

623

89/15



G2 8,035 metres

**THE BRITISH WOMENS  
GASHERBRUM II  
EXPEDITION 1989**

*Supported by the British Mountaineering Council*

**PATRON: H.R.H. THE PRINCESS ROYAL**

+  
623

THE BRITISH WOMEN'S GASHERBRUM 11 EXPEDITION 1989 FINAL REPORT

PARRON: HRH THE PRINCESS ROYAL

MEMBERS:

RHONA LAMPARD 31yrs, leader.  
GERALDINE WESTRUPP 37yrs.  
KATHY BAINBRIDGE (now MURPHY) 27yrs.  
BECKY THORP 29yrs.  
DR. SALLY CHURCHER 28yrs.  
BREDE ARKLESS 45yrs.  
SUE HARLAND 31yrs.  
WANDA RUTKIEWICZ, film-maker.

The objective was to make an ascent of Gasherbrum 11 which at 8,035m high is the 14th highest mountain in the world. It is the first time an all women's team from Britain has attempted a mountain over 8,000m.

Gasherbrum 11 is in Pakistan and lies at the upper end of the Baltoro glacier. It forms part of the border with China and is very close to the disputed Indian border.

The expedition was successful, Rhona Lampard and Wanda Rutkiewicz reached the summit on the 12th July.

Kathy Bainbridge reached 7,700m. Geraldine Westrupp, Becky Thorp and Sally Churcher reached 7,450m. Breda Arkless reached 6,500m and Sue Harland reached 6,000m.

The expedition did not use high altitude porters or artificial oxygen. Nobody suffered serious illness or injury and we had no frostbite.

Wanda made a documentary film which will be shown in Germany and America. The contract was made by Wanda and the expedition had no financial involvement with the film budget.

BRITISH WOMEN'S GASHERBRUM II EXPEDITION 1989 - FINAL ACCOUNTS

INCOME:

|  |                             |
|--|-----------------------------|
| MEMBERS CONTRIBUTIONS  | - 12,600                    |
| DISCOVERY AWARD<br>(British Apple and Pear<br>Development Co.) | - 6,000                     |
| MOUNT EVEREST FOUNDATION                                       | - 1,000                     |
| BRITISH MOUNTAINEERING COUNCIL                                 | - 1,000                     |
| CAPTAIN SCOTT SOCIETY  | - 1,000                     |
| DINNER\AUCTION\RAFFLES   | - 1,000                     |
| T-SHIRT SALES  | - 3,464 (profit made 1,729) |
| SPONSORED BRIDGE JUMP<br>(undertaken by Sue Harland)           | - 550                       |
| DONATIONS  | - 60                        |
| INTEREST   | - 239                       |
| TOTAL  | - 26,913 pounds sterling    |

A retrospective grant of 500 pounds was made by The Alison Chadwick Memorial Fund. This will be used to reduce members contributions as several of the members will be paying off overdrafts for a long time.

## EXPENDITURE: UK

|                                   |                             |
|-----------------------------------|-----------------------------|
| PEAK FEE                          | - 1,167                     |
| BROCHURES                         | - 224.71                    |
| HEADED NOTEPAPER                  | - 47.73                     |
| TELEPHONE\TELEX\PETROL            | - 580                       |
| PHOTOGRAPH                        | - 50                        |
| AD. IN TIMES (1)                  | - 160.43                    |
| AD. IN TIMES (2)                  | - 84.53                     |
| DISCOVERY EXPENSES                | - 321.95                    |
| T-SHIRTS                          | - 1,735                     |
| AIR FARES                         | - 3,491                     |
| EQUIPMENT                         | - 2,474                     |
| RADIOS                            | - 370                       |
| FOOD                              | - 348                       |
| CLOTHING FOR LO                   | - 177.40                    |
| MESS TENT                         | - 123                       |
| INSURANCE (BMC)                   | - 1,050                     |
| FILM                              | - 303.60                    |
| AIR FREIGHT (GAS)                 | - 109.75                    |
| AIR FREIGHT (500kg EQUIPMENT)     | - 650                       |
| TRANSPORT TO AIRPORT              | - 92                        |
| GIFTS                             | - 73.47                     |
| STATIONARY etc.                   | - 94.36                     |
| BANK CHARGES (overdraft)          | - 14.55                     |
| BANK CHARGES (helicopter deposit) | - 70                        |
| INTEREST                          | - 142.81                    |
| REPORT\PHOTOS                     | - 500                       |
| TOTAL                             | - 14,464.66 pounds sterling |

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MONEY TAKEN TO PAKISTAN 12,448.34 pounds sterling  
 THE AVERAGE EXCHANGE RATE WAS 33 rupees per pound.

## EXPENDITURE: PAKISTAN

|                                |          |
|--------------------------------|----------|
| ISLAMABAD;                     |          |
| TAXIS\SUZUKIS                  | - 10,000 |
| PERSONAL EXPENSES (food, etc.) | - 12,000 |
| GIFTS                          | - 1,800  |
| PHONECALLS                     | - 3,000  |
| IMPORT PERMIT                  | - 200    |
| CUSTOMS DUTY                   | - 1,800  |
| CONSERVATION PAYMENT           | - 4,062  |
| TRANSPORT OF GAS FROM KARACHI  | - 3,500  |
| PORTER INSURANCE               | - 7,255  |
| EQUIPMENT                      | - 20,500 |
| FOOD\KITCHEN EQUIPMENT         | - 22,400 |
| PORTER EQUIPMENT               | - 7,900  |
| PORTER FOOD                    | - 12,000 |
| LO EXPENSES                    | - 9,200  |
| BUS TO SKARDU                  | - 8,650  |
| IN TRANSIT EXPENSES            | - 2,000  |
| GERALDINE\SUE TO SKARDU        | - 5,000  |



ACKNOWLEDGEMENTS.

The expedition owes its very existence to the following individuals and companies; without their support we would never have left this country, we are deeply indebted to all.

KARRIMOR

Alison Chadwick Memorial Fund  
Apple and Pear Development Co.  
Alice Palmer  
The Adventurers magazine  
Berghaus  
Chris Bonnington  
British Mountaineering Council  
British Embassy Club, Islamabad  
James Beveridge  
Climber & Rambler, Betwys y Coed  
Carrera  
Calange  
Camera Care shop, Penrith  
Clachaig Inn, Glencoe  
Carmela skin care products  
Clavercars Ltd.  
Cairdsport  
Dunbartonshire Educational Trust  
DMM  
Daleswear  
Damart Thermawear Ltd.  
Ellis Brighams, Aviemore  
Epigas International Ltd.  
Frank's Army and Navy Store, Kirkcaldy  
Frank Booth's, Kendal  
Gwynedd County Council  
George Leck  
Gary  
W.L. Gore & Associates Ltd.  
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High Sport, Llangollen  
Inglesport  
Joe Brown's, Llanberis  
Jaycee Electronics, Fife  
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Karrimor Ltd.  
Kendal Sports  
Lyon Equipment  
Lakeland Mountain Centre, Penrith  
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N.K. Mitchell  
Moac Ltd.  
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Nevisport, Fort William

#### ACKNOWLEDGEMENTS

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The Rockshop, Llanberis  
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Stakis, 4 Season Hotel, Aviemore  
Snowdon Clothing, Llanberis  
Sanctuary  
Survival Aids  
Thermasilk  
Tim Jones  
Troll  
Ullswater Outward Bound  
Wild Water  
West Coast Adventure, Fort Williwaw  
Barry & Joan Watkins  
Whiskey Centre, Aviemore

SPECIAL MENTION must go to all our partners and parents for all their help and understanding. To Marion Lawrence and Loretta Grove at PIA for their help in arranging flights. To Mike Parsons and Vivienne at Karrimor for their faith in us right from the start. To Maureen at DMM who did everything she could in the last few weeks to ease our last minute panic. To Eileen and Peter Danes at the Clachaig for organising the dinner and raffles and finally to all those people who bought T-shirts, donated their pocket money and just generally wished us well.

#### FOOD SPONSERS

Rowntree Mackintosh  
Smash  
Shippams  
Golden Wonder  
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Barley Cup  
Quiggans, Kendal Mint Cake  
Lakeland Plastics  
Woolworths, Helensburgh  
Gateway, Helensburgh  
Cheshire holefoods Ltd.  
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Thomas Tunnocks Ltd.  
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Knorr  
Sharwoods  
Mayjex Ltd.

## FOOD SPONSORS CONTINUED

Tate & Lyle Sugers Crosse & Blackwell  
Mattesons Walls Ltd.  
McVities, United Biscuits  
St. Ivel Ltd.  
Mr and Mrs Thorp

## MEDICAL SPONSORS

SOS Marketing Services Ltd.  
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Ambu



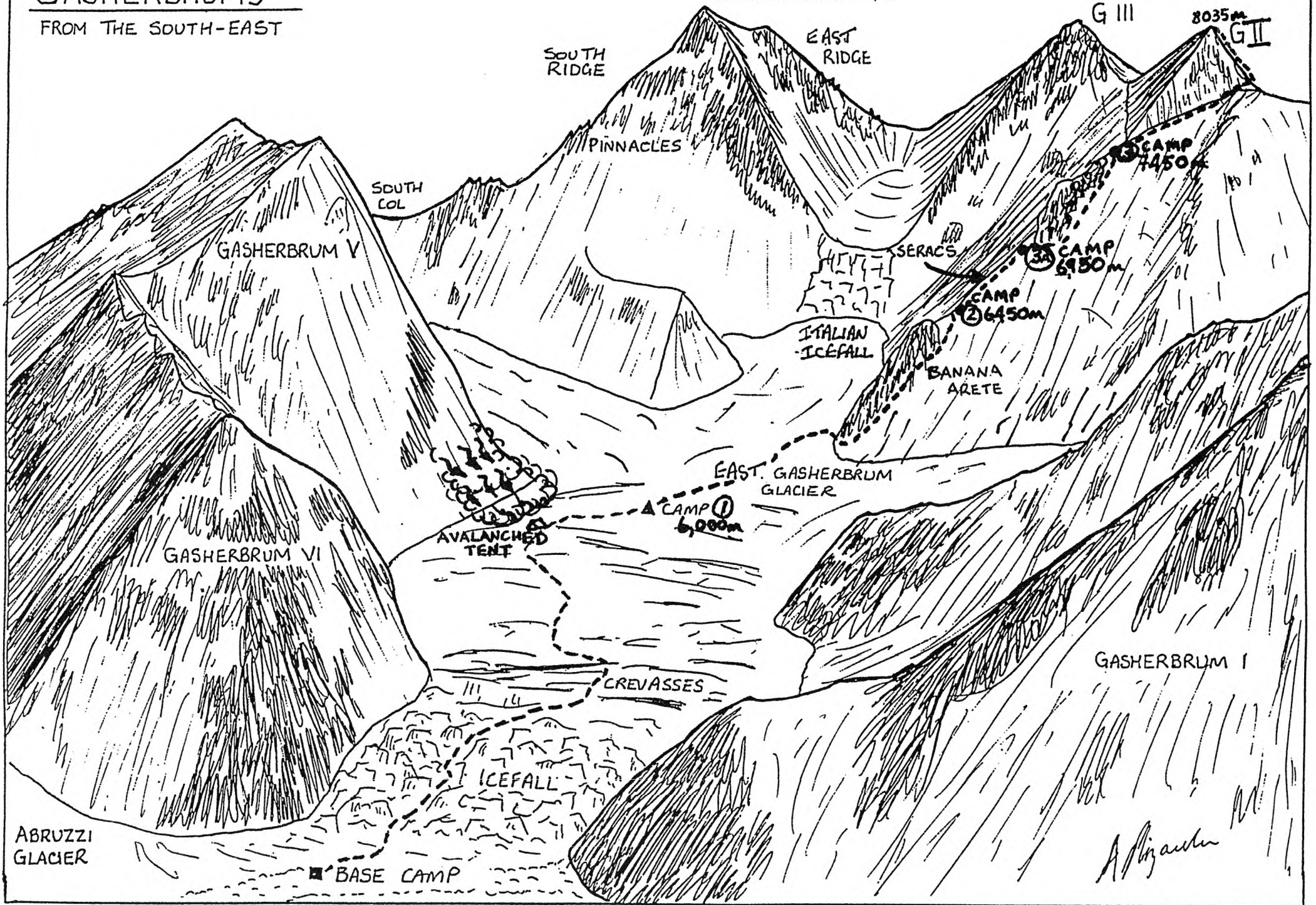
## CALENDER FOR THE EXPEDITION

- MAY 3rd Rhona, Kath and Geraldine arrive in Islamabad  
 4th Sally arrives from Nepal  
 9th Becky, Brede and Sue arrive from UK  
 10th Wanda arrives from Warsaw  
 14th Leave for Skardu by road. Geraldine and Sue remain in Islamabad to collect the Epigas which is still in Karachi. Wanda remains in Islamabad to sort out a problem with her permit.  
 15th Arrive in Skardu  
 18th Sue and Geraldine arrive in Skardu. They have travelled by public bus.  
 19th Jeeps to Dassu. Porters hired.  
 20th Start walk in. Aligon - Moching  
 21st Moching - Askole  
 22nd Askole - Golapital  
 23rd Golapital - Paju  
 24th Rest day at Paju  
 25th Paju - Lilligo  
 26th Lilligo - Urdukas  
 27th Urdukas - Goro  
 28th Goro - Concordia  
 29th Concordia - Shareen  
 30th Shareen - Base. (5250 metres ) Pay off the porters.
- JUNE 1st Start load carrying through the ice-fall  
 5th Wanda arrives at base camp  
 9th Supply tent, on route to Camp 1, is buried by an avalanche.  
 13th Camp 1 established 6000 metres  
 25th Camp 2 established 6500 metres  
 26th Loads carried to 7000 metres  
 27th - 6th July Bad weather, no progress made.  
 28th Sue leaves for home (trip to Hushe valley on route)  
 Sue carried loads to Camp 1 before leaving
- July 7th Everyone back up to Camp 1  
 10th Camp 3 established 7450 metres  
 Rhona, Kath, Geraldine and Wanda at Camp 3  
 Becky, Brede and Sally at Camp 2  
 11th Geraldine descends to Camp 2  
 Brede descends to base  
 12th SUMMIT Rhona, Kathy and Wanda set out for summit at 5.15am. Kathy reaches 7700m then decides to descend to Camp 3. Rhona and Wanda reach the summit at 4.15pm. Becky and Sally ascend to intermediate camp (7000m)  
 13th Rhona and Wanda descend to Camp 2  
 Kath remains at Camp 3 intending to try for the summit again.  
 Becky and Sally ascend to Camp 3  
 14th Rhona and Wanda descend to Camp 1, meet Geraldine. Kath, Becky and Sally descend to intermediate camp. Weather deteriorating.  
 15th Kath, Becky and Sally descend to Camp 1, snowing heavily.  
 16th Everyone back to base.

# GASHERBRUMS

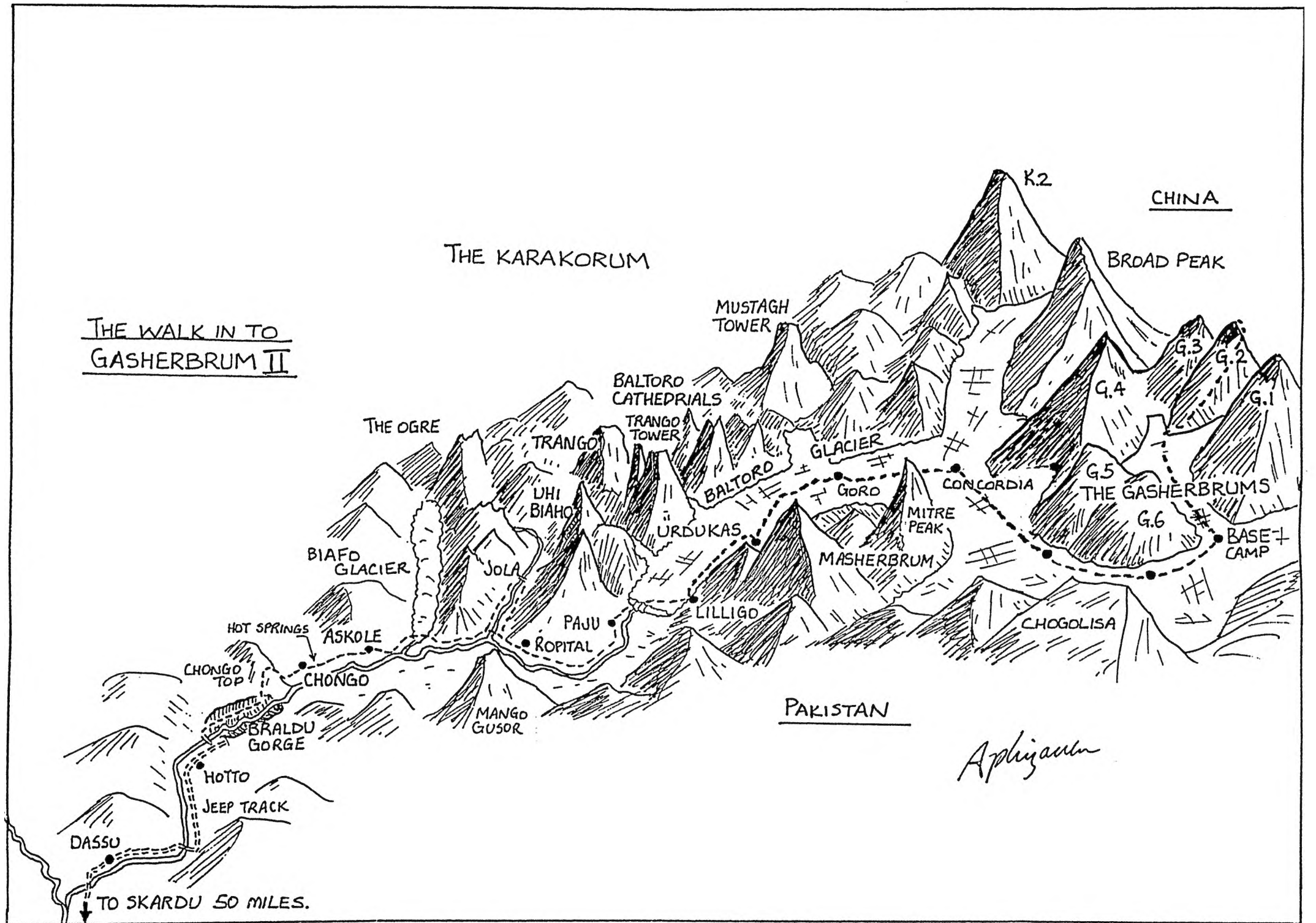
FROM THE SOUTH-EAST

## GASHERBRUM IV



A. Pizantini

THE WALK IN TO  
GASHERBRUM II



*Aphizaur*

DASSU  
TO SKARDU 50 MILES.

Calender continued.

19th Wanda leaves to bury the body of a friend who died on 1985 expedition to Broad Peak. We meet her again at Concordia.

21st Leave base camp

25th Geraldine stays behind in Askole to meet Dave. We dont see her again till back in Britain.

26th Meet jeeps.

27th Skardu

28th Fly to Islamabad

AUG 4th Home

ISLAMABAD:

We stayed with Gordon and Kay Hainsworth to whom we are deeply indebted for their very generous hospitality. Also thanks to Gary and George who helped put us up.

We managed to arrive in Pakistan at the start of Eid which is the Moslim equivalent of our Christmas.

Completing the necessary formalities in Pakistan is a bit like a treasure hunt. You rush around Islamabad and 'Pindi in taxis collecting pieces of paper with the correct stamps on them to be rewarded with such prizes as "collecting gear from customs" and eventually "briefing at the ministry of tourism", which means you have won and can leave for the mountains.

Despite the Eid holiday we managed to do this in 10 days with only two problems :- our epigas still had not been cleared from Karachi customs despite being sent with all the relevant documents well in advance, Wanda was having a dispute with the ministry over her permission to join us. Everything is possible in Pakistan it just takes time. We were getting impatient to be off so we left Geraldine, Sue and Wanda behind and in time every thing was resolved.

Islamabad to Skardu, almost 800km on the infamous Karakorum Highway. The road had been closed for the previous week as heavy rains had caused many landslides. The condition of the road was much worse than it was two years previously.

We had an easy journey compared to Geraldine and Sue. They travelled in a very crowded public bus as far as Gilgit and then by jeep to Skardu. The road had deteriorated again and the buses were not getting through.

Rozi Ali our cook had come to Islamabad to meet us.

SKARDU We stayed at Iqbal's house (Baltistan Tours). This is much cheaper than the K2 hotel and perfectly comfortable.

There is a camping place outside where we put up the mess tent and stored the gear. We rented one room and slept on the floor on foam mats. The room is very clean (except for a few baby mice which kept dropping out a hole in the ceiling) ,there is a hot shower and the food is good too. They will cook whatever you ask, as long as its rice and dahl or curry. At 200r/- for the room per night its well worth it.

We had met Iqbal at Flashmans in 'Pindi where he had helped us with our problem with the epigas. He and his staff were most helpful.

#### WALK IN:

Officially there are 14 stages on the walk in with two rest days, one for every six stages. You must pay wages for every stage, provide food or money in lieu and return money. There is no financial incentive in going any faster but as some of the stages are short it is normal to complete the journey in 11 days. A rest day is taken at Paju where some of the rations for the rest of the journey are given out and the porters prepare their food. We bought three goats for the porters and these were killed at Paju. Wages:- 90 per stage, 30 for food, 45 for return. Rest days 25, no food money. On the walk in food money was paid till Paju and then rations were supplied. On the walk out the porters will supply all their own food therefore ration money is paid for every stage.

Porter wage, inwards - 2,150r\ - to base.  
outwards -2,360r\ - to Dassu.

We started out with 85 porters and reached base with 65, the majority being paid off at Paju and Urdukas. We had 22 loads on the walk out, though we only had 18 porters until we reached Concordia. Some porters will carry extra for a bonus.

We had no problems at all with our porters. We paid government wages and didn't try to cut corners. We did supply gloves which are not essential but when we were in Skardu the weather was very poor. At only 6r\ - per pair they were well worth the good will generated.

Ibrahim, our sirdar, seemed to be well liked by the porter. At over 6' tall he towers over most of them. He had been sirdar with us in 1986. He really wanted to be a high altitude porter and was most disappointed when we said we weren't having any.

Ibrahim's arithmetic wasn't up to much though, however Major Voqer our LO and Rozi Ali helped greatly when sorting out the porter rations.

new jeep track to Askole creeps slowly forwards. We actually started walking about 5km past Dassu and on the return journey the jeeps came about another 5km further on to meet us.

Aligon has changed in 3yrs from being a quiet oasis of green fields to a bustling hamlet with jeeps coming and going, expedition gear piled high, a couple of shops doing a good trade in mango juice and even a "hotel".

We had beautiful weather on the walk in, the spectacular scenery more than makes up for the monotony of walking on the glacier.

In the earlier stages many new camping places are being used in preference to the traditional stopping places as wood supplies become depleted.

The long walk in and gradual ascent are the ideal way to acclimatise. Several team members had more than their fair share of suffering on the way in but by the time we arrived at base camp we were all in pretty good shape.

Base camp lies on the Duke of Abruzzi glacier and is at 5250m.

#### THE CLIMB

Our route was the south west ridge or Austrian route first climbed in 1956. It has had several ascents since then. The first British ascent was in 1987, a joint British\New Zealand team. An all womens Japanese team reached the summit in 1988, they did use

THE CLIMB, continued

high altitude porters and artificial oxygen. In fact, Ibrahim our sirdar, had been to the summit with them.

We chose not to use high altitude porters or oxygen. We did have a small cylinder of oxygen for medical purposes, thankfully it was not needed.

We did use fixed rope. We had taken 1,000m of yatching rope for this purpose, though we lost 400m of this when our tent was avalanched. On the route at the same time as us was an American team, led by Mike Covington, they had brought 500m of rope and we shared the fixing with them.

We had 4 days of beautiful sunny weather when we arrived at base. The end of the good spell we had on the walk in. A Swiss team were already on the mountain when we arrived and they reached the summit on 31st May. They were a small team, only 4 members and had made a very swift ascent, reaching the summit only 12 days after arriving at base. They were however not very encouraging telling us how dangerous the glacier was and what terrible condition the mountain was in - we would soon find out for ourselves.

Our first obstacle was to find a way through the ice-fall. We did follow the Swiss route initially but it was very badly crevaced and getting worse daily and also threatened by avalanches coming off GV and GVI. We used a slightly longer though safer route which involved crossing one wide crevasse across which we used a safety rope. This route still passed rather close to the foot of GV at one point though we thought at first we were well out of the way of avalanches, we were to find out otherwise.

On the 9th June a tent we were using as a gear dump was buried by an enormous avalanche caused by a serac coming off GV. Inside was 400m of rope, epigas, lots of hill rations, personal gear and stoves. Everything was replaceable though we did have to ration our gas a bit. We made avalanche probes intending to try to dig it out, however it snowed heavily for the next week and afterwards never really settled enough for us to want to spend any time under that face - tempting fate.

Camp 1 is situated on the East Gasherbrum glacier and is about 4km from base. Once through the ice-fall it is a fairly gradual ascent. We had taken skis to use on this section but on balance decided they were not worth the effort. This was partly due to our inexperience at ski-ing roped up and partly due to the snow conditions.

It took between 5.5 and 11 hours from base to camp 1, again this depended on the amount of new snow (it snowed a lot and we had to constantly break trail). To enable us to get back through the ice-fall in safety we established an advanced base camp, ABC, part way to camp 1, we ferried loads between here and camp 1 and when camp 1 was fully stocked we disbanded this camp.

The route from camp 1 to camp 2 takes the banana arete, we fixed rope from the foot of the banana to 7000m and also used another 300m we found leading up to camp 3. This had presumably been left by an expedition the previous year though may have been older.

We established camp 2 on 25th June. The following day we carried some loads to 7000m. The American team were also on the mountain

### THE CLIMB continued

at this time and they established their camp 3 at this point. We had decided to put our camp 3 on the next shoulder though Kath, Sally and Becky did use a tent left here by the Americans when descending.

Whilst establishing camp 1 we had worked in various combinations but after this worked in two teams; Rhona, Kath, Geraldine and Wanda and Becky, Sally and Brede. It is unfortunate that the LO's are encouraged to climb by the army and Pakistani government. Woqar, our LO did not, as most do, change his mind at base camp. They do not seem to consider that a lot of consideration goes into choosing a team and that we have spend a lot of time at home climbing together to prepare for the expedition. To have an extra, inexperienced member foisted on you is bad enough without the added complication of him being a moslem male on a womens expedition. Woqar was a very fit person and did manage to reach 6950m before deciding he'd had enough.

So, by the 26th June we were at last in a position to make a summit attempt. We returned to base for a rest, 3 or 4 days, and found ourselves stranded there for the next 12 days.

The weather up to this point had not been particularly good, rather unsettled with snow most days, but it had been OK to get established on the mountain. For the next 12 days it just seemed to get worse and worse. During this time the Americans stayed up to make a summit attempt as they had to leave by 5th July. They got to about 7,600m but were beaten by the weather.

On the evening of the sixth it cleared and the next morning we set off. It took 11hrs to get to camp 1 there was so much snow.

Rhona, Kath, Geraldine and Wanda had a rest day at camp 1 whilst the others set about digging out the ropes on the banana.

On the 10th camp 3 is established (7500m). Rhona and Kath have a rest day here. Geraldine decides to go down as she is suffering from the altitude, Wanda accompanies her to 7000m and Sally comes upto meet her from camp 2. Wanda returns to camp 3 and Geraldine and Sally go to camp 2. Brede decides to go back to base as she too is unwell.

12th July- Rhona, Kath and Wanda set out for summit at 5.15. Progress is slow as we are breaking trail through soft snow.

The ground across the foot of the rock pyramid is not steep but it gradually gets steeper as the summit is approached with a 30m knife edge ridge leading onto the summit. Kath turned back at around 7700m and Rhona and Wanda reached the summit at 4.15pm.

The views were absolutely breathtaking and the feeling of relief tremendous. We stayed on the summit 45min. and Wanda shot some film.

Descending from camp 3 the following day we met Becky and Sally going up to camp 3 to join Kathy.

A strong wind had started to blow at this time and by the next day it was obvious that the good spell had ended and they were forced to descend.

We waited at camp 1 for them (where Geraldine fed us magnificently) and we all reached base together on 16th July.

A Basque team had arrived at base on 5th July. They decided to take advantage of the good weather and fixed ropes and 3 of them reached the summit on 13th July. One died the same day whilst

THE CLIMB continued

descending from the summit to camp 3 and another had frostbitten toes and was helicoptered from base to Skardu. One of the Swiss team earlier on had suffered the same fate. Also on the 12th July 2 Japanese and a Nepalese member from the international expedition reached the summit of G1. Tragically, Psindi, the young Nepalese slipped and died descending from the summit. A Korean team on G2 failed to make the summit despite much hard work. A dangerous game but an experience none of us would have missed.

RHONA LAMPARD  
OCT 1989.



## CLOTHING AND EQUIPMENT

Our thanks go to many firms and individuals who gave generously supplying us with many items large and small and who also gave generously of their time to help and advise us.

Our main sponsors were KARRIMOR who supplied us with a complete clothing system, sleeping bags and rucksacks.

Also special thanks to PHOENIX, who supplied tents and helmets and DMM, who supplied all hardware and climbing ropes and who let us use their photocopier and fax machine.

Thanks to Drew of Franks Army and Navy store, Kirrcaldy, who managed to procure several invaluable items and got us a good deal on the radios.

### CLOTHING.

We dressed almost exclusively in the Karrimor alpinist system which worked very well.

Polartek 2 vests and longjohns.

Baltoro shirt, another thermal layer which is a really useful garment.

Polarlite salopettes, very snug and comfortable and the bum flap works well. Could have done with a full length zip though as the extremes of hot and cold on the glacier mean frequent alteration of clothing.

Fleece Jacket, as usual we practically lived in these Climagaurd jacket and trousers, we found these very good indeed. We used them from Islamabad right to the summit of the mountain. Comfortable to wear, windproof and snowproof and they are light enough to put another layer on top for extra warmth.

Sympatex jacket and trousers. We tended to use the climagaurd trousers in preference which with thermals and salopettes underneath were warm enough.

Some of us also had thermasilk underwear which we used as a first layer.

Its worth having a couple of sets of thermals so you can wash them with confidence. Becky washed her clothes one sunny afternoon and thry stayed frozen for a week.

We all had duvets which are an essential, especially for dossing around in . We had a variety of makes.

Sleeping bags. Most of us had Makalus and nobody was cold.

We all used Alpinist rucksacks. A strong well made sack. It was just the right capacity for us. Again we took only one sack each and used them on the walk in and on the mountain.

Karrimats, need no introduction. Take lots, they have a habit of disappearing.

Boots - we all used Koflach Ultra Extremes with alveolite inners except Brede who used Vangos.

Walk in boots - we had leather hillmasters which are certainly the most comfortable boot I have ever used ( I did have horrendous blisters after the first days walking but they were caused by ill-fitting socks. We also had Reebok trainers which some people wore in the early stages of the walk in. Some years it is possible to walk all the way to base camp in trainers but when we were coming out there was still a lot of snow on the

## CLOTHING AND EQUIPMENT CONTINUED

glacier.

GLOVES. We used damart and thermasilk undergloves, dachsteins and various overmitts (dalesware, latok ).

GLASSES. Carrera supplied us with a pair of glacier glasses and goggles each. Mostly we wore the glasses, which were great, though Sue chose to wear her goggles above base and Geraldine used her goggles after losing the lens from her glasses.

DOWN BOOTEES. An absolute must for sleeping and dossing in. Some bought, some home-made and those that hadn't brought any used duvet hoods.

SUN-HATS. A very odd assortment were bought in 'Pindi'. Our main fashion accessory.

TENTS. We had a 14' square frame tent which was donated to British GIV Exped. in 1988 by Clycan. Rozi had stored it for us in Skardu and it stood up well to another season on the Baltoro. All other tents were supplied by Phoenix Mountaireering.

We had 11 mountain tents in all:-

- 1 Phorum Extreme
- 3 Photon Extreme
- 2 Phreedome 2,000 Extreme
- 1 Phreedome 3,000 Extreme
- 1 Phreespirit std. Extreme
- 1 Phreespirit s\l Extreme
- 2 Phusion Extreme

All the tents were superb, very robust. They stood up to everything the Karakorum could throw at them, gale force winds and being buried under several feet of snow.

All had snow flaps which are essential. We lost one of the Photons and the poles for the Phorum in an "avalanche." We had intended to use the Phorum at camp 1 but instead it became Sal and Bredes home at base. Becky and Sue did a fine job with bits of cane and ski-pole as poles.

We used a variety of tents at camp 1, all were suitable and higher up we used Photons and Phusions. We anchored the tents by piling snow on the valances (which is a real sod when you want to move them), and using plastic bags filled with snow and empty gas canisters to anchor the guys.

ROPES AND HARDWARE DMM supplied all our hardware and climbing rope. We took 6 50m, 9mm blue water climbing ropes. We didn't need much in the way of hardware. We took 6 deadmen, 6 ice-screws, 50 karabiners and a motley selection of pegs. Most of the pegs and ice-screws were buried in the avalanche. We also had 10 "dead-women", a variation on dead-men (cut off bottoms of plastic barrels, 12" diameter) made for us by Dai.

We bought 1,000m, 8mm yachting ropes, for use as fixed line. 7mm or 6mm would be adequate and a lot lighter (some of the old rope we used was 5mm but I wouldn't recommend this. We lost 400m of fixed line in the avalanche but shared fixed ropes with the American team so we had enough.

We used 2 ice-screws, 1 nut (American) and all the rest were snow belays.

AXES We each took an axe and a hammer though we only used two hammers on the mountain between us. We used a variety of axes,

#### AXES CONTINUED

several of us had Stubai Alpinist axes which is an ideal axe for this type of ground.

**STOVES** We used gas for cooking on the walk in and at base camp. We bought 7 25kg cylinders in Pindi NB In Pakistan they call them 11kg cylinders ie. 11kg gas, 14kg of cylinder. We nearly bought double what we needed. Expedition members did not use any wood at all for cooking though the porters still do. We gave the porters kersone from Paju onwards.

Seven gas cylinders and two regulators cost 4,948 rupees. We did bring a double burner and a single burner from Britain but neither worked very well so we ended up sending a porter back to Skardu from Askole to buy a Pakistani Stove. These are enormous heavy things which burn lots of gas but at least we didn't have to wait hours for a brew and Rozi was happy.

We took 120 Epigas 250g propane\butane mix cylinders. These had to be airfreighted via Karachi and inevitably despite sending all the relevant documents well in advance did not clear customs till after we arrived in Pakistan.

We had taken more than we expected to use which was fortunate as we lost 40 in the avalanche. We allowed one cylinder per pair per 24hrs which was about right. We improved the efficiency by making jackets out of Karrimat and using strips of metal as heat conducters. We had to ration ourselves a bit but supplies did hold out.

We started off with 12 stoves.

8 Epigas stoves

4 Markhill Stormys. 2 old models, 2 new models. Hanging stoves.

We lost one of the old and one of the new models in the avalanche and a couple of the Epigas stoves. This was not a big problem and we managed fine with what we had left. However we did have a problem with our remaining brand new Markhill Stormy. Kath and I had taken it to camp 2 as our only stove. The valve was leaking causing it to burn very inefficiently and to try several times to set the tent on fire. We had to make do that night but did not use it again. We had no problems with the Epigas and despite them being knocked over occasionally would use them in preference to the hanging stoves.

RHONA LAMPARD

1989

## FUND RAIDING

One of the main stumbling blocks for any expedition going to the big mountains is finance. All dream of a major sponsorship to foot the bill. In reality the chances of this happening are very slim. Himalayan climbing is no longer the preserve of the elite few and the number of expeditions is increasing yearly, resulting in a rapidly escalating number of requests for money to a limited number of potential sponsors.

Many expeditions forgo the sponsorship "rat-race" and foot the bill out of their own pockets. Others settle for part sponsorship supplemented by personal contributions.

Although we were optimistic that we would attract a major financial sponsor, two years of concentrated effort resulted in approximately half our finance being raised by various means which was supplemented by a sizeable contribution from team members. The following is a brief summary of our fund raising efforts.

### TEE-SHIRTS

It has become traditional to sell expedition Tee-shirts, we had one thousand printed. The climbing scene is now swamped with such articles and our powers of persuasion and enthusiasm were severely tested during the two years that we had to sell these wretched garments. A little market research prior to purchasing the tee-shirts would have made our job easier. The bulk of our stock consisted of very conservative pale colours with a discrete logo, a quick glance into any outdoor shop would have indicated that garish colours eg luminous green, pukey pink etc with an outrageous logo were infinitely more marketable. However the income generated from the tee-shirts ensured a steady cash flow into our expedition account.

### DINNER AND AUCTION

A dinner at the Clachaig followed by an auction of outdoor equipment and clothing proved an excellent way of meeting our friends and extracting money from their alcohol weakened pockets. All the equipment was donated by an assortment of generous manufacturers and retailers and was admirably auctioned by Andy Fanshawe. Throughout the winter of 1988-89 the proprietors of the Clachaig, Eileen and Peter Danes ran a series of raffles on our behalf.

### GRANTS AND AWARDS

There are several grants and awards given each year which can benefit mountaineering expeditions.

We recieved monies from the following.

The Mount Everest Foundation

The British Mountaineering Council

The Alison Chadwick Memorial Fund

The Captain Scott Society - "The Spirit Of Adventure Award"

The British Apple and Pear Development Co. The "Discovery " Award

The MEF and Captain Scott Society require a representative of the expedition to attend an interview to give a brief outline of the expedition aims, organisational details and financial status. The person representing the expedition should be fully conversant with all the above aspects and be able to answer questions in a

#### FUND RAISING CONTINUED

concise and informed manner.

The BMC awards are based on the recommendations of the MEF and a separate interview is not usually required.

The "Discovery" award was a promotional stunt for Discovery apples (see sponsorship).

#### MAJOR SPONSORSHIP

In any given year millions of pounds are available for sponsorship, most of this comes from companies marketing budgets. Before a company parts with its money or equipment ie becomes a sponsor, they must be satisfied that their investment is going to give value for money. Whether this be in terms of a tax write off or to gain publicity from its association with the expedition.

Equipment sponsors are generally happy to receive photographs of their gear in use and a report on its performance. We found it relatively straightforward obtaining equipment and clothing sponsorship. However attracting a major sponsor seems to require a combination of hard work, dogged persistence, an element of luck, being in the right place at the right time and the ability to remain enthusiastic in the face of constant rejections. Several letters to local companies raised 10 pounds! On one or two occasions our negotiations with companies reached boardroom level but failed to produce results.

A small ad. in The Times attracted the interest of an agency who used us in a publicity event promoting the start of the "Discovery" apple season. Two of the team were required to canoe a short distance down the River Thames with a boatful of apples to distribute to tourists at Tower Bridge.

Several press reporters and photographers were present and our promoters got their required publicity in the fruit growers press. However the naming of the Royal baby eclipsed our hoped for publicity in the national press the following morning.

#### PUBLICITY

During our search for a sponsor we organised several publicity events. These included an appearance on BBC Wales training and testing our gear in the Vivian Quarries! Our big breakthrough, an interview on Breakfast TV was cancelled at the last minute when a major oil rig disaster diverted all the TV crews to Aberdeen.

A team ascent of The Old Man of Hoy in appalling conditions was covered by The Daily Mail and sponsored by The Adventurers magazine. Several articles appeared in local papers and the climbing magazines together with interviews on local radio.

In conclusion our attempts to use publicity to attract sponsorship proved to be very time consuming and not particularly successful, occasionally lots of fun and often embarrassing. Certainly none of the team could have afforded to take part in the expedition had they had to finance it totally from their own pockets.

Geraldine Mestrupp 1st Nov 1989

## MEDICAL REPORT

Eight women started out on the expedition and 3 months later we all returned under our own power complete with all our faculties. In medical terms the expedition was a success. We were lucky that our porters all seemed reasonably fit and survived the rigorous walk in and out.

The first three days of the walk in provided much medical interest and frustrations in the villages. There is a paramedic serving each village but he is very limited by a lack of drugs with the nearest pharmacy being two - three days walk away and costing money.

I saw several patients in each village, perhaps more women and children than a male doctor would be allowed to see. Their main problems were infected wounds, abscesses and chest infections.

I soon realised that they would be seen by most expedition Doctors over the next two months, so there would be no lack of follow up for these two - three months of the year. Unfortunately, Western expedition medicine was of no help in the case of the severely dehydrated baby with dysentery, who I am sure was not cured by a few sachets of diorlyte. Basic health education would be of great help to these villages.

Treating the porters was frustrating because of communication difficulties. A consultation consisted of them pointing to an area of the body and me responding with the appropriate pill or plaster. I'd see at least ten a day, most of their problems would have been avoidable with better equipment.

Our problems were mainly altitude related headaches, sore throats, dry coughs, nausea and chest infections. Despite treating all our water with iodine \puritabs most also suffered the usual stomach upsets which responded well to either metronidazole or cotrimoxazole. We found nothing was of help in stopping the dry coughs and the sore throats were only temporarily relieved by throat lozenges. Plenty of sun tan cream and moisturiser were needed against the intense sun.

The most useful drugs were paracetamol, cough lozenges and antibiotics. We got through 1,500 paracetamols with the help of the porters, my meagre supply of cough lozenges soon ran out and the antibiotic supply was coming to an end.

The drugs and equipment I took, in total weighed 13kg. I carried a large first aid kit and each member had an individual kit.

The only alterations I would make are more paracetamol and cough lozenges.

I would like to thank all our sponsors for their support and interest shown in the expedition.

Dr Sally Churcher Oct 1989

## FOOD REPORT - BECKY THORP.

Having agreed to take on the organisational job of the food, more to ensure that my infamous capacity for consuming large quantities of food was not diminished in any respect, than for any altruistic reasons. I soon realised what a headache of a job it is. The responsibility grew and grew as the expedition loomed nearer and the saying "an army marches on it's stomach", began to take on new meaning. The enormity of satisfying 10 people (8 members, our Liaison Officer and a Cook.) for three months and the consequences of it being a disaster did not bear thinking about!

The expedition fell into three stages totalling 66 days. This broke down into 16 days on the Walk-in. 30 days at Base Camp, and 20 days on the Mountain. It was hoped that from this there would be plenty left over to cover the Walk-out. Had we walked in and out having climbed the mountain in 5 or 6 weeks, which is possible given good conditions, we would have had too much food. But under the circumstances, having lost about 35 of our 80 hill rations in an avalanche and then being forced to spend 8 weeks at Base Camp having to sit out bad weather. The quantities proved more or less correct and well worth being on the generous side.

My first task was a tour of the supermarkets and the production of a list of foodstuffs that would provide a reasonably varied diet bearing in mind the following constraints.

- 1). Walk-in items needed to be quick and easy to prepare.
- 2). Hill rations needed to be easy to eat, edible even without a stove to a certain extent, quick to cook, light in weight and high in calorific value.
- 3). Overall cost and weight must be kept to a minimum.

The list was made into a questionnaire as to peoples personal dislikes and preferences and circulated to all the members. The outcome proved that noone was particularly fussy apart from our 2 confessed vegetarians and Kathy's vomiting reaction to contact with nuts! Plenty of fish products and chicken seemed to cater for the vegetarians without too much hardship to anyone else. Chocolate or sweets providing an alternative for the nuts found in the hill and walk-in rations.

It was interesting to note that in the search for something to stimulate a jaded palate even the vegetarians were caught tucking into sausages and even raw smoked bacon. But although some tastes changed a little with the altitude I didn't note any dramatic reversals in my eating habits. I still hated sugar in my drinks!

Once having decided on the menus getting hold of the items was the next task. I wrote to a General Merchants in Rawalpindi for a stock list and some idea of cost. The address: Esajee and Sons,  
Kashmir road,  
Rawalpindi.  
Pakistan. Tel. No. 68483 - 64133.

They were very helpful and it would have been possible to order stuff in advance had we so wished. In many cases it was cheaper to buy in Pakistan than it was to receive goods for free in the U.K. but have to pay the cost of freighting them out. Pakistani foodstuffs are often of a poorer quality than our own, but there is also a range of European products for which it is worth paying a little more.

Finally I wrote to a variety of Companies, both food manufacturers and food retailers to try and obtain the products. This proved reasonably successful and of 42 letters written 23 proved positive and willing to make a product donation.

## THE WALK-IN.

The Walk-in was to take only 12 days but we packed 16 incase of bad weather and an enforced halt. In fact due to the opening of some more of the Jeep road to Askole, it only took 11 days including a rest day at Payju.

Each menu was packed in: the U.K. except for the staple foods bought in Pakistan such as loose tea, Atta, Dahl, Rice Ghee, Milk powder, Sugar. These were kept loose in 2 or 3 cook barrels and we helped ourselves each day. It may have been better if we had weighed them out and packed them into each daily menu in Islamabad, as it was often quite a process locating up to 4 or 5 barrels every night.

The basic ration for every day for 10 people was calculated to use the following:

500gr. or 5 Ltres. Rehydrate or Apeel.  
113gr. Tea.  
454gr. Milk.  
567gr. Sugar.  
 $\frac{1}{2}$ Litre. Cooking Oil or Ghee.  
1.701Kg. Atta.  
200gr. Sweet Biscuits.

We also had located to hand in one barrel:

Muesli.  
3.175Kg. Tub of Jam  
3.175Kg. Tub of Honey.  
500gr. Tin of Coffee.

In addition we packed 4 different menus.

### MENU 1 x 4.

453gr. Tin Syrup.  
10 tins Sardines.  
2 x 12oz tins Corned Beef.  
850gr. Rice.  
4 x 1 pint Soup.  
10 Penguin Biscuits.  
10 x 2oz Trail mix.  
10 Packets Sweets.

### MENU 3 x 4.

453gr. Tin Syrup.  
10 Pot Noodle.  
4 x 418gr. Chunky Chicken.  
850gr. Rice.  
4 x 1 pint Soup.  
10 Kit Kats.  
10 x 2oz Bombay Mix.  
10 packets Sweets.

### MENU 2 x 4.

10 Pepperami sticks.  
567gr. Smash.  
5 x 4oz packets Beanfeast.  
3 x 1 pint Custard.  
10 Caramel Logs.  
10 x 2oz Pineapple bits.  
10 Packets sweets.

### MENU 4 x 4.

10 Pot Noodle.  
8 x 3oz packets Pasta Choice.  
5 x 200gr. Tuna.  
20 Muesli bars.  
3 x 1 pint Custard.  
10 Caramacs.  
10 x 2oz Mixed Nuts.  
10 packets Sweets.



### WALK-IN FOOD COMMENTS:

The Bombay Mix bought at the last minute instead of nuts and raisins, was too hot and we ended up forced into eating nearly all of it on the walk-in because it would have been impossible on the mountain.

We decided to keep the Apeel for Base and on the Hill, which was much appreciated later, but the rehydrate was never popular being very sweet. We could have used some more Apeel.

Menu 2 was supposed to have had tinned fruit bought in Pakistan but none was bought. This was greatly missed throughout the trip, and we realised its value when inheriting some at a later date from another expedition.

Muesli wasn't popular for breakfasts until in Base Camp when we had to get up early without having Rosi to cook us Chapatis or Paratas.

For the first few days we supplemented our Walk-in rations with eggs, potatoes and onions bought from the local villagew. We had decided we did not want to eat Goat at Base Camp. But the Porters slaughter their Goats at Payju regardless of emotional Western women and Rosi chose to secure us a piece of meat anyway. This lasted for a week or so and was in fact quite tasty.

### HILL RATIONS.

These were all packed in the U.K. Using only polythene bags which seemed just about adequate for the travelling involved. There were three basic menus containing 24 hours food for 2 people. 80 packs were made up, giving us 20 days on the hill for each of 8 people.

Each menu weighed between 1210Kg. and 1329Kg. and had between 2295 and 2738 K/Cal. All the menus were designed to be cooked using one cylinder of Propane Gaz (Epigaz 165g.) and this was just about adequate including melting 2 litres of water for the water bottles each day. The performance of the stoves was improved by providing them with a Karrimat insulated cover and a strip of metal to conduct the heat back to the canister.

HILL RATIONS: 20 DAYS - 8 PEOPLE = 80 PACKS.

Each pack included the following basic ingredients:

|                           | TOTAL WT.        | K/CAL P/P.              |
|---------------------------|------------------|-------------------------|
| 2 Hot. Chocolate Sachets. | 23               | 40                      |
| 4 Tea bags.               | } 15             | /                       |
| 4 tsp. Coffee.            |                  |                         |
| 1 x 1 pint Soup.          | 30-55            | 26-111                  |
| 85g. Sugar.               | 85               | 165                     |
| 57g. Milk.                | 57               | 139                     |
| 113g. Kendal Mintcake.    | 100              | 225                     |
| 2 Penguin Biscuits.       | 50               | 127                     |
| 2 Yorkie bars.            | 138              | 356                     |
|                           | <u>498-523g.</u> | <u>1078-1163 K/cal.</u> |

Menu 1 x 27 packs.

|                                |                |                         |
|--------------------------------|----------------|-------------------------|
| 1 x 200g. tin Tuna.            | 255            | 246                     |
| 2 x 30z packets Pasta. Choice. | 186-202        | 560-740                 |
| 1 packet fruit mousse.         | 78             | 144                     |
| 113g. Trail mix.               | 113            | 200                     |
| 2 Caramel Logs.                | 49             | 130                     |
| 113g. Porridge oats.           | 113            | 200                     |
|                                | <u>794-810</u> | <u>1480-1660 K/cal.</u> |

Menu 1+Basic = 1292-1308g. Total weight. and 2558-2738 Total K/Calories. *PER PERSON*

Menu 2 x 27 packs.

|                     |            |             |
|---------------------|------------|-------------|
| 1 packet Beanfeast. | 113        | 160         |
| 113g. Smash.        | 113        | 180         |
| 1 x 1 pint Custard. | 72         | 210         |
| 113g. Appleflakes.  | 113        | 40          |
| 2 Caramel Logs.     | 49         | 130         |
| 6 Solar bars.       | 132        | 327         |
|                     | <u>712</u> | <u>1217</u> |

Menu 2+Basic = 1210-1235g. Total weight. and 2295-2380 Total K/Calories. *PER PERSON*

Menu 3 x 26 packs.

|   |            |             |
|---|------------|-------------|
| 2 packets vegetable Paella / veg. Bolognese | 269        | 437         |
| 1 packet Super Noodles.                     | 99         | 55          |
| 1 packet Hot Chocolate Pudding.             | 140        | 221         |
| 2 Caramel Wafers.                           | 53         | 130         |
| 113g. Mixed Nuts.                           | 113        | 332         |
| 6 Solar bars.                               | 132        | 327         |
|   | <u>806</u> | <u>1502</u> |

Menu 3 + Basic = 1304-1329g. Total weight and 2580-2665 Total K/Calories per person.

### HILL RATIONS COMMENTS:

There was no extra packaging given to the chocolate and on the whole it travelled well.

Some people considered the menus to contain too much chocolate and sweet items but this was what kept the calorific value high. Even then it was about half of what was actually required on the mountain.

Those who found the menus too much to eat simply split them up and took what they wanted for the required number of days.

Menu 1 with Tuna and Pasta Choice appeared to be the most popular over the supermarket dehydrated foods like Beanfeast. Ideally we could have had some vacuum packed ready to eat meals that you just heat up. But no one was willing to donate these and at £4 or £5 per 2 man meal these proved too expensive.

The Solar bars from McVities went down well at breakfast instead of Porridge that no one could be bothered to cook.

Crosse and Blackwell's 1 pint No Simmer Soup was great, particularly high on the mountain where appetite and enthusiasm for cooking declined.

We inherited some "Puddy Mixes" from the Americans by a firm called "Backpackers Pantry". These were superb and I wonder whether you can get them in Britain.

### BASE CAMP.

We ate three cooked meals a day.

**BREAKFAST:** Normally eggy Paratas or Chapatis with Jam Honey or Syrup. With no Rosi to cook on our dawn starts we would eat Muesli, thus only a quarter of the porridge was eaten. Maybe because no one had ever initiated Rosi into the art of making it, plus the fact that we had no regular breakfast time at Base, but would drift in, as and when we pleased. Probably much to Rosi's despair and certainly not conducive to Porridge making.

**LUNCH:** Often eggy Paratas and Mash, Rice and Dahl, Pot Noodles or just Chapatis with syrup, Jam, Honey, Pate etc. Chocolate biscuits, sweets, Pepperami Sticks and other snack items were saved for those carrying loads up to camp 1 and returning in the same day.

**EVENING MEAL:** We would have tins of Chicken Fish or Sausage with Rice or Smash and usually Custard for deserts. It was hard to persuade Rosi to cook something with the Custard like Appleflakes.

### BASE CAMP COMMENTS:

We had 1 tub of Honey too much and not enough Jam. The plastic tubs leaked on the Walk-in and we had Honey with everything. The Syrup is a must and just lasted.

Pate and Pepperami sticks could have been eaten more on the Walk-in as we had quite a lot left over. But they were useful in replacing items lost in the avalanche. It all kept surprisingly well.

We should have taken some more Smash, it was great inside eggy Paratas. People were consuming about three times the recommended size of portion.

We ran out of Sugar. But I think some went astray when we were dishing out Porter rations.

BASE CAMP FOOD COMMENTS CONTINUED.

The Atta allowance of 170g. per/person on the Walk-in and 226g. per/person at Base Camp would probably have been adequate. However Rosi insisted on increasing the amount and we ended up having loads left over.

Our 6 bottles of Tomato Sauce disappeared in the first month, a grave mistake. Be careful with Pakistani Pickle, unless you have asbestos insides!

We inherited several hundreded different flavoured Tea bags from various expeditions, which kept our taste buds going for some time. Even confirmed Coffee drinkers didn't find it such a passion at altitude. Our 2Kg of Coffee just lasted.

We could have used more Soup at Base.

The tinned Cheese was a real treat and much lusted after.

Vegatables were sorely missed. We inherited some Freeze dried "veggies" from the Americans at Camp 1 which would have been ideal. We also inherited some catering tins of vegetables, which, when made into a Curry, made a welcome change from fish or meat. Something like this should definately be included for Base Camp, even if only as a treat because of the weight. Likewise tinned fruit.

Our Liason Officer elected to have an allowance from us with which to buy his own food. In the end he got the best of both worlds, eating our food most of the time including high altitude rations, and simply substituting the odd tin of Halal meat to replace our Chicken or Sausage. Had he to eat soley his own food I'm sure he would have starved. This may be a more expensive way of feeding the L.O. but it saved any hassle or arguement.

TOTAL FOOD PRODUCT LIST. (Excluding Porter Food. )

P = bought in Pakistan.  
 U.K. = bought in U.K.  
 D = donated.  
 Some = some donated.

|         |                         |                   |          |                                    |
|---------|-------------------------|-------------------|----------|------------------------------------|
| P       | Herbs and Spices.       |                   | 2.000Kg  |                                    |
| P       | Salt.                   |                   | 2.000Kg  |                                    |
| P       | Tomatoe sauce.          | 6 Lge bottles.    | 3.000Kg  |                                    |
| P       | Pickle.                 | 6 Lge jars.       | 2.550Kg  |                                    |
| D       | Muesli.                 |                   | 9.000Kg  | 100g p/p p/day = 90 portions.      |
| D       | Porridge oats:          |                   | 12.000Kg | 113g p/p p/day = 80 portions Base. |
| P       | Rice                    |                   | 34.000Kg | 85g p/p p/portion.                 |
| D       | Smash                   |                   | 11.000Kg | 57g p/p p/portion.                 |
| D       | Super Noodles.          | 60 packets.       | 5.940Kg  | 1 packet = 2 people.               |
| P       | Atta                    |                   | 90.000Kg | 227g p/p p/day at Base.            |
| P       | Cooking Oil             | 7 x 5 Ltres.      | 35.000Kg | Approx. 3 fl oz p/p p/day.         |
| P +Some | Sugar.                  |                   | 28.800Kg | 113g p/p p/day at Base.            |
| P +Some | Milk powder.            |                   | 32.560Kg | 1pt. p/p p/day at Base.            |
| D       | Egg powder.             |                   | 8.000Kg  |                                    |
| P       | Tea, loose              |                   | 6.000Kg  | 4 cups p/p P/day at Base.          |
| D       | Tea bags.               | 520 T.bags.       | 1.500Kg  |                                    |
| D       | Coffee.                 | 4 x 500g tins.    | 2.000Kg  |                                    |
| D       | Hot Chocolate sachets.  | 200 sachets       | 2.300Kg  |                                    |
| U.K.    | Drinking Chocolate      | 2 x 500g tins     | 1.000Kg  |                                    |
| D       | Barley Cup              | 6 x 250g tins     | 1.500Kg  |                                    |
| U.K.    | Oxo Cubes.              | 60 cubes          | 0.355Kg  |                                    |
| D       | Apeel, dried orange.    | 90 x 1 Ltr sachet | 9.000Kg  |                                    |
| D       | Jam.                    | 1 tub.            | 3.175Kg  |                                    |
| D       | Honey.                  | 3 tubs            | 9.526Kg  |                                    |
| D       | Syrup.                  | 13 tins           | 6.350Kg  |                                    |
| P       | Sweet biscuits          | 90 x 100g pkts.   | 9.000Kg  |                                    |
| D       | Muesli bars             | 72 bars           | 2.160Kg  |                                    |
| D       | Solar bars              | 360 bars          | 7.920Kg  |                                    |
| D       | Penguin biscuits.       | 336 biscuits.     | 8.400Kg  |                                    |
| D       | Caramel wafers.         | 144 biscuits      | 3.816Kg  |                                    |
| D       | Yorkie bars             | 160 bars          | 11.200Kg |                                    |
| )       | Kit Kat                 | 48 bars           | 2.352Kg  |                                    |
| D       | Caramac                 | 36 bars           | 1.260Kg  |                                    |
| )       | Kendal Mintcake         | 160 x 50g bars    | 8.000Kg  |                                    |
| )       | Fruit Pastilles         | 48 packets        | 2.016Kg  |                                    |
| )       | Fruit gums.             | 36 packets        | 1.404Kg  |                                    |
| )       | Toffo's                 | 80 packets        | 3.920Kg  |                                    |
| D       | Mintoes                 | 3 x 425g pkts.    | 1.275Kg  |                                    |
| )       | Dextrosol               | 24 packets        | 1.176Kg  |                                    |
| J.K.    | Dried fruit.            | 3 x 1Kg packets   | 3.000Kg  |                                    |
| J.K.    | Dried Pineapple.        | 52 x 57g packets  | 3.000Kg  |                                    |
| J.K.    | Mixed nuts.             | 52 x 57g packets  | 3.000Kg  |                                    |
| J.K.    | Bombay mix.             | 52 x 57g packets  | 3.000Kg  |                                    |
| )       | Trail mix.              | 157 x 57g pkts.   | 9.000Kg  |                                    |
| )       | Fruit cake.             | 1 Lge Cake        | 4.000Kg  |                                    |
| )       | Pot Noodle              | 96 pots           | 8.160Kg  |                                    |
| )       | Pepperami sticks        | 118 sticks        | 2.950Kg  |                                    |
| )       | Pate                    | 60 x 3 patch tray | 7.740Kg  |                                    |
| )       | Boil in the bag sausage | 90 x 240g         | 21.688Kg |                                    |
| )       | Bacon.                  |                   | 2.000Kg  |                                    |
| )       | Sardines                | 44 x 113g tins    | 4.972Kg  |                                    |

TOTAL FOOD PRODUCT LIST CONTINUED.

|           |                                |   |          |
|-----------|--------------------------------|---|----------|
| U.K.+Some | Tuna                           | 70 x 198g tins  | 13.860Kg |
| D         | Mackeral                       | 12 x 113g tins  | 1.356Kg  |
| U.K.      | Pilchards                      | 20 x 418g tins  | 8.360Kg  |
| U.K.      | Corned Beef                    | 8 x 340g tins   | 2.720Kg  |
| D         | Chunky Chicken                 | 48 x 418g tins  | 20.064Kg |
| P         | Tinned Cheese                  | 10 x 340g tins  | 3.400Kg  |
| D         | Soup                           | 96 x 1Pt. + 26 x 1½Pt.  | 3.840Kg  |
| D         | Pasta Choice                   | 86 packets  | 8.686Kg  |
| U.K.      | Beanfeast                      | 20 packets  | 2.260Kg  |
| U.K.      | McDougalls Ready meals         | 54 portions   | 2.558Kg  |
| U.K.      | Be-well Vegetarian Ready Meals | 26 packets  | 6.630Kg  |
| D         | Cheese sauce mix               | 30 x ½Pt. pkts.   | 0.871Kg  |
| P         | Dried Onion                    |   | 3.000Kg  |
| P         | Lentils/Dahl                   |   | 25.000Kg |
| U.K.      | Appleflakes                    |   | 4.000Kg  |
| Some+P    | Custard                        | 48 x 1Pt.Pkts. + 45<br>10Pt. Pkts should have<br>been 45 x 1Pt. Pkts. | 12.000Kg |
| D         | Hot Choc. Pudding              | 26 packets  | 3.640Kg  |
| D         | Fruit Mousse                   | 27 packets  | 2.106Kg  |
| U.K.      | Angel Delight                  | 30 packets  | 1.980Kg  |

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TOTAL WEIGHT OF FOOD = 581.295Kg

My original calculations were based on 10 people requiring food for 66 days or 660 man days. Therefore 0.881Kg represents the weight in food per person per day.

## SUMMARY.

The amount of abuse I took for organising the food was unbelievably small. Hopefully this was a measure of its success rather than a kindness to preserve my sanity!

We had enough food to cope with losing half our high altitude rations and to spend 8 weeks at Base Camp. We actually used 72 days food as opposed to the 66 days provided for. However, towards the end of our enforced stay at Base Camp it was lacking in variety, although it made up for it in quantity and I don't think anyone felt hunger in earnest although it got close to it on the Walk-out! There was always the chance to trade with other expeditions, which provided welcome entertainment and interest.

In terms of body deterioration and weight loss, those of us who could afford to lose the most did, up to 12Kg. Whilst Rhona had a minimum weight loss of only 1Kg.

Our actual cost of food was kept relatively small due to the generosity of our sponsors and I would like to take this opportunity of thanking them for their donations and their support.

Becky Thorp - October 1989.