yogurt and orange drinks. There was not enough savoury food to provide a good balance. We had worried about the altitude affecting our appetites and therefore thought that sweet foods would be more palatable. The 'museli' type bars were very good but tended to dry out the mouth. Main meals consisted of freeze dried Raven meals, the instant porridge was excellent as was the strawberry yogurt.

Our thanks must go to Thorntons for supplying $\frac{1}{2}$ cwt. of various fudges. These proved very popular amongst those with a sweet tooth.

As we were not spending weeks at high altitude we did not feel that we needed to go into great depths when planning menus i.e. calories, proteins, vitamins etc./day per person. As it turned out we over-estimated our daily requirements.

MEDICAL REPORT

A full and comprehensive medical kit was taken on the expedition and each party of climbers on the mountain carried a small emergency first aid kit. Much help both technical and material was supplied by Kent Private Clinic, Sandwich, Kent to whom we are immensely grateful.

On the walk in every expedition member suffered fairly severe sore throats, nasal **and chest congestion** - presumably brought about by the change of climate, dust, dry air and altitude. Asprin and throat lozenges had little effect but most symptoms cleared up after a course of antibiotics (Amoxil). Every team member suffered from chronic diarrhoea from time to time, most probably from the somewhat **alien diet** and contaminated water. Strong doses of Imodium (250mg) proved very successful in treatment and promoted rapid recovery. Other than one member contracting a bronchial infection towards the end of the expedition (remedied by quick evacuation to lower altitudes) no serious illnesses were encountered.

EQUIPMENT NOTES

BOOTS All members used Koflach Ultra Extremes (plastic double boot) and were impressed with their performance.

GAITERS These were the popular Yeti style by Berghaus, which although doing the job well, did not last long. The rubber rands fell apart and the uppers wore through, especially the two pairs of Goretex ones. According to the manufacturers, it seems they are only meant to last one Himalayan trip. Certainly in conjunction with the Koflachs, none of us suffered wet or cold feet. We glued the gaiters to the boots to hold them in place as there was a tendency for them to ride off.

SOX All used nylon loop stitch style stockings.

BREECHES All used Rohan salopettes and although heavy in themselves, were excellent.

THERMAL UNDERWEAR All members issued with a full set of Fruit of the Loom underwear, which was extremely warm.

OUTER CLOTHING An assortment of thin wool and nylon pile jackets and jumpers were worn on top of wool style shirts. Silk balaclavas were used by some members and wool ski hats were used by all. For the hands thermal gloves (Damart style) and Dachsteins were worn, with an overmitt of Goretex made by Wintergear, these unfortunately wore out and leaked after about three days. The material was too thin and the seams were not taped.

Goretex and Thin insulate coats made by Troll (Nanook) or Berghaus (Igloo) were used as the final layer and both lived up to their respective manufacturers claims. Down jackets were not necessary on the mountain.

SLEEPING BAGS Down type, made by Rab Carrington, the outer shell being of Goretex, they could be used without bivvy bags on the mountain. Wintergear Goretex bivvy bags were taken and the combination proved excellent. Ensuring you stayed perfectly warm and dry whilst bivvyng.

GOGGLES Ski style, full face goggles were used by all the team.

TENTS A Snowdon Mouldings single skin Goretex dome was taken from the U.K. and was pitched for a long period at 18,000 feet. It stood up well to heavy winds and several snow storms. The other tents were purchased in Kathmandu and were an assortment of base camp style tents, which is where they remained.

RUCSACS An assortment of Karrimor and Lowe sacks were used. The only damage done was when loaded onto the Yaks (slight rips). This test should feature in manufacturers field trials!

CAMPING All camping gear was purchased in Kathmandu. We brought two Ergoflame gas stoves out from the U.K. for use on the mountains.

HARDWARE Assorted iceaxes, crampons, harnesses etc, brought from U.K. to personal preference. Included were Salewa adjustable crampons, Snowdon Mouldings iceaxes, Charlet Moser ice tools. No breakages or problems with any hardware.

ROPES Climbing ropes taken from the U.K. All fixed line purchased in Kathmandu.

CLOTHES FOR WALKING The weather was warm and dry for the majority of the walk in. Trainers were worn, with shorts and T shirts. All members had a cagoule but they were never worn on the whole trip.

APPENDIX

SPONSORSHIP AND DONATIONS

	£
FINANCIAL: Mount Everest Foundation	1100.00
British Mountaineering Council	300.00
Parnassus Climbing Club	32.00
Anonymous donation	100.00
Mr. P. Faulkner	25.00
Mr. & Mrs. I. Smith	20.00
Thornhill Poultry	25.00
Mr. & Mrs. Dark who provided a £2000 emergency source	

EQUIPMENT AND FOOD:

RAEBOK - 2 pairs training shoes
 2 Goretex running suits

TROLL - 2 lightweight Marathon rucsacs

SAUNDERS - 1 tent

THORNTONS - 56lb fudge

BOOTS - 50 Museli and date bars

DEXTRASOL - 50 packets Dextrasol

BATCHALORS - 1 Box Drinking Chocolate
 4 Boxes Dehydrated Food

JORDONS - 100 Oat Crunch bars

FRUIT OF THE LOOM - 5 pairs Thermal underwear

KENT PRIVATE CLINIC - 1 Travellers Medical Kit

PARNASSUS 21 EXPEDITION ACCOUNTS

<u>Expenditure</u>	<u>£</u>	<u>Income</u>	<u>£</u>
Airfares Heathrow-Kathmandu return (5 persons)	2150.00	B.M.C./M.E.F. Grant	1400.00
Airfares Lukla-Kathmandu single (7 persons)	168.00	Private donations	202.00
Expedition Insurance (B.M.C.)	200.00		<u>1602.00</u>
Medical kit	100.00	Personal cost per member (£1186.87 x 5)	5934.37
Equipment brought from U.K. (e.g. high altitude food etc.)	21.60		<u>7536.37</u>
Tents bought in Kathmandu (5)	800.00		<u><u>7536.37</u></u>
Climbing hardware bought in Kathmandu (fixed ropes, snow stakes)	250.00		
Camping equipment bought in Kathmandu	215.00		
Food	490.00		
Mountain fees (2 mountains)	700.00		
Sirdar clothes (cash settlement)	400.00		
Cooks " " "	200.00		
Cooks assistant clothes "	200.00		
Liaison officers clothes	400.00		
Agents fees	150.00		
Sirdars wages	110.00		
Cooks wages	96.00		
Cooks assistants wages	82.00		
Liaison officers "	80.00		
Porters wages	205.00		
Yak fees	135.00		
Hotel expenses in Kathmandu (in and outward journey)	200.00		
Postage/Stationary (U.K.)	52.00		
Bribes (Kathmandu/Delhi Airport)	30.00		
Bank charges and interest charge on overdraft	51.77		
Extras (e.g. taxis, campsite fees)	50.00		
	<u>£7536.37</u>		

N.B. Personal mountaineering clothing and hardware has not been included in this account, but the cost ranged from £200.00 - £500.00 per person depending on the amount of equipment the individual already had.