

The BRITISH BHUTAN EXPEDITION 1986



Patron — Chris Bonington, C.B.E.

Co-Patron — Lord John Hunt, K.G., C.B.E., D.S.O.

Contents

Page Nos.

Expedition Objective	1
Brief History of Bhutan	2
History of Gangkar Punsum	2
The Team	2, 3 & 4
Maps: Position of Bhutan	5
Country of Bhutan	5
Walk-In	6
Route on Mountain	Inside Back Cover
The Story	7 & 8
Appendices: Travel	8
Finance	9
Medical	10
Equipment	11
Food	11
Acknowledgements	12

Expedition Objective:

The objective of this first ever British mountaineering expedition to the Kingdom of Bhutan was to climb GANGKAR PUNSUM, 7550m (24,770 ft), which is the highest mountain in Bhutan, and the highest unclimbed peak in the world available to Western mountaineers.

BRIEF HISTORY OF BHUTAN

Bhutan, or by its local name, Druk Yul, meaning 'The Kingdom of the Dragon', is the size of Switzerland, has a population of 1.2 million, and lies to the east of Nepal at the eastern end of the Himalayan chain.

It is ruled by its own King, Jigme Singye Wangchuck, and is almost entirely Buddhist in its religion and way of life.

Up until the 7th Century, it is thought the country was possibly inhabited by various Indian tribes, and was certainly not unified under one ruler.

From around 600 AD to approximately 1600 AD, the Buddhist influence spread from neighbouring Tibet, and any Indian races were gradually driven out.

Nawang Namgyal was the man to finally unify the country, in the 17th Century, creating a system of government with two Heads of State. One was the Druk Desi, or Deb Raja, temporal or administrative ruler, the other was the spiritual head and chief monk, later known as the Dhurma Raja or Je Khenpo.

Unfortunately, right up to 1907, when the first hereditary King was installed, this system resulted in almost continual internal conflict, civil war and struggles for power between not only the two Heads of State, but also their Penlops, or District Governors, themselves often more powerful than the Rajas.

The first British contact, in 1772, was a violent one. Bhutan claimed ownership of a neighbouring state, Cooch Behar, and the local claimant asked for British help. The British drove out the Bhutanese and captured some of their frontier forts.

There followed a period of patched relations, and George Bogle visited the capital to secure an agreement to trade with Tibet by passage through Bhutan. However, in 1792 the British lost favour with Tibet, trade ceased, and before long the Bhutanese resumed raiding the frontier states. This worsened when the British frontier grew after the first Burmese War 1824-1838, when British forces took over Assam.

The British tried to rectify this by sending political missions in 1838, and later in 1864, but with no success. There was so much conflict within the country, that no-one had any power to control the frontier Penlops, or District Governors.

In 1865 Britain annexed a belt of fertile land on the Bhutanese southern border, which resulted in the Bhutanese signing a non-aggression treaty, the terms of which allowed the British control of Bhutan's foreign affairs, but leaving the government of the country to the Bhutanese; Britain also paid Bhutan an annual tribute for the occupation of the frontier land.

Internal conflict continued, the British remaining content to watch from the sidelines, until in 1885, there emerged a strong man who was to become the first King of Bhutan, Ugyen Wangchuck.

He eventually secured power and became a close friend of the British, who made him Knight Commander of the Emperor of India in 1905. Sir Ugyen Wangchuck became the first monarch of Bhutan in 1907.

India's independence in 1947 ended the British relationship, and Nehru treated Bhutan as a neighbouring country bound to India by special ties. Thus she has for centuries retained her isolation, hidden from the world's prying eyes.

In 1959, the father of the present King embarked on a programme of limited development — the very first roads were started, and a few schools and hospitals were planned.

The Bhutanese have limited Western influence by only allowing small numbers of foreigners into their country each year. The King's greatest priorities are to maintain Bhutan's culture and Buddhist way of life. The first trickle of tourists was allowed in during 1974, and 1983 saw the first three climbing expeditions to lesser peaks.

THE HISTORY OF GANGKAR PUNSUM

There have only been three previous attempts to climb Gangkar Punsum (White Peak of the Three Spiritual Brothers), which lies in an extremely remote and virtually unmapped region of Bhutan. All of these were unsuccessful.

AUTUMN 1985: *Japanese Expedition*

The first to climb the South Ridge as far as 22,500 ft. They retreated when one of their lead climbers became seriously ill at high altitude.

AUTUMN 1985: *American Expedition*

This team followed the wrong valley on the walk-in and never reached the mountain.

END OF MONSOON 1986: *Austrian Expedition*

Also climbed the South Ridge, but severe monsoon weather prevented them climbing past 22,000 ft.

THE TEAM

CLIMBERS:

STEVEN BERRY (*Leader*)

Aged 37 years, single. 3 previous Himalayan expeditions: Bristol Cho Oyu Expedition (26,901 ft.), Bristol Nun Kun Expedition (23,410 ft.), and the 1977 North of England East Kulu Expedition.

STEVEN MONKS (*Equipment Officer*)

Aged 26 years, single. Food officer for the Bristol Cho Oyu Expedition. A member of the 1981 Bristol Nun Kun Expedition. Solo ascent North Face of the Eiger.

STEPHEN FINDLAY (*Food Officer*)

Aged 31 years, married. Insurance Officer for the Bristol Cho Oyu Expedition. One of Bristol's leading rock climbers.

HARRY McAULAY (*Travel Officer*)

Aged 33 years, single. Base camp manager for the Bristol Cho Oyu Expedition. General all round sportsman. Started climbing with the Royal Marines 8 years ago.

DR. GINETTE HARRISON (*Medical Officer*)

Aged 28 years, single. Studied medicine at Bristol University. Two years high altitude research at University of Colorado. Previous medical research and expeditions to Kenya, McKinley, Alaska and Nepal.

JEFF JACKSON (*Medical Officer*)

Aged 27 years, single. Co-medical officer for the Bristol Cho Oyu Expedition, reached 26,000 ft. American paramedic serving with an ambulance company in California.

LYDIA BRADEY

Aged 24 years, single. Only woman on Bristol Cho Oyu Expedition. A New Zealander. She can justly claim to be one of the world's best women 'Big Wall' climbers.

YESHEY WANGCHUCK (*Bhutanese Climber*)

Aged 30 years, married. Climbed with the Japanese Expedition to Gangkar Punsum and reached 22,000 ft. in 1985. A summiteer on two other expeditions to Bhutan. Probably Bhutan's best climber.

SUPPORT TREKKERS**MAGGIE MOSEY PAYNE** (*Support Trek Organiser*)

Qualified nurse, worldwide traveller and keen trekker, to whom we owe thanks for the idea of the support trek.

TAN MACKAY

Readers' Digest Chief Press officer. Tan became the expedition's voluntary press officer, and helped enormously with gaining publicity and raising finance.

JOHN KNOWLES (44 yrs)

Runs a successful office supplies business. Dedicated walker and Wainwright fan. The elder statesman of the trekking team.

PETER SANTAMERA (42 yrs)

Well-travelled ex-merchant navy man, who converts cottages in the Lake District in his spare time, and who can spot imaginary pheasants at a thousand paces.

BRIAN LEE (40 yrs)

Owens a busy garden centre. Had previously made a guided ascent of the Matterhorn. Infected everyone with peace and tranquility by his mere presence.

DAVE CARBIS (34 yrs)

Computer expert, works quite a bit in the Middle East. Keen marathon runner — managed a short run at base camp.

JEREMY KNIGHT-ADAMS (39 yrs)

For one who'd never hiked in his life before, Jeremy turned out to be very strong, even if he did miss the plane at Heathrow! Not your average property developer.

HARRY (The Camera) JENSEN (40 yrs)

Works as a technician for a body scanner in Saudi. Managed to get lost in the forest for 36 hours before the trek even began. Owned more cameras than the rest of us put together.

KARL TAYLOR (37 yrs)

Emergency room doctor from Nevada, USA. Jeff Jacksons' landlord. Quiet, but full of fun.

SUNDAY TIMES REPORTER**PETER GODWIN**

Schoolboy looks and a placid exterior hid a man who had been in and out of more trouble than any of us. Now runs the Sunday Times office in South Africa.

FILM CREW**ALAN JEWHRST** (*Director*)

Owens, in partnership with Chris Lister, Chameleon films in Leeds who specialise in adventure films, particularly mountaineering expeditions and caving. Born in the East End with many Cockney songs to suit any occasion. He made it to above Camp 1 (circa 21,500 ft.).

CHRIS LISTER (*Soundman*)

An expert on pinning microphones onto people's chests without them noticing. Made it to Advance Base Camp.

PETER MACFERSON (*Cameraman*)

Nicknamed Indi (after Indiana Jones). According to Ginette and Lydia he is the real life version, even down to the hat and good looks, but minus the whip.

MARK (Yosser) STOKES (*Assistant*)

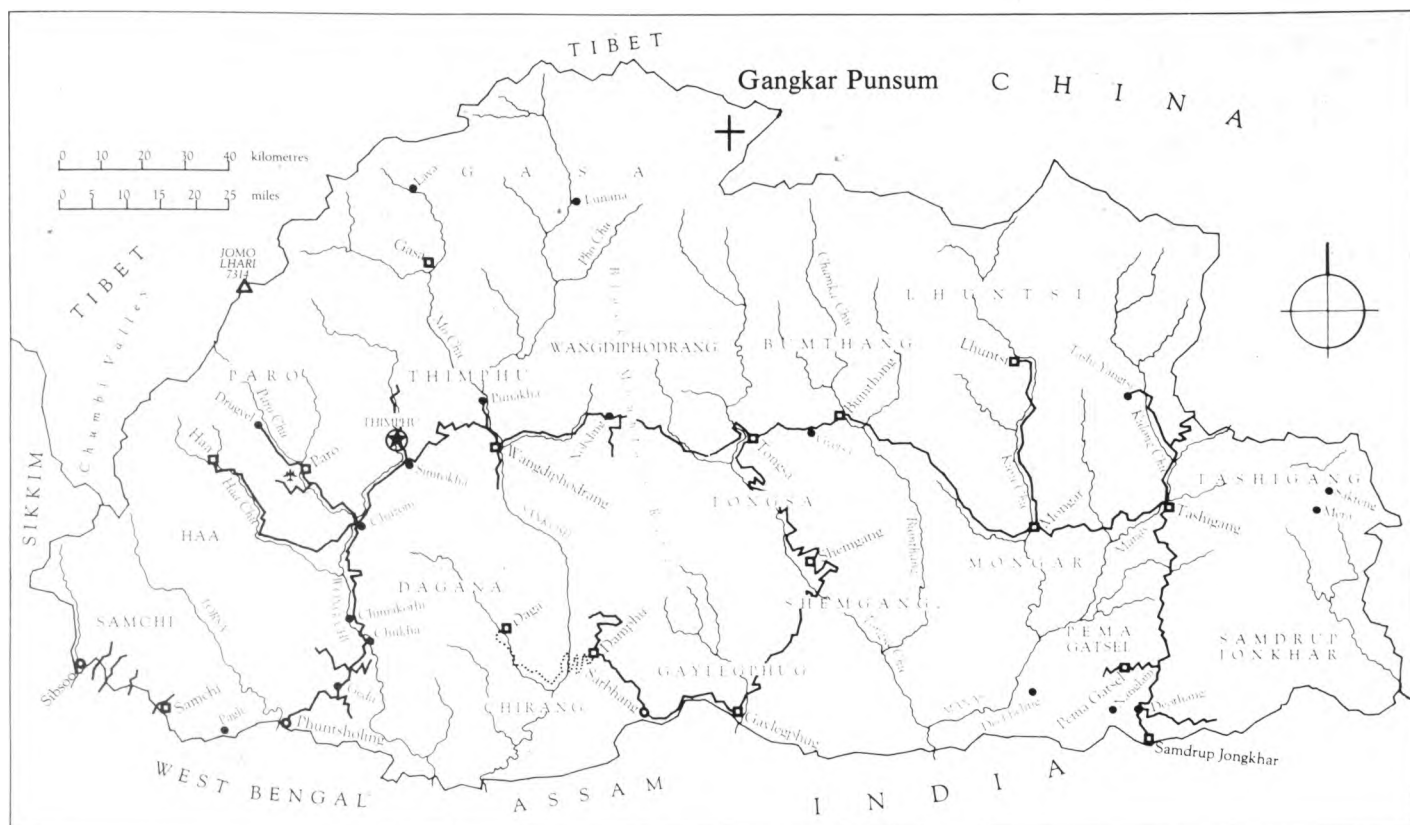
The youngest member of the Expedition at only 19 years, who got blamed for most things that went wrong or missing, but ever cheerful and an expert with the clapper board.

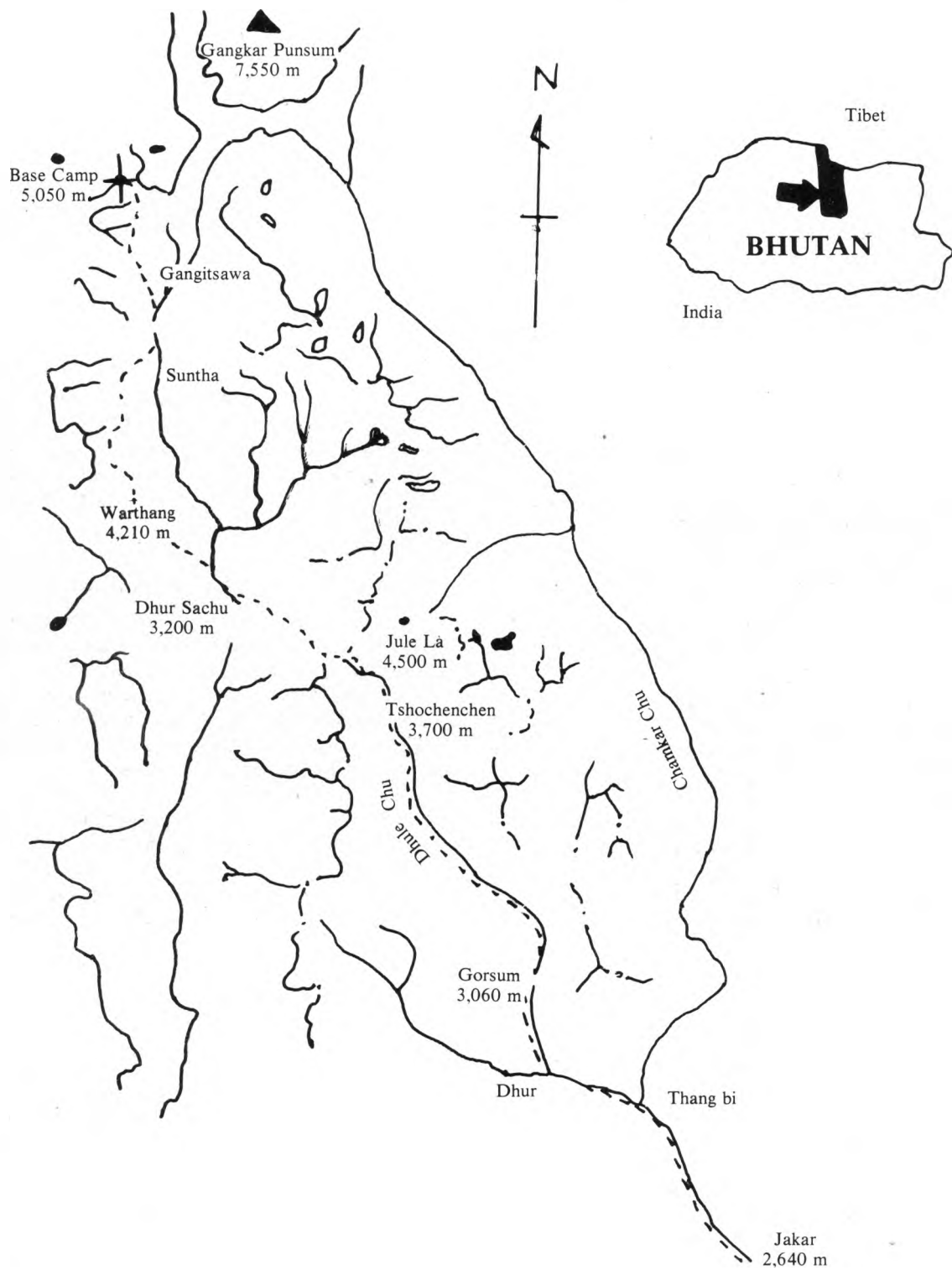
OLE FINK LARSEN (*Researcher/Interviewer*)

A natural born psychologist. Runs 'self actualisation' courses in America, to help people realise their full potential in life.



Top row (left to right)
Dr. Ginette Harrison, Stephen Findlay, Harry McAulay, Steve Monks
Bottom row (left to right)
Lydia Bradey, Jeff Jackson, Steve Berry





THE STORY by Ginette Harrison

11–14 September: **Arrival**

After an incredible week in Thimphu, the capital of Bhutan, during which we visited magnificent Dzongs (fortified monasteries), including the spectacular Tigers Nest monastery, attended the largest Buddhist festival of the year in the main Dzong in Thimphu where dancers in brightly coloured costumes and animal masks performed to the sound of gongs and horns played by scarlet-clad monks, and generally took in the wonderful culture and magical atmosphere of Bhutan, the expedition set off for the mountain.

14–15 September: **Thimphu to Bumthang**

The first stage of the journey was a minibus drive from Thimphu to Bumthang. Because of heavy monsoon rains, a landslide had blocked the road, and it took 6 hours of blasting with dynamite to clear it. We did not arrive in Bumthang until 3 am, so spent a day there recovering and enjoying a local village festival.

16–24 September: **Walk-in**

The walk-in started about 5 miles east of Bumthang and headed north up the Chamkar Chu and Mangde Chu valleys (see map). Initially 61 ponies were used to carry equipment but after 3 days walking and having reached an altitude of 10,500 ft, these were changed for yaks. Throughout the walk the weather remained wet with torrential rain giving way to sleet and snow at higher altitude. Two rest days were taken — one at Dhur Sachu, the Hot Springs, where Tan Mackay, Ole, and Peter Godwin, the Sunday Times reporter, turned back; and the second at Suntha to allow yaks carrying our food to catch up with the main party. The walk-in was generally hard with long days and high passes to cross. The day's walk to Dhur Sachu was especially long and the rest day spent soaking in the hot springs was much welcomed.

The first glimpse of Gangkar Punsum was not seen until the sixth day of the walk-in when the clouds parted revealing a brief view of the south ridge we were to climb. After climbing a final pass of 17,000 ft, the expedition reached base camp (16,500 ft) on 24 September. Almost to the minute upon arriving the clouds completely cleared giving a full and spectacular view of the peak.

25 September – 3 October: **Climbing to Camp 1**

Loads were carried from Base Camp to Advance Base Camp (ABC, 18,000 ft) (see figure) either across the moraine or up the glacier where crevasses were obvious and easily negotiated. Initially a few yak-herders and some of the trekkers assisted in load carrying until they left Base camp on 27 September.

The night before our trekkers left there was a big party in the mess tent with singing until gone midnight, and much Changta (Bhutanese whisky) flowing. It was a remarkable evening and we were all very sad to see them leave the next morning. Snow had fallen overnight and we did not envy them the long plod up to the pass at 17,000 ft.

Once ABC was established on 29 September, four climbers (Stephen Findlay, Steven Berry, Lydia Bradey, Yeshey Wangchuck) began climbing and fixing rope to Camp 1. The route chosen differs from that of the Japanese

and Austrian teams in that our route meets the Japanese gully at a point above the seracs which threaten the lower part of the gully, and which resulted in an avalanche which swept away one of the Japanese party in 1985.

Rope was fixed from 'The Ramp' onwards (see figure). There were two steep rock sections between BC and Camp 1 — the first at the top of the Ramp, and the second at the top of the Japanese gully before attaining the South ridge proper. The ridge was followed to Camp 1 which was established on 3 October at 20,500 ft, just to the right of the main ridge. On 2 October Yeshey became unwell with conjunctivitis and returned to Base Camp.

4–7 October: **Storm**

There was heavy snowfall between 4 and 7 October, necessitating retreat from Camp 1 and preventing further climbing on the mountain due to powder snow. To conserve fuel and food, the climbing team returned to Base Camp to await better weather conditions.

11–13 October: **Camp 1 re-established**

Once the weather had settled 4 climbers (Steven Monks, Jeff Jackson, Harry McAuley, Ginette Harrison) set off from Base Camp to re-establish Camp 1. Although the skies remained clear it was extremely windy and cold, making climbing very difficult. Camp 1 was re-occupied on 13 October.

14–19 October: **Camp 2 established**

The South ridge was followed to the top of the Snow Dome (22,000 ft) and then across a heavily corniced knife-edged ridge to Camp 2 based at the foot of the first rock buttress (see figure). It took several days to fix rope to Camp 2 because 50–70 mph winds made climbing the ridge a treacherous process. On many days climbing was impossible as the winds were too strong.

Camp 2 (22,000 ft) was established on 19 October (Steven Monks, Ginette Harrison, Jeff Jackson, Steven Berry) and on the same day Chris Lister and Mark Stokes (film crew) walked from Base Camp to ABC with the news that yaks carrying vital provisions had not arrived and therefore food supplies at Base Camp were dwindling fast. The Bhutanese Tourist Corporation decided to helicopter in further supplies and were later to evacuate the film crew by helicopter on 24 October.

19–22 October: **Preparation for summit bid**

By 22 October five climbers (Stephen Findlay, Lydia Bradey, Jeff Jackson, Steven Monks, Ginette Harrison) were established at Camp 2 with enough food, fuel and tents, in preparation for a summit bid. In view of the constant high winds, it was decided to abandon the ridge and attempt to traverse onto and then climb up the face to the left of the ridge. The plan was to fix rope across the traverse and then climb Alpine-style up the face to the summit taking bivouacs as necessary, but without establishing camps.

23 October: **Traverse onto face**

On 23 October two climbers (Jeff Jackson, Steven Monks) began fixing rope across the traverse onto the face left of the South ridge. Due to a combination of steep, hard ice

and constant bitterly cold winds, they were only able to traverse 400 ft. On their return it was decided, with much regret, that in view of the severe weather conditions the climb should be abandoned.

24–27 October: **Retreat**

On 24 October the climbers began their descent from the mountain. The high winds continued and ripped to shreds a tent at Camp 1 where two people (Steven Berry and Alan Jewhurst) were sleeping. Fortunately, neither of them was hurt. The mountain was cleared of all equipment, except fixed rope by 27 October.

29 October – 7 November: **Helicopter evacuation**

In view of the heavy snowfall which prevented yaks from reaching Base Camp, the Bhutanese Tourism Corporation chose to evacuate the climbers and their equipment by helicopter. Although most of the climbers were flown out on 29 and 30 October, two climbers (Steven Berry, Ginette Harrison) were not evacuated until 7 November, due to a combination of bad weather and technical difficulties.

The helicopters returned later to pick up the climbing equipment.

SUMMARY

The first British mountaineering expedition to Bhutan failed narrowly to reach the summit of the country's highest mountain, but not for lack of trying. Summit success in the Himalayas is often the luck of the draw as regards the weather; the high winds and intense cold beat us this time. It was a happy expedition, with a story of remarkable adventures in one of the very few parts of the world that remains largely unexplored. No-one died, and our team spirit was helped enormously by our having with us a Support Trekking Team. We are forever in their debt, as we are to the film team who have made a remarkable film, to be shown later in the year on Channel 4, and in America.

Although it was disappointing that bad weather prevented us from reaching the summit of Gangkar

Punsum, the experience of visiting Bhutan with its magical myths of dragons and spirits, its Buddhist culture protected from the ways of the Western world by a young but very wise king, and its friendly and fascinating people, far outweighed this disappointment. Our memories of dzongs and festivals, archery, and of course of Gangkar Punsum herself will remain with us for a very long time. We are particularly grateful to our Bhutanese hosts for their hard work in making our stay in their country such a marvellous experience.

TRAVEL REPORT by H. McAulay

Our first travel problem involved getting our Epigas high altitude cooking supply over to Calcutta. Cooking gas cannot be flown on a passenger aircraft but fortunately, we were able to enlist the aid of SOS Air Cargo Ltd., Manchester, who got it correctly documented and flown Air Cargo with Air India to Calcutta.

The next problem was, as with all expeditions, to get the best deal we could with some understanding airline. After a lot of phoning and begging we finally obtained a deal with Air India via Trailfinders, a most helpful firm in London. However, our greatest good fortune was to encounter Mr. Mani, Air India's Passenger Sales Manager. Not only did Mr. Mani sympathise with our expedition (he has been to Bhutan and is a keen Himalayan climber), but he extended to us as much help and advice as was possible. Our expedition baggage, which came to 320 kg travelled at a reduced rate, plus we had a free allowance and reduced air fare tickets. Each saving contributed greatly to the expedition.

Our flight from the UK delivered us to Calcutta from whence we took a small twin-prop plane to Paro Bhutan. This service is run by Druk Air, Bhutan's national airline who have two planes at present. The flight takes a couple of hours and goes twice daily (usually) 5 days per week.

Once in Bhutan, all travel up to Base Camp was arranged by the Bhutan Tourism Corporation. This was by minibus from the airport at Paro to Thimphu, and again onwards to the start of our trek at Bumthang. The Bhutanese supplied 61 horses from there to Dur Sachu, where we changed over to 45 yaks.

FINANCES by S.K. Berry

RECEIPTS

Personal contributions	7,000
Support trekker contributions	8,381
Grants	2,475
Media sponsorship	19,597
Other sponsorship	1,640
Lectures	100
Profit on sale of T-shirts	1,534
Profit on sale of postcards	250

£40,977

EXPENDITURE

Bhutanese charges	30,017
Travel – UK	221
Travel – abroad	4,529
Living expenses abroad	494
Office expenses	1,962
Equipment	208
Agents commission	421
Medical	20
Photography	53
Book-keeping	75
Bank charges	19
Visas	143
Advertising	80
Insurance	247
Entertainment	108
Sundry	120

£38,717

Surplus £2,260

This surplus is to be applied as follows:

Reimbursement of excess personal contributions	£620
Expedition report estimated	£750
Photographs and slides for sponsors and trekkers estimated	£350
Post expedition expenses approx.	£490
Book-keeping	£50

MEDICAL APPENDIX

by Ginette Harrison, M.B.Ch.B.

Prior to departure for Bhutan all expedition members were asked to fill in a Medical Questionnaire and advised to have medical and dental checkups. Immunisations against cholera, typhoid, polio, diphtheria, tetanus, rabies and Hepatitis A immunoglobulin were recommended. All members took malaria prophylaxis of chloroquine 300 mg weekly commencing one week before departure and continuing for four weeks after return home.

During the expedition all water was purified either by boiling for 10 minutes or by adding iodine (4 drops of 2.1 iodine per pint of water). Climbers were instructed in the symptoms and treatment of mountain sickness and the basic technique of intramuscular injections. All climbers were issued with a medical kit (contents listed below). In addition Camp Medical Kits were left at camps ABC, 1 and 2, and the main kit at Base Camp. Two boxes, containing an assortment of dressings, suture kit and temgesic for injection, were kept at ABC and Base Camp. All drugs were labelled with instructions on use and two Manuals *Mountain Sickness — Prevention, Recognition and Treatment* by Peter Hackett, and *Medicine for Mountaineering* by James Wilkinson were left at ABC for reference when Jeff Jackson (paramedic) and myself were not available.

MEDICAL PROBLEMS ENCOUNTERED

Very few medical problems were encountered in Bhutan possibly due to the high standard of hygiene of the Bhutanese cooks, the emphasis on purifying water, and the positioning of latrines well away from camps.

A few members had diarrhoea on the walk-in but this was mild, lasting only a day or so and requiring no treatment. Two members had chest infections which responded rapidly to amoxycillin and erythromycin (in a penicillin-sensitive individual). Tubigrip (Seton Products Ltd.) proved useful for two individuals with non specific knee injuries. One of the trekkers suffered severe backache due to muscular spasm, but this resolved with heating pad applications.

On the mountain the most common complaint was of sore throat and persistent dry cough resulting from inhalation of cold dry air. Strepsils (Crookes Products Ltd.) and Fishermans Friends (Lofthouse of Fleetwood) proved very useful in relieving these symptoms.

Indigestion and flatulence appeared more common at high altitude although whether this was a direct result of altitude, or due more to the high fibre food we were consuming, is uncertain.

Altitude sickness was not a problem except in one individual who suffered lassitude, headache, nausea and loss of appetite at 18,000 ft. These symptoms gradually resolved on taking acetazolamide 250 mg twice daily. One other climbers took acetazolamide prophylactically because of altitude sickness experienced in the past. Neither developed any side effects of the drug.

Most climbers suffered frostnip of the toes, despite double boots with Alveolite inners, but there was no frostbite. The frostnip resolved after several weeks.

On the whole the party remained fit, and stayed in good spirits, despite the adverse weather conditions.

CONTENTS OF MEDICAL KITS

Individual Kits

Antimalarial: Chloroquine
Painkillers: Panadol, Codeine
Antidiarrhoeal: Imodium
Cough/Throat: Strepsils, Actifed
Snow Blindness: Amethocaine
Sunscreen: Uvistat cream and lipsalve
Electrolyte Replacement: Remidrat
Water Purification: Iodine
Sleep: Halcion
Nausea: Metoclopramide
Assorted Dressings
Antiseptic cream
Moleskin

Camp Kits

Painkillers: Codeine
Panadol
Meptid
Temgesic, oral and injection
Ponstan forte heating pads
Cremalgin cream
Diffiam cream
Electrolyte Replacement: Dioralyte
Anti-Emetic: Metoclopramide, oral and injection
Anti-Diarrhoea: Imodium, Lomotil
Mountain Sickness: Acetazolamide
Dexamethasone (oral and
Frusemide injection)
Throat/Cough: Alupent, Actifed, Strepsils
Sleeping: Temazepam
Anti-Histamine: Benadryl
Antibiotics: Amoxycillin
Erythromycin
Neosporin ophthalmic ointment
Antacid: Alcion
Laxative: Normax, Dorbanex
Snow Blindness: Amethocaine, Minims Benoxinate
Sunscreen: Uvistat
Assorted dressings, tape, scissors, thermometer,
safety pins, suture set, etc.

Base Camp Kit

As above plus intravenous fluids (Maemacel, N. saline, Dextrose saline), and antibiotics (Flagyl, Cefuroxime, Benzyl Penicillin), Farsidar, Orovite and Carestan.

Medical Acknowledgements

Thanks are due to the following companies and their representatives who kindly provided the majority of our medical supplies at no cost, and also to Dr. Karl Taylor and Jeff Jackson for supplying medicines from America.

Seton Products

Boots Company plc
Smith and Nephew Ltd
May & Baker Ltd
C P Pharmaceuticals Ltd
Gold Cross Pharmaceuticals
Rorer Pharmaceuticals Ltd
Wellcome
Glaxo Laboratories Ltd
Bencard
Duphar
Winthrop Pharmaceuticals Ltd
Crookes Products Ltd
Roche Products Ltd
Janssen Pharmaceuticals Ltd
Riker Laboratories
Boehringer Ingelheim
Lederle Laboratories
Rickitt and Coleman
Searle Pharmaceuticals
Armour Pharmaceutical Co Ltd
Bayer UK Ltd

FOOD APPENDIX by Steve Findlay

We decided that for our mountain food we would not use the usual freeze-dried or dehydrated products, but would aim for healthy, tasty, high calorie foods. A Bristol based company, Nova Wholefoods Co-op Ltd. came to our aid, supplying virtually all our needs. The diet they suggested had all these qualities and at the same time was relatively lightweight.

We also had tinned meat and sugar as luxuries at ABC for those of our members who could not do without them.

The expedition members are grateful to the following companies for their support:

Nova Wholefoods Co-op Ltd.

Dehydrated potato
Wholewheat pasta
Wholewheat macaroni
Bulgar wheat
Veg burger mix
Wholewheat noodles
Whole rice noodles
Porridge oats
Super hi-fibre muesli
Nova F-plan muesli
Chopped dates
Mixed fruit and nut mix
Carob mix
Carob peanuts

(Nova Wholefoods Co-op Ltd – Cont'd)

Carob raisins
Fig cakes
Sunflower bars
Take off bars
Honey
Peanut butter
Nova jams
Dried fruit salad
Tea
Barley cup
Vegetable stock
Yeast extract: vecon
Sunflower seeds
Milk powder
Dried vegetables
Miso cup
Tomato sauce
Apple juice
Whole earth baked beans
Assorted herbs and spices
Hot pepper sauce
Molasses

Tate & Lyle Ltd: Sugar cubes, Syrup

Watchbell Ltd: Assorted tinned meats

Nescafe: Instant coffee

Highdene School: Instant soups, Dried orange drink,
Boiled sweets (for removing fillings)

Stephen Moss & Co. of Mayfair: Makers Mark Bourbon

William Grant & Sons Ltd. Distillers: Glenfiddich pure malt
scotch whisky

EQUIPMENT APPENDIX by Steve Monks

The task of collecting together equipment for an expedition such as this is normally a lengthy and difficult task. We were extremely fortunate in having the help of Ian Gibson of "Snow and Rock" in Kensington High Street, London, who supplied us with the great majority of the equipment that we required. The support given by "Snow and Rock" made a major contribution to the viability of our expedition, and we are greatly indebted to them.

We are also grateful to Sprayway Ltd. of Manchester who supplied us with Goretex shell clothing and jackets. These were used very effectively up to our high point of 22,000 ft.

Wild Country also helped us considerably with the loan of several tents including two new design goretex tents. A Mountain Super Nova tent was used at Camp 2 and withstood winds that ripped another tent, lower down the mountain, to shreds.

As regards the organisation of climbing equipment, personal equipment (clothing, sleeping bags, etc.) was left as the responsibility of each expedition member, so there was no "standard" equipment used although Koflach plastic boots, Annapurna duvet jackets, Sprayway goretex jackets and RAB sleeping bags were almost universal.

All climbing hardware, tentage and fixing rope were communal expedition equipment. All cooking on the mountain was done with Epigas propane mix gas cylinders.

Below is a list of all *communal climbing equipment*:

Tents:

3 North Face VE25s
2 Wild Country Mountain Super Novas
2 Wild Country Gemini

Rope:

6 x 200m Drams 8mm polypropylene
9 x 50m climbing rope
100m 7mm perlon

Hardware:

30 ice screws and snags
15 snow stakes
14 deadmen
30 rockpegs
Assorted nuts and wires
2 pulleys
5 snow shovels
7 snowshoes (pairs)
7 ski poles (pairs)

Miscellaneous:

3mm Karriamattings for tents
1 roll 3mm accessory cord
1 spring balance
100 plastic food bags
100 bin liners
2 fluorescent camping lights
1 pr. binoculars
1 tent repair kit
1 sewing kit
1 max/min thermometer
8 Epigas stoves
84 Epigas propane mix cylinders 165gm
2 Optimus paraffin stoves
1 tool kit

Equipment spares:

2 sleeping bags
2 crampons
2 ice axes
2 goggles
2 handtorches

LIST OF ACKNOWLEDGEMENTS

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Chameleon Film Services Ltd.
Clarke, Richard
Corbett, Martin
Croston, Rojer
Daley, Terry
Elizabeth Arden
Epigas International Ltd.
Gilbert, Reg
Highdene School
Hooper, Tony
Hunt, Lord John, K.G., C.B.E., D.S.O. (Co-patron)
John Gau Productions Ltd.
Jonathan Cape Ltd.
Kodak Ltd.
Leatham, Dr. Aubrey
Lofthouse of Fleetwood Ltd.
Lonsdale Green Marketing
Lumley, Mark
MacKay, Tan
Merrydown Wine PLC
Michael Druit Wines
Mould, Peter
Mount Everest Foundation
Needle, Barry
Neil Tools Ltd.
Nescafe
Nova Wholefoods Co-op Ltd.
Payne, Maggie
Peck, Sir Edward, G.C.M.G.
Polaroid
Price Waterhouse
Readers' Digest
Salkeld, Audrey
Scott, Doug
Seton Products
Snow and Rock
S.O.S. Air Cargo Ltd.
Sprayway
Stafford-Millar Ltd.
Tate & Lyle
The Sunday Times
Trailfinders
Viggers, Moira
Watchbell Ltd.
Watney Coombe Reid & Truman
Weeks, John
Wild Country
William Grant & Sons Ltd.

