

THE BRITISH SHANI EXPEDITION 1989

EXPEDITION REPORT



The First Ascent of the SE Face of Shani (5886m)
in the Naltar Valley of the NW Karakorum.

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CONTENTS

1. List of Expedition Members.
2. A Brief History of Shani.
3. The Environmental Aspect.
4. Expedition Outline of Events.
5. Snow Dome. Description of the Ascent.
6. Photograph of the SE Face of Shani.
7. Shani. Description of the Ascent.
8. Shani. Sketch of the SE Face.
9. Shani. Sketch of the Upper Face.
10. Freight/Documentation.
11. Transport.
12. Finance.
13. Equipment.
14. Food.
15. Medical Report.
16. Flora and Fauna.
17. Map: Karakorum - US Army Map NJ 43-13.
18. Map: Karakorum - Polish Map.
19. Map: Karakorum - Pakistan Government Sketch Map.
20. Map: Naltar - US Army Map NJ 43-13 (enlarged).
21. Map: Naltar - Expedition Sketch Map.
22. Map: Gilgit - Expedition Sketch Map.
23. Useful Addresses.

EXPEDITION MEMBERS

1. CLIMBERS.

a. Peter Leeming. Age 28. British. Science Teacher.

6 Alpine seasons: Walker Spur, Bonatti Pillar/Dru etc.
Leeds Peruvian Andes Expedition 1984.
Leader - British Salcantay SW Face Expedition 1986.

b. Duncan Francis. Age 29. British. Army Officer.

3 Alpine seasons: Brenva Route, Frendo Spur etc.
British Salcantay SW Face Expedition 1986.
British Xixabangma Expedition 1987.
Also climbed in Rockies, Gibraltar and Norway.

c. Martin Oakes. Age 27. British. Army Officer.

1 Alpine season.
1985 RMCS Sierra Nevada Expedition.
1986 RMCS Mount Kenya Expedition.

2. DOCTOR.

a. Mark Elliott. Age 26. British. Army Medic.

Medic to Ex Monte Bianco - Italian/British Alpine Meet 1987.

3. TREKKERS. The following people accompanied the Expedition:

Ken Dixon.....Lynn Walker.....Paul Bird.....

.....'Vince' Vincent.....Carol Bain.....

Ginnie Crowther.....'Flex" Edwards.....

.....'Harry' Harris.....Tania Francis.

A BRIEF HISTORY OF SHANI

The peak of Shani lies on the west side of the Naltar Valley in the North West Karakorum. The name Shani itself was originally used for the summer pastures which lie below the peak on the eastern side of the Shani Glacier, and is believed to stem from the local words for 'flower garden'. This accurately describes the area which is famous for its wealth of wild flowers and fauna. However, overgrazing by the local yak and goat herders is increasingly eroding these steep summer pastures and destroying the vegetation. The beautiful pine woods of the valley are gradually being felled, both for firewood and for the timber required to build the herdsman's primitive shelters. With no replanting or planned forestry programme, the trees in the upper valley have disappeared completely and those in the lower valley are in danger of following.

1970

Shani itself is one of many peaks of around 6000m to be found in this area, but it has attracted considerable interest due to the impressiveness of its steep and dramatic SE and N faces. Since the region was for many years out of bounds to Westerners, it was however only in 1970 that attention was first drawn to the peak by Trevor Braham, during his NW Karakorum Expedition. He described it in the Alpine Journal:

"Directly above our base camp towered Shani Peak, 5886m, a triple-headed giant, one of the most dramatic looking mountains any of us had ever seen. Attempted route-finding on its vertical and overhanging faces of rock and ice soon dissipated with the relentless thunder of avalanches off its east side."

They looked for easier game and made an attempt on Snow Dome (5080m)* which was turned back by bad weather, before making the first ascent of Sentinel (5461m) at the head of the valley.

1984

The first recorded attempt to climb Shani itself was made in 1984 by Steve Venables and Dick Renshaw. On the 1st October, having moved down from the Shimshal area, they attempted a 'prominent ridge on the SE side which looked feasible'. However, winter came early that year, and despite initial enjoyable climbing on good granite, they were forced to retreat by heavy snowfall. Like Braham's party before them, they went on to snatch an ascent of Sentinel before weather conditions deteriorated further and they were forced back down to Gilgit.

* Our measurements showed this height to be inaccurate.

1986

Then, two years later, in August 1986, came the breakthrough. Two Glasgow-based climbers, Roger Everett and Guy Muhlemann, set up a base camp on the alp below the impressive SE face. Like Braham and Venables before them, they were turned away from this face by heavy avalanche, snow and stonefall, but during a reconnaissance of the glacier lying to the N of Shani, they discovered easy snow slopes leading up to the W Ridge on its N side. They reached the summit on the 14 August, and got back to base camp the next day. They were however still frustrated that the mountain had not been climbed by one of the major faces, and felt that a 'real' ascent still waited to be done.

1988

In 1988 it was the turn of the London based 'British Shani South Face Expedition' to try and make an ascent of this 2000m face. Once again however, the attempts on the large S or SE face were beaten back, this time by difficult rock and heavy rockfall. Andy MacNae describes it:

"The climbing now became unexpectedly difficult. The rock consisted of steep overlapping granite slabs with very little gear. Bale led a very impressive 5a pitch with very little gear and a heavy 18kg sack.....while I was belaying I was hit by heavy rockfall and sustained painful bruising to my leg and elbow..... That evening we took the decision to retreat."

They then went on to make another ascent of Sentinel and also to climb a very impressive new route on the NW Face of Mehrbani (5450m), a steep and beautiful peak which lies on the opposite side of the Naltar valley to Shani.

1989

Until this time, no attempts had been made on the shorter but steeper N Face of Shani. It is an improbable area of vertical rock and shattered ice, its 1000m walls being constantly being swept by stonefall. However, in July 1989 when we arrived at base camp we found it occupied by the 'Swedish Shani Expedition', a two man affair led by Thomas Weber. They had intended to force the N Face by night and had stocked an advance base camp high on the N Shani Glacier. Unfortunately for them, but, to be honest, much to our secret relief, they had been dogged by bad weather and injury and were unable to make an attempt.

We had noticed in our expedition planning that the route followed by MacNae and Bale in 1988 was very similar to that on which Steve Venables and Dick Renshaw had been turned back in 1984. It appeared to us that by moving higher up the glacier, to above the first icefall, we could reach a second, parallel, ridge which might provide easier climbing up to the central triangular snowfield. However, there was also the question of the other two summits of the mountain, both of which were still virgin. A traverse via the NE Ridge, across the three tops and down the W Ridge would also be an impressive outing and would also bag the two unclimbed summits. The major problem with this route was the huge 200m breche which seperated the main summit from the other two. Roger Everett thought that both routes might be feasible, but that the traverse would prove to be of 'great interest' once we got onto the crest!

Keeping our options open, we realised that a decision could only be made when we saw the mountain ourselves. We knew that whatever we found, the potential for a great climb was there. We could hardly wait to get to Pakistan.

THE ENVIRONMENTAL ASPECT

One of the major intentions of the expedition was to prove that we could manage to complete the expedition without causing any harm to the fragile mountain environment. We had all seen the disgusting state of the base camps in other parts of the Himalaya and in the Andes, as well as in other mountain vastnesses of the world, and we wanted to avoid this desecration of the environment. After all, we go to the mountains partly for their remoteness and beauty - why should we spoil it when we are there?

One of the major problems that we encountered is that the local people in these areas can easily be the worst offenders if they are allowed to get their hands on what we would count as rubbish. When we finally left base camp for the valley, it was all that we could do to stop the yak herders from rooting through the rubbish bags before we could burn them. They tried to throw what they did not want all over the moraine, and it took us ages to pick it all up again.

We had decided beforehand what measures we would take to protect the environment, and they amounted to the following:

- a. We would take bio-degradable soaps and washing powders with in the air freight.
- b. We would not buy any environmentally unfriendly products in Pakistan, in particular anything made by Lever Brothers.
- c. All packaging would be kept to a minimum. All foodstuffs should be carried where possible in bags or plastic bottles that could be carried out.
- d. Where tins did have to be used, they would be kept to a minimum. When empty, they were to be flattened and then burnt. This burning would remove the protective layer, thus allowing the tins to rust away in time.
- e. What rubbish did accumulate would be bagged, and where possible, carried out. That which we could not carry would be burned, and the ashes buried.

f. No wood would be used for fires. The use of gas canisters was to be limited to the mountain only, and all empty canisters were to be carried out.

g. Paraffin would be used in preference to petrol as it was cleaner.

In the end we were very successful in our aims. The dozen people who, at one time or another occupied base camp, used only twenty tins (8 of cheese, 2 of orange juice and 10 of sardines). They also produced only two bin^{of} liners rubbish - mainly paper - over the two week period. All of the non-combustible containers were carried out less for the tins, and these were crushed, burnt and then buried deep in the moraine.

No wood was used by us, but we were unable to stop the cooks and porters from using it for their own campfires at night. Luckily, they used mainly the decaying timber from the rooves of old shepherds huts, which abound in the area.

We used two paraffin stoves in base camp which were very good and seemed to produce very little pollution. We did use a small amount of petrol at higher altitudes to fuel an MSR that we carried because of its superior power. The few gas canisters that we used on the mountain itself burned very cleanly, and all of the canisters were carried down to Gilgit. It might be best to use gas the whole time if it were not for the completely prohibitive cost of freighting it from the UK. It is not available commercially in Pakistan.

When we left base camp, we were able to remove every trace of our time there, and also those left by previous trekkers and climbers. We took only photographs and left only footprints. In a principled but vain attempt to stop the herders from trying to shoot the Ibex and Marco Polo sheep for meat, we refused to give up our surplus tack for rifle slings. Despite the fact that both of these are endangered species, there is no Government intervention in this remote area. The American and Russian .22 rifles that they use are quite accurate, but in fact we never saw a kill while we were there.

We were also wary about buying any sheep or goats from these men. The animals are sold by weight, and although they are about as 'free-range' as it is possible to be, we were informed by Keith Miller that when they have a prospective sale, the herders pump the animals full of water to increase their value. We were however very grateful for the eggs and somewhat scruffy chickens that we were given.

Looking back, probably the only change that we would make would be to not take any tins with us the next time. There is really no necessity for them at all.

EXPEDITION OUTLINE OF EVENTS

- Early July: Members collected in UK. Equipment/food purchased and issued. Freight (including DAC) packed and sent by PIA to Islamabad.
- 20 July: Duncan Francis flies to Islamabad as advance party. Starts clearance of freight from customs, dealing with other paperwork (ie insurance) and purchasing food and equipment.
- 23 July: Main party flies by PIA to Islamabad. Finish clearance of freight, finalise purchases and book minibus for the move to Gilgit. Harris is delayed due to a visa mixup, so Francis stays to meet him.
- 26 July: Main party departs by road for Gilgit very early. Harris arrives Islamabad.
- 27 July: Francis/Harris fly to Gilgit by PIA. Obtain a cook and an assistant cook and book 4 jeeps to move to Naltar. Purchase remaining stores in Gilgit, including fuel.
- 28 July: Move by jeep to Naltar. Arrange for porters.
- 29 July: Hire porters (20 + sirdar). Walk to Naltar Lakes (4-5 hrs). Camp by lakes.
- 30 July: Walk to base camp in the rain. Establish base camp on site of 1986 camp. Harris and Edwards remain at the lakes due to sickness.
- 31 July: Weather improves. Do some walking to acclimatise and discover Naltar to be a world full of flowers and insects, as well as having spectacular scenery.
- 01 Aug: Francis and Oakes make a preliminary inspection of the SE Face of Shani. First parapente flight by Francis.
- 03 Aug: Trekkers spent the day on an introduction to snow and ice techniques on the S. Shani Glacier, and make further inspections of the SE Face. Leeming and Crowther climb up to a bivvy to attempt Snow Dome.
- 04 Aug: Leeming makes first solo ascent of Snow Dome. Height turns out to be about 17500', not 15000' as shown on the map.
- 06 Aug: Francis, Oakes, Elliott, Vincent, Harris, Bird and Edwards move up to Snow Dome bivvy. Edwards forced to descend due to altitude sickness. Bain, Leeming, Dixon Walker and Tania Francis move up towards the Phakor Pass to attempt a crossing.
- 07 Aug: Snow Dome party sets out at 0330 hrs and reaches summit at 0700 hrs. Back in base camp at 1400 hrs. Phakor Pass party returns having failed to find the pass.
- 09 Aug: Harris, Vincent, Bird and Edwards leave to cross the Chaprot Pass (15,500'). This turns out to be much harder than expected, but they cross it on the 10th and descend to trek around the Chaprot Valley, Chalt

and Aliabad over the next couple of days.

- 10 Aug: Crowther, Dixon, Walker and Bain depart for Naltar to go trekking in the Chaprot Valley and then in the Hunza.
- 11 Aug: Francis, Leeming and Oakes start the SE Face of Shani. Climb from 0900 to 2300 hrs, using the darkness to climb unstable snow and ice as it freezes. Bivouac on ridge at about 15,500'.
- 12 Aug: Climb from 0400 to 0900 hrs on mixed ground before bivouacing until 1800 hrs. Climb through the night on steep snow and ice and mixed ground until:
- 13 Aug: Reach the summit at 1100 hrs, having traversed a difficult summit ridge. Start the descent by the W Ridge in bad weather and bivouac at 1800 hrs on the Twins Glacier.
- 14 Aug: Arrive back in base camp. Chaprot party returns.
- 16 Aug: Elliott, Vincent and Harris leave for Chatorkhand via the Phakor Pass (15,000'). They enjoy good trekking and arrive in Gilgit on the 18th. Remainder of the party make more parapente flights and book the porters and jeeps for the descent.
- 17 Aug: The remainder of the party depart base camp with the porters, having cleared all traces of our occupation. Walk to the Naltar Lakes and meet the jeeps which carry us to Gilgit.
- 20 Aug: The party splits to go trekking in different areas of the Karakorum.
- 27 Aug: Party meets up in Rawalpindi. Make visits to Islamabad Lahore, Murree and Karachi.
- 2 Sep: Depart Islamabad by PIA for London Heathrow and some real food!

SNOW DOME

Sitting under the leaking canvas of the makeshift kitchen at base camp, drinking weak tea and playing with a plastic bowl full of undercooked rice, it seemed as though the whole expedition had turned sour. A Swedish expedition had been occupying Shani base camp for two weeks, and had the same objectives as us. The monsoon had, despite all the books, moved as far west as the Rajah Himal, and was on us with a vengeance. Two of our members were down in the valley slowly recovering from gastro-enteritis. The porters had ripped us off for extra 'goat-money' for a nonexistent goat, and the cook couldn't.

The next morning, the world was a different place. The Swedes had failed and were going home (leaving us their remaining food). The monsoon had moved on and the mountains shone a glaring white against the blue sky. The cook had produced a cracking breakfast of porridge and paratha (fried chappaties) - even the tea was hot! Three days later, 'Harry' Harris and 'Vince' Vincent joined us and the party was complete. The memories of the interminable noise and heat of Rawalpindi, the tedious dust-choked Karakorum Highway and the awful diet of rice, dahl and vegetable curries faded into the glorious scenery of the high mountains.

Our camp was perched on a grassy alp on the edge of a huge 500' high moraine that bordered the N flank of the Shani Glacier. Beside us, a stream plunged over the edge of the moraine and thundered down a series of cataracts before disappearing into an ice-cave far below. Facing us on the opposite side of the glacier rose the 6000' high SE face of Shani, a vertical world of rock, seamed with ice couloirs and hanging glaciers and swept by avalanches and rockfall. The face had turned back several previous attempts - including one by Steve

Venables, who had later gone on to make the first British solo ascent of Everest. Above us, the triple summits rose up to meet the sky. Far below, we could just make out the pine forests of the Shani Lakes where we had camped on the walk in.

On the third of August, Ginny and Pete left the camp after lunch to move high on to the ridge above to bivouac before attempting Snow Dome the next morning. They found a flat area well before dark and settled down for the night. Very early the on the 4th, Pete set out alone to try a solo ascent. He reached the summit on firm snow at about seven, after three and a half hours climbing. The West Ridge turned out to be not unlike the Gouter Ridge of Mont Blanc. The weather was perfect, and he made good time back down to the bivouac. During the descent to base camp, he noticed several good parapente launch sites which he determined to try.

The next day found six of us staggering breathlessly through the snow some 2500' above base camp, trying to reach the bivouac site on the West Ridge of Snow Dome before nightfall. After a few days of practising with crampons, ropes and ice-axes on the surrounding glaciers and icefalls, I had decided that the novices were acclimatised enough to attempt the mountain while we still had the fine weather. Unfortunately the stiff climb had proved too much for Flex Edwards, who had been forced to turn back with altitude sickness.

Pete had climbed the first couple of thousand feet with us, intent on launching his parapente from the 'launching pad' he had seen the day before. I was some way down from the others, watching Flex go down, when I heard shouts from above. Looking up, I just had time to see a

brightly coloured 'chute sweeping down from the far side of the col. Pete had got up only to discover that the wind was in the wrong direction to launch from his planned point, so he had traversed around the col to the north. Here he had a good launch, and I watched him swoop down, to land only feet from the tents.

We were up long before the dawn, the temperature still well below freezing. Even with a special propane-butane mix, our gas stoves had difficulty in functioning, and it was over an hour before we had had a brew and could start out along the ridge. Our initial line cut diagonally up right, across steep snow slopes below the loose granite cliffs of the ridge. Frozen avalanche cones showed the danger that would come after sunrise. Half an hour sufficed to bring us to the crest-line, at a col which lay below the steepening of the main part of the ridge. Here we discovered a large 300' cleft cut in the ridge, which had been invisible from below. We descended carefully down into this on the snow, avoiding the loose rocks. The far side was steeper than anything that most of the party had faced before, rising to about 60 degrees. However, the snow was good firm neve, and, trying to ignore the gulf that had opened up on our left side, where the ridge plunged down to the Chaprot Glacier to the north, we dug in our crampons and ice axes and carried on up. We were still climbing in the dark, using headtorches, and the cold was intense. Suddenly, we were brought up short by an abrupt vertical lip of ice some ten feet high. Having climbed it, I decided that it was too steep for the novices in the party and that a way must be found round. Mark Elliott led off on a traverse to the right and soon found an ice couloir that led up between some rocks. The remainder followed him, and I was glad that the darkness still hid the yawning drop that I knew must lie below their feet, dropping thousands of feet to the Shani Glacier.

As we moved up the ridge, which became gradually more easily angled, the sun started to rise over the mountains to the east. A faint orange glow in the cloudless starlit sky burst suddenly into a fiery cauldron as the sun, still hidden behind the black bulk of K2, some fiftymiles to the east, poured beams of light down the valleys to either side. Within minutes, the sun had risen above the level of the mountains and the sky turned a clear azure blue.

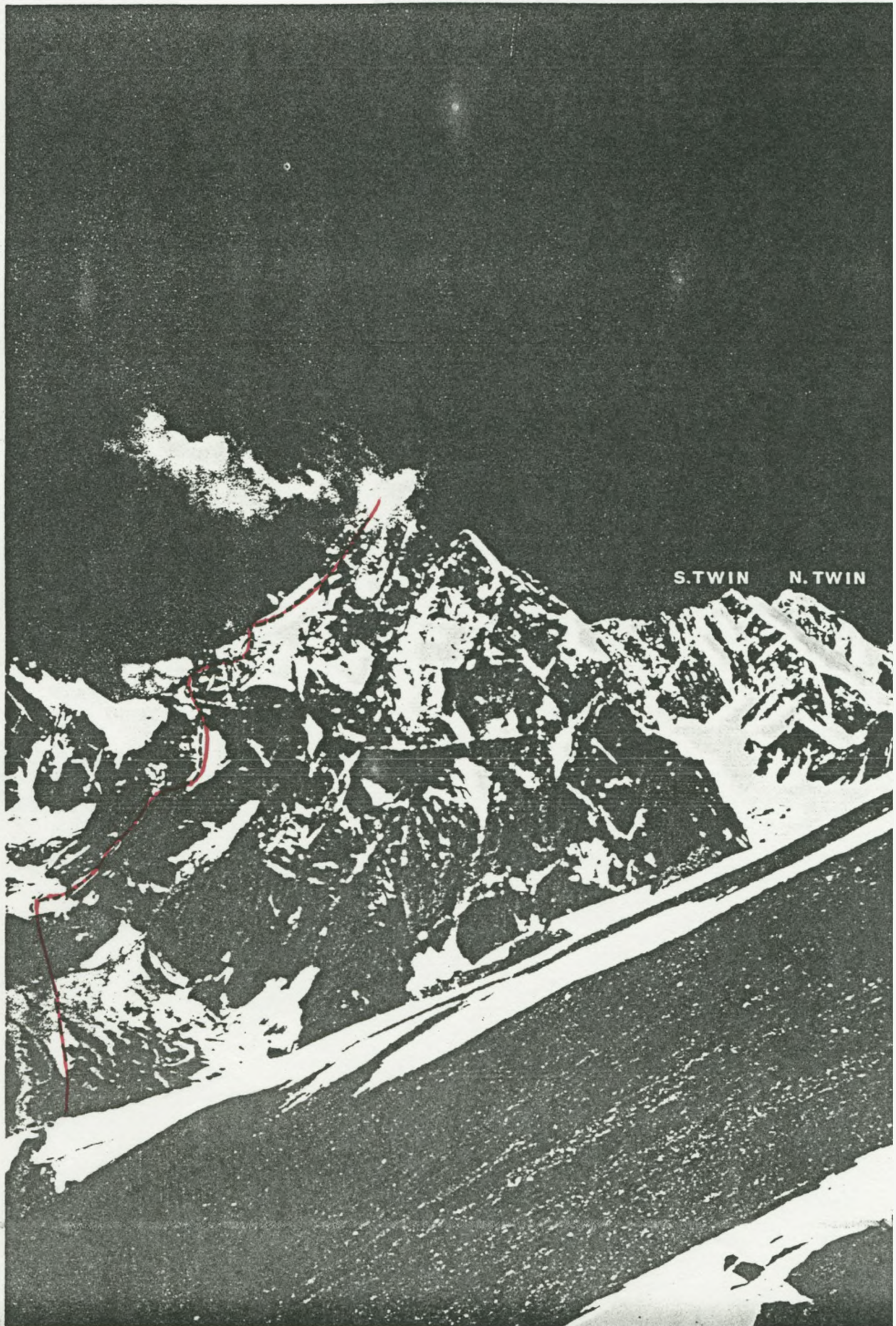
The ridge was now more broken, and easy sections of snow were interspersed with more difficult sections of ice. We were able to tackle most of these without too many problems, and it was a shock when I suddenly plunged up to my waist in a crevasse. The snow lay in an unbroken white sheet all around, except for the evil black hole next to my feet. It was obvious that we were crossing a crevasse field that had been covered by snow during the recent storms. We carefully tested every step as we approached the final summit slopes.

We had originally believed Snow Dome to be around 15000' high, but by now it had become obvious that it was in fact far higher than this. The only map of the area was an old American one, dating from the fifties. The reliability was stated to be 'low', so this inaccuracy was not a surprise. Our readings showed the actual height to be 17500'. I moved aside to let 'Harry' Harris take the lead, and he led on up the steep snow, until a breathless whoop announced that he had reached the summit. By now, the air was so thin that we were only able to move about ten steps before pausing for breath, so it was a few minutes before Paul Bird and myself could clamber the final few feet to the summit. Martin, leading the second rope, was visible

about a hundred feet below, apparently hanging above the tracks we could see in the snow on the col, far beneath us. Attached to him by a thin thread were Mark Elliott and 'Vince' Vincent, both leaning over their ice-axes, bent double, sucking in deep breaths of the sparse oxygen.

The north side of the summit dropped away vertically to yet another glacier, and we had the feeling of being on top of the world. No matter that there were higher peaks around us - this was the first Himalayan summit for any of us, and the feeling was indescribable. Exhausted, we lolled in the snow taking photographs and eating chocolate, revelling in the warm sun on our faces, and unwilling to quit the heights and the views, even for our tents and sleeping bags back down in base camp. Eventually, since we knew that the snow would start to become avalanche prone as it softened in the hot sun, we set off down.

SHANI SE FACE - ROUTE SHOWN IN RED



SHANI

By the time Peter, Martin and myself finally set off to climb Shani, it was our third proposed start. The first had been stopped by Martin damaging his ankle while attempting a parapente flight from behind base camp. This injury was to continue to plague him for the rest of the expedition. The second attempt had to be abandoned when I went down with a severe dose of the squitters. However, on the afternoon of the 10th August, both Martin and I felt much improved, so with Pete raring to go, we started to pack for the climb.

We intended to make a fast, lightweight ascent, so the idea of carrying a face tent was abandoned. Instead we carried a goretex bivvy bag apiece, but no sleeping bag. Because of the soft snow during the day, we reckoned on climbing during the night, and did not think that we would need bags to sleep in the heat of the day. As it turned out, this was the right decision, although it might have been different if we had been caught by a storm. Pete and I did without a karrimat, but Martin carried his. We wore thermals, Rohan salopettes or similar and a thick shirt. For extra clothing we each carried a fleece jacket, a duvet jacket and a goretex jacket and trousers. Martin had a goretex duvet which was excellent. Goretex gaiters, plastic boots and a helmet completed the ensemble, with two pairs of gloves, a headtorch and a balaclava each. We thought that we might encounter some hard rock on the route, especially in the lower half of the face. After a lot of deliberation, we all decided to carry rock boots with us. We didn't need them, and I would not do it again.

We carried freeze-dried food for four days, working on the basis of two portions being enough for the three of us for each main meal. (Breakfast and dinner). In addition, each of us carried as many snack bars and other sweets as he wanted. The freeze-dried meals were army issue Arctic Rations, and were excellent. We carried two epigas stoves, four gas cylinders, two aluminium billies and a mug and spoon apiece.

The technical equipment consisted of an axe, hammer, crampons and harness apiece, along with two 9mm ropes, several long and short slings and a leaders rack on a bandolier. The rack consisted of six Snargs (long and short), ten assorted pegs, Friends size 1 and 2, a set of Rocks and a bunch of quick-draws on lightweight crabs. We also carried two prussik loops apiece.

Despite having cut our equipment down to the bare minimum, the packs still seemed to weigh a ton as we trekked across the glacier to the bottom of the SE Face. Peter and Martin had stashed some gear at the top of the icefall below the face during a recce the day before, so their packs were somewhat lighter than mine. I think it was more the after effects of the illness though that slowed me down so much that I saw them disappear away in front of me. Even though it was early, (we had set off at about eight), the sun was already getting hot and I felt very lightheaded.

The plan that we had formulated was to start higher up and further to the left than the previous attempts. This meant that we had to climb the icefall leading up to the S. Shani Glacier. Luckily, there was an easy couloir and rock ridge up the left-hand side. I met the others

at the gear cache just below this, and we put on our crampons before going higher. It was easy up on to the glacier, but then it became very crevassed, with many of the crevasses being covered by snow. We roped up, and Pete led us through the maze to the bottom of the face.

This was going to be our last area of flat ground for several days, so we took the opportunity for a final sort out before setting out soloing up the screes towards the lower rocks. There were two long thin snowfields, lying one above the other, that we had seen on all the photographs. We thought that by following these we might come to a gulley which seemed to break up to the left, and then up to the right. These would lead us to a rock ridge, which would in turn take us up to the bottom of an obvious triangular snowfield. From the top left-hand corner of this snowfield, there was a snow couloir which cut up left through the second rock band. Here things got confused, but we hoped that we could work our way through the mixed ground above the rock band on to the upper snowfield. From the top of this, there were a number of couloirs leading up to the summit ridge, of which the left-hand one looked the most promising. Total height, around six thousand feet. We intended to descend by the original line of ascent, along the West Ridge.

I set off first up the screes. They were quite steep, but were broken at intervals by grassy banks, which were covered in all sorts of flowers. There were also a lot of ibex tracks, although we had never seen any. My reveries were disturbed by a shout from below, which indicated in no uncertain terms that I was too far to the left. When the others reached me, I was ensconced on a large ledge below the first gulley. It didn't look too difficult, but we roped up to make sure. As it happened, it was quite steep, and I was glad of the ropes

as I stretched them out to their full 50m. I was pleased to see the others blowing hard as they came up behind me.

There now followed a series of pitches, some easy and some reasonably difficult, until we suddenly found ourselves on the ridge leading up to the first snowfield. The only pitch that sticks out is one which Pete led, where the rock was vertical, but the holds were excellent. The ridge itself was easy, and we were soon ensconced on a roomy ledge below the snowfield. By now it was time for lunch, so we stopped for a brew and a meal. It was obvious that the rock work was finished, and we still hadn't got our rock boots out of our sacks! Pete decided to throw his down the face. So, he tied on a bright pink streamer and hurled them into the void, hoping that they would make it to the glacier below. Instead we heard them bouncing down the rocks below. And there they still lie, unless they have been eaten by a hungry ibex!

The sun was still too hot to risk moving onto the snowfield, so we amused ourselves trying to work out how far the previous teams had got. The ridge that they had climbed was over to our right, separated from us by a gully. This ridge terminated in a vertical headwall, which formed a barrier across the snowfield above us. As far as we could see, our couloir formed the only break in it, way up to the left. A waterfall cascaded down the middle of the wall, fed by the melting snows of the large upper snowfield. Occasionally, the scene was enlivened by an avalanche pouring over the lip and down the gully to our right.

Eventually, the sun left the face, and the snow started to harden. We set off soloing up the snowfield, which lay at about 50 degrees. We stayed well over on the left in case any more avalanches came down. It was exhausting work, and we took it in turns to break the trail.

Distances are deceptive, and we soon realised that the snowfield was much larger than it appeared. It was dark before we got to the mouth of the couloir, which disappeared up into the gloom. A twist about a hundred meters up hid the upper part, but we were convinced that it would lead somewhere useful.

The angle of the gulley gradually increased as we moved up it, and the snow started to get soft again towards the top. Finally, at about eleven o'clock, I suddenly found myself at the top of the gulley. Unfortunately, the last twenty meters or so were quite steep, and I had used up a large part of the loose snow swimming up to the top. There was just enough left for Pete, but Martin was unable to make any impression at all. Every step up was followed by a slide two down! I threw down an end of the rope and brought him up.

The gulley debauched onto a ridge that led down from the left hand end of the upper snowfield. We were just below two towers that we had seen from below, and which we thought might give us some trouble. The other side of the ridge dropped down away into the night, so we were on a blunt knife-edge. Just to the left of the top of the gulley there was a small natural cairn cum platform, so we elected to stay there until dawn. A hot brew and a good meal put us in the best of spirits, and we settled down to doze for the rest of the night. It was too cold to sleep. The night was enlivened by the extraordinary sight of bright lights flashing and glowing on the horizon, apparently hundreds of miles to the west. We could only assume that it was artillery fire in Afghanistan. Whatever it was, it was a fascinating sight.

We were up again at about four for breakfast. In the gloom we could

see a tower above us, but we were not sure if it was one of the two that we had seen from below. We climbed a rock pitch to the right of it, and found ourselves on mixed ground leading off to the right, underneath a steep wall of orange granite. By now it was light, and we could see that we had a choice. We could climb directly up past the tower by a small twisting rock gulley, or we could follow the traverse line out to the right. Unfortunately, we could not see where either of these leads would take us. We plumped for the traverse, which we hoped would lead us out onto the bottom of the upper snowfield. Two pitches on the steep neve, protected by pitons in the rock wall brought us around a corner and to the top of a small snow gulley. A short abseil and another mixed pitch brought us onto the snowfield.

The snow field lay at a fairly easy angle, about 45 degrees, but the snow was deep and soft. This meant that it was an exhausting process working our way up. Martins foot had begun to bother him again, and he was to be in constant pain from now on. The top of this snowfield was formed by a ridge, which rose up from the top left hand corner to the summit gulleys up at the top right. Its general shape was of a huge shallow bowl - a prime avalanche site. For this reason we kept close to the rocks on the left, until after a few hundred meters we started to trend right, heading for a slight dip in the ridge where we intended to bivouac. There were a large number of rocks poking out of the snow, which we thought would prevent an avalanche in this part of the snowfield. Unfortunately, the snow thinned out to such an extent that we found ourselves climbing on slabby rocks, which were covered only in a couple of inches of wet snow. This dangerous section only lasted for about a hundred metres, and then the field suddenly swept up into a wall of good neve which took us up onto the ridge. It was now around ten o'clock.

Here we found an excellent bivouac site. The ridge here was a continuation of the one on which we had bivouaced further down, and the position was similar. The far side was a truly vertical rock wall - it was necessary to lie on ones stomach to look over the edge! To the right, the ridge merely merged into the upper part of the snowfield and thence to the summit gullies. To the left, was, however, quite spectacular. The ridge rose up and thinned to a spike. From here, we could look down past the two towers, which we had bypassed, to the S. Shani glacier far below us. As we were now higher than the ridge that encompassed the glacier, we could gaze out over the mountains of the Hindu Raj. There was no clue as to what had caused the lights the previous night, but we could see what we believed to be Tirich Mir in the distance.

We had got very dehydrated climbing in the hot sun, and soon had a brew going. After this and a second breakfast, we levelled out some sleeping platforms and dozed for the rest of the afternoon. The altitude was certainly affecting us, and we were all very tired. However, the climb was going well and we were on schedule.

The sun left the face at around four o'clock, but a preliminary check of the snow showed that it was still very soft. We had been studying the upper face during the afternoon, and it seemed that there was a gulley on the right hand side that looked less steep than the one on the left, which we had originally intended to climb. The left hand gulley had some very unpleasant looking ice at about half height. If the quality of the snow was anything to go by, this ice would be in very bad condition. This meant that our route now would have to start with a rising traverse across the snowfield. There was no way that we were going to do that with the snow in its present condition. Apart from the avalanche danger, the long traverse in deep snow would tire

us out before we got to the harder climbing which would lie in the upper part of the gulley.

It was getting towards six o'clock when we finally abandoned our bivvy site and committed ourselves to the snowfield again. Although the snow had hardened somewhat, it was still very tiring work, and we took it in turns to break the trail. It was impossible to find any belays in the deep soft snow, so we climbed unroped in the gathering gloom. Martin's foot was by now causing him real problems, and he had to battle hard to keep going.

It took us two hours to cross the snowfield, and it was completely dark by the time we reached a large avalanche runnel which ran down from the left hand gulley. It had also begun to snow, and the bottom of the five foot deep runnel was covered in a continually moving carpet of spindrift. Having crossed this runnel with some difficulty, we rested for a while in the shelter of a ledge of rock which sat below the left hand end of our intended gulley. It was still snowing, and we had to make a decision as to whether or not to go on. We decided to traverse across the bottom of the gulley to the right hand wall, where we thought we might find a ledge on which to rest. Our present position was threatened by avalanche danger from the steep rocks which lay between the two gulleys above us. Pete led, and when I got over, I found the other two on a small and uncomfortable stance on the rocks. We decided to rest here for an hour or so, both to wait for the snow to stop, and (perhaps more importantly) to recover our breath! As we brewed some tea, we could see, far below us, the lights of base camp. This was the second night on which we had been able to 'communicate' with the others by our headtorches.

Gradually, the snow stopped falling, but the skies did not clear, and the hoped for moonlight did not materialise. It was pitch black as we started up the gulley. This initially led off to the right, and then turned back to the left. In some places it narrowed, and then in others it would widen out, so that the light of our torches did not reach the opposite wall. The night became a succession of uncomfortable belays and rotten ice. Mostly, we were able to use pitons in the rocky walls, but it often took a lot of searching to uncover useable cracks. The angle varied between 60 and 70 degrees.

We had climbed about ten full-length pitches by the time the dawn came. In the faint light we could just make out the skyline above us. To the left and right there were areas of mixed ground with weird and wonderful rock pinnacles looming out of the mist. We climbed another three pitches, and the snow and ice gradually gave way to mixed ground. I belayed below what appeared to be a final rock wall, and while Martin attached himself to the pitons, Pete led up over it. He paused to warn us that it was very loose, and then disappeared beyond the top. There was a long wait, and then he shouted down that we were on the summit ridge, but that it was all loose and there was nothing to belay to. Martin went carefully up and then I followed. I arrived to find them precariously placed on some loose boulders and unconsolidated snow. I then led off to the left, over what appeared to be a double cornice. From here I could see what had to be the summit, about a hundred and fifty metres away along an incredibly thin and unstable looking crest, and just on the far side of a deep notch. To me, at that moment, it seemed unclimbable. I was completely exhausted from the climb, and felt that we deserved the summit - I thought that this sting in the tail was unfair. I shouted back this news to the others.

Pete came over first. His immediate reaction was 'bloody hell, it's not that bad'. Of course he was right. Now that I looked at it again, it wasn't that bad at all. Then again, it wasn't easy. Pete led the next two pitches down to the notch, which involved some wild moves 'a cheval' and skirting around ice pinnacles. If it hadn't been so cloudy, it would have been fantastic. From a risky belay by the notch, I stepped across to the other side, and then swung up the last of the snow to the top. This proved to be a snow bump with absolutely no views whatsoever. The mist swirled tantalisingly around, opening and closing, but never giving the views that we hoped for. It was eleven o'clock on the thirteenth of August.

We stayed on the top for an hour, making a brew and recovering, but there was no break in the cloud. Finally we started off down the West Ridge, following Roger Everett's description. The initial snow slopes were easy, but then we succumbed to temptation, and struck off down the NW side too early. Before long, we found ourselves in the middle of an icefall from which we could find no way out. We were by now completely exhausted, and it was heart-breaking to have to climb back up through the icefall, to rejoin the proper route further to the west. This eventually brought us down to the glacier below the north face. This cannot be descended directly, due to the live icefall at its mouth, and it is necessary to cross a rocky ridge which forms its northern flank. This leads you on to another glacier which drops down from the Twins. The two combine further down to form the Shani Glacier proper.

It was dark by the time we got to the intermediate ridge, which is most easily crossed by climbing a wide, easy couloir. On the top, we had had enough, and settled down for the night in snowholes,

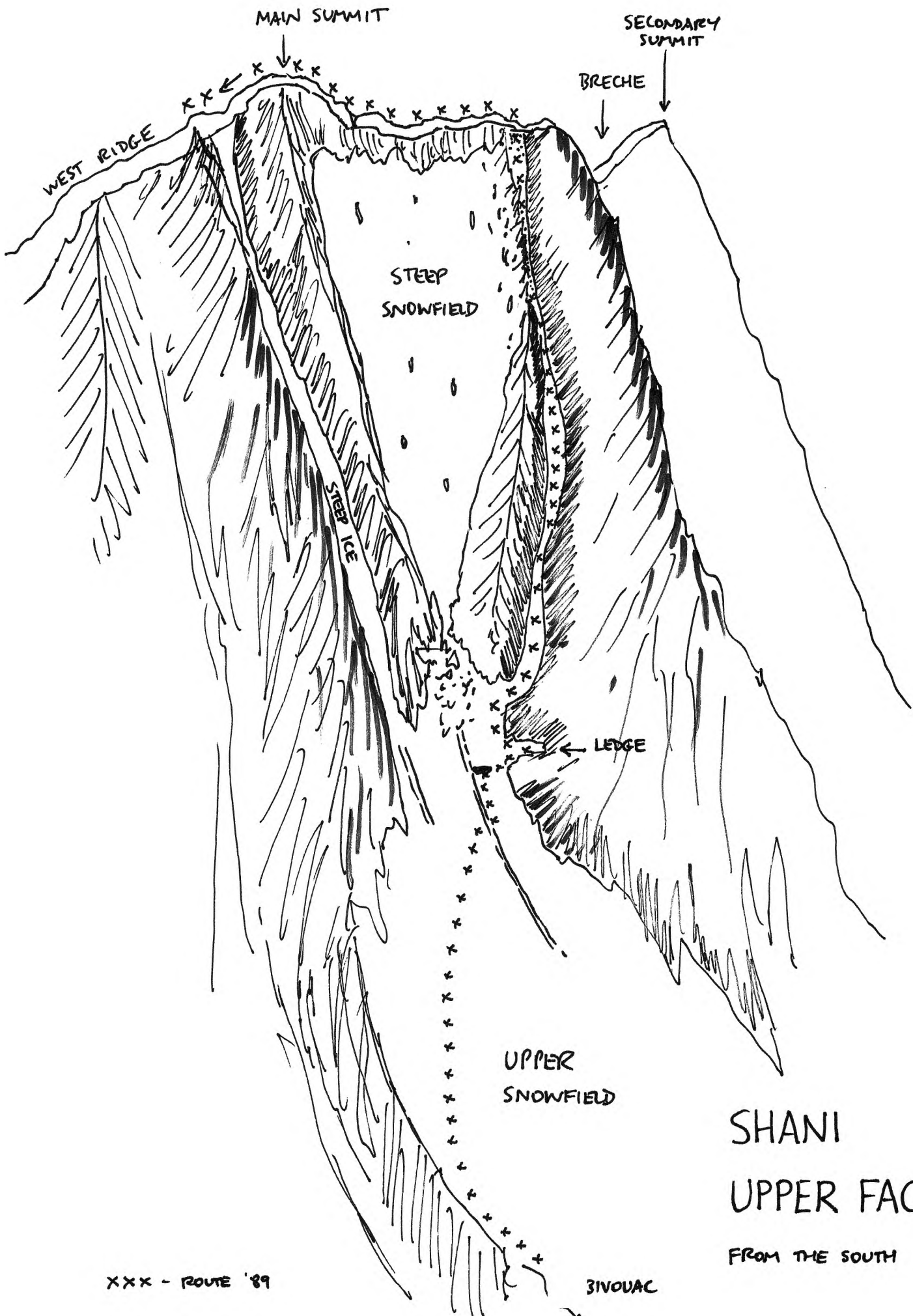
having eaten our first meal for many hours. Despite our lack of sleeping bags, the snowholes kept us warm, and we actually managed to sleep rather than doze.

The final part of the descent went quite smoothly. We descended the northern glacier the next morning in brilliant sunshine, clouds swirling in the valley below us. We descended the two icefalls on the left hand side, and finally reached the grassy ridge on the far side of the main glacier. Here we could dispense with crampons and axes, and revel in the feel of grass beneath our feet as we descended down the valley to base camp.



SHANI SE FACE

FROM SNOW DOME



MAIN SUMMIT

SECONDARY SUMMIT

BRECHE

WEST RIDGE

STEEP SNOWFIELD

STEEP ICE

LEDGE

UPPER SNOWFIELD

SHANI UPPER FACE

FROM THE SOUTH

XXX - ROUTE '89

BIVOUC

FREIGHT/DOCUMENTATION

1. Freight.

When we were planning for the expedition, one of the decisions we had to make early on was whether or not to take freight. This further subdivided into two decisions - a. Did we want to take gas cylinders, which would have to go as Dangerous Air Cargo (DAC), and b. Did we want to freight out food and equipment on normal freight?

The gas problem was solved for us by the advice of some friends who had made an ascent of Kunyang Kish earlier in the year. They said that a. Gas made all the difference high up on the route, and b. You can't get hold of it in Pakistan - especially the propane/butane mix that we needed. This advice was reinforced by the Shani 88 Exped Report, which said that they had had great difficulty with their MSR's at altitude. So we were going to freight out gas. This cost us £77.62 for 16 canisters.

The food question we got wrong. We found that we could freight out normal freight for £1.35 per kilo, so we decided to take out a couple of drums full of snack bars, honey, biscuits and other items. We didn't put in anything that we couldn't do without, since we had heard of the horrors of Pakistan Customs. Thus we decided that if we ran into too many problems, we would abandon the freight to its fate. However, when we got the drums, weighing 56 Kg, to the Freight Agency, we discovered that the minimum weight which they would charge for was 100 Kg - ie £135. After some discussion, we agreed to pay the full amount. When we got out to Pakistan, we discovered that, apart from the snack bars, we could have bought everything out there, although the quality was not as good.

So, the lesson for the future is - either don't take any freight at all, and buy the somewhat suspect food in Pakistan, or take out the full 100 Kg of food and equipment. I suggest that the latter course is the best.

2. Freight Organisation in the UK.

Having decided to use freight, the next thing to do is to find a freight company. Beware, not all can do the job. We used SOS Air Cargo for the DAC and BTA International for the normal freight. We could probably have used BTA for both. Firstly, the firm must have experience of freighting to Pakistan, and secondly, they MUST have an agency in Pakistan, otherwise you will never get your kit out of customs. Both BTA and SOS use TAQ Cargo in Rawalpindi, who were very efficient. Do not try and freight the kit to Gilgit - it will never get there. Also ensure that your freight is going to Islamabad and not to Karachi. Lastly, don't use an airline, use a freight company. We met two guys in Islamabad whose freight had gone to Addis Abbaba or somewhere, having been freighted by Saudi Airways!

You must allow plenty of time to get the freight out to Pakistan, especially the DAC. Between two weeks and a month should be enough, depending on flights. The ideal containers are the plastic barrels with lids that can be padlocked on. You will have to get the freight to either Manchester Ringway or London Heathrow yourself.

Having waved goodbye to your freight, the next thing to ensure is that you get somebody out to Pakistan at least a week in front of the main party. This is how long it will take you to get through the paperwork.

3. Documentation.

The first documentation that you will definitely need for Pakistan is a current British Passport (not one of the cardboard ones). Once you have got this you can write off for a visa, or go and pick one up from the Embassy. It saves a lot of hassle if you write, and the passport does come back! Allow a month to be sure, but it normally takes under two weeks. You have to complete a Visa Application Form which are obtainable from the Embassy. Ask them to send you a copy of Trekking Rules and Regulations as well, as this will tell you if you are going into a restricted area or not.

Previously, it was difficult to actually pay for the visa (£30), but now you can use a cheque made payable to the Embassy of Pakistan. Do ensure that you register your letter. If you go to the Embassy itself, you will have to go on two successive days, and be prepared for long queues. If you are really lucky, and get there first thing, you might get it back in the afternoon, but don't count on it.

I wouldn't bother trying to get a trekking permit before you go. The paperwork has to go all the way to Islamabad and rarely comes back in time. If you need one, you can get it when you arrive within a couple of days.

4. In Pakistan.

Once your intrepid adventurer has dodged through the trials of Islamabad Airport (the uniformed porters are OK, and have a fixed price of R10/- (30p)), has got safely into Rawalpindi by taxi (try and share one with other people and don't pay more than R70/-), and has booked into a Hotel, then the first thing that he should do is to contact a decent trekking agency. You need their help with most

of the documentation, and they don't charge very much. Karakorum Tours charged us \$50 for everything, which was quite reasonable. Be aware that most of the work is going to be done in Islamabad and not in Rawalpindi, so it is worth getting a hotel there to start with.

When you go to the trekking agency, take along your air waybills and loading lists (at least five copies of each list) for the freight. Also take (if you want it), the \$4000 deposit for the Helicopter Bond. The deposit should be in travellers cheques, which, if you are lucky, you will not have to countersign. The Bond guarantees you helicopter rescue if you need it - you won't get rescued without one. The deposit is returnable at the end of the expedition. They may insist that the money is deposited in a bank, in which case you will have to countersign the cheques, and may have some difficulty getting them back again later.

After a while, possibly even a day, the trekking agency will give you a letter sponsoring you for the trip and a letter saying that they will be responsible for paying any helicopter fees that you might incur. Armed with these and a guide, you now go to the Ministry of Tourism Office, which is only about 300m from Karakorum Tours. Here you should go and see Mr Siddique, or, failing this, his sidekick Mr Alvi. Hand over the freight waybills, loading lists, sponsoring letter and helicopter bond letter. This is also the time to apply for a trekking permit if you require one. You will now have to wait a day while they are 'processed', so the next stop will be an insurance company.

If you are going to go above the snow-line, or are going into a restricted area, you will need to insure your porters against death

or injury. There are several insurance companies in the Jinnah Market area, behind the Ministry of Tourism. You will need to estimate how many porters you will have (work on 25 Kg loads) and what days you will want them for. You can insure by the day or by the week. Give them the money and ask to have the documents by that afternoon. (You can do this while you are waiting for the trekking company to produce their letters). When you pick up the insurance documents, you have to give the copy with the stamps on to the Ministry of Tourism to prove that you have insurance cover. You may not get a trekking permit without it.

Next visit is back to the Ministry to pick up your freight letters, which will now have been stamped and authorised. A rep from the trekking agency should come with you, as the letters have to be taken to the Import/Export Office in Jinnah Market for yet another stamp. You will probably have to wait another day for this. Don't worry - there is stacks to see in the bazzars in Rawalpindi.

Sometime when you have a few minutes, you should go along to your Freight Agency. Ours was in a side street behind the Pearl Continental Hotel in Rawalpindi. When you finally get all the freight documents back from the officials, take them along to the agency. They will give you a copy of the release papers which you will need to get the freight out of customs. They might also arrange for someone to go with you to the airport to pick up the freight. If you can, get a pickup to go with you rather than trying to get one at the airport.

Armed with your sheaf of papers, you can now finally go to the cargo terminal. When you get there, first try to locate the agency's rep.

Ours was called Mr Rafique, and everybody knew him. Give him all the docs and then go for a cup of char for about two hours. You will be called when your kit is ready. The rep will take you into the actual customs hall where you must identify your freight and then watch it being searched. Once it has been cleared, the rep will need to get about twenty clearance signatures, you will have to pay a small bill of about R20/-, and then the freight is almost yours. As you load it onto the waiting pickup, you will have to pay the agency's fee, which for us was R1250/-. And that's all there is to it!

The last point to note is that since Pakistan is a Moslem country, all of the official agencies are closed from friday lunchtime to sunday morning. This includes the British Embassy, which it is also worthwhile visiting.

THE BRITISH SHANI EXPEDITION 1989

SCHEDULE OF FREIGHT

CONTAINER No. DESTINATION

ITEM	QUANTITY	VALUE

EXPEDITION LEADER: *P.J. LEEMING / D.K. FRANCIS*

THE CONTENTS OF THIS CONTAINER ARE FOR EXPEDITION USE ONLY AND NOT FOR RESALE. ALL EQUIPMENT AND NON-CONSUMABLE STORES WILL BE EXPORTED OUT OF PAKISTAN ON COMPLETION OF THE EXPEDITION. NO PART OF IT WILL BE SOLD OR OTHERWISE DISPOSED OF IN PAKISTAN. ANY CONSUMABLE STORES INCLUDING MEDICINES WILL BE USED FOR THE PURPOSES OF THE EXPEDITION ONLY AND WILL NOT BE RESOLD OR OTHERWISE DISPOSED OF IN PAKISTAN.

TRANSPORT

1. Air Travel. We travelled to Pakistan by PIA. The only other choice, if you want to fly to Islamabad, is BA, which is much more expensive. It is cheaper to fly to Karachi, and then go by train up to Islamabad. However, this takes up a lot of time and is far more difficult - especially with the large amount of baggage that an expedition normally has. The PIA flight was reasonable, although the food left a lot to be desired. Ensure that you confirm your tickets for the return journey as soon as you arrive, and then again shortly before you leave. The queue is normally a couple of hours long and works on a numbered ticket system. Unfortunately, they call the numbers out in Urdu, so find a friendly soul to give you a hand or you will get left out.

2. Rawalpindi/Islamabad. Taxis abound in the area. Airport to town should cost around R60-70/-, while getting around in town is between R40-50/-, depending on how far you are going. When I was sorting out the paperwork etc, I found a very good driver who I hired by the half day for a fixed rate. He also showed me where to get everything we needed, from tea bags to minibuses. (His name was Mr Rafiq, taxi Reg No 860, operating from outside Kashmiriwalla's Tourist Hotel on The Mall).

To get from Rawalpindi to Islamabad and back, use the colourful buses which drive back and forth at great speed. The journey costs one rupee (3p) each way! They are also the most comfortable way of travelling.

3. Rawalpindi/Gilgit. The best way to get from Rawalpindi to Gilgit is to fly with PIA. This is cheap (R280/- each way), but can be quite

difficult to book. Try reserving seats in advance from the UK. There are normally two flights a day each way. If you want to fly back, you will have to book your return seats at least a couple of weeks in advance. The baggage allowance is limited, so freight will have to be sent by road. Get to the airport a good two hours before the flight is due, otherwise they might give your seats away. While we were there, one of their aircraft disappeared, but don't let that put you off. (They still haven't found the wreckage).

The next choice is to hire a private bus. This will depend on the number of people you have. We hired a minibus for R4000/-, and loaded it down with eleven people and around 600 Kg of kit. The passengers almost died on the way up. The journey is a couple of hundred miles long and takes some 16 - 20 hours. The road is bad beyond description, and is prone to landslides that can block the road for several hours. If there had been less people, it would have been better. You can also hire a much more salubrious bus than ours (air-conditioned!) for around R6000/-.

The other option is to travel by the NATCO Bus Company. They have several trips a day each way, but you must get on the 'De-Luxe' service, or you will definitely die. The amount of baggage you can take doesn't seem to be limited at all. The bus costs R135/- each way, and you have to book the day before. Any taxi driver will take you to the terminus.

Any travel by road is prone to several disadvantages (apart from the landslides and drivers going to sleep at the wheel). The first is the large number of police checkpoints that you go through - many of which will search the bus. The second is the stops you make. Firstly

there aren't enough of them, and secondly, when you do stop, the food is stunningly dangerous. All I can say is take your own food and lots of water.

4. Gilgit. Gilgit only has one proper road, so transport isn't too difficult. Mostly you walk. However, on the main street, you can hail any one of the small but colourful Honda vans that pelt up and down at high speed. They will take you to the far end of town for a Rupee. There are also taxis and jeeps to get out of town (we never did get to see the Buddha) which cost between R30/- and R400/-, depending on what you want, and how long you want it for.

5. Gilgit/Naltar. The best way to get from Gilgit to Naltar is to hire jeeps. We needed four for the 15 of us (including the two cooks) and all of our baggage. This cost us R2470/-, including tips for the drivers. Everyone is willing to organise these for you, but we did it through the manager of the Hunza Inn, who seems to have a finger in every pie. If you are going anywhere else in the Hunza area, you can go by minibus from the market. It cost us R25/- each to get to Karimabad.

6. Porters. Porters are the same the world over. They were the only people in Pakistan apart from the taxi drivers who tried to rip us off. We were very lucky in having an excellent cook, Niaz Khan, who we hired through the manager of the Hunza Inn. Because there were so many of us, he insisted on having an assistant, Zafarullah. We paid them R150/- and R100/- per day respectively, and Niaz got all of the cooking equipment at the end of the trip. Niaz Khan would not let the porters in Naltar overcharge us. Thus, their demand for R150/- per day was cut down to R100/- per day, plus half pay for the journey

down 'empty'. For a two day walk in, this meant that each man was paid R300/-. On the overnight stop they demanded 'goat money', with which to buy a goat. We paid this after a good deal of argument, but I would not do so again.

To keep things under control, we had prepared contracts for each porter to sign or make his mark on. These stipulated the rate to be paid and the number of days. A good addition would be a comment to the effect that no money would be paid for food.

FINANCE

1. Financial Breakdown.

<u>Income</u>		<u>Expenditure</u>	
<u>Source</u>	<u>Amount</u>	<u>Item</u>	<u>Amount</u>
MEF	£400	PIA Flights	£6600
BMC	£200	Internal Flights	£20
RAAC	£300	Other Transport	£360
MOD	£700	Freight (normal)	£135
AMA	£450	Freight (DAC)	£78
CILOR	£500	Customs Charges	£40
T-Shirts	£200	Visas	£390
5 Regt RA	£500	Food (UK)	£200
Personal Contributions	£8105	Food (Pakistan)	£550
		Porters	£460
		Porter Insurance	£80
		Cooks	£210
		Hotels	£400
		Agency Fee	£32
		Sundries (incl gas)	£170
		Personal equipment	£1630
<hr/>		<hr/>	
Total:	£11355	Total:	£11355

The personal contributions were not split evenly among all the participants, depending on entitlement. Thus, for example, only the climbers and the doctor benefited from the BMC and MEF grants, only the army personnel from the military adventurous training grants and only the AMA members from the AMA grant.

2. Helicopter Bond. The deposit of US\$4000 for the helicopter bond was made in US\$ Travellers Cheques and was recovered at the end of the expedition.

3. Finance in Pakistan. We carried both Sterling and US\$ Travellers cheques. The US\$ cheques were only required for the helicopter bond. Otherwise, sterling cheques were freely transferable. There are American Express offices in both Rawalpindi and Islamabad which gave a good rate of exchange. We also drew money directly off an Amex Card. These offices are closed all day Saturdays and during lunchtimes. Cash can also be exchanged. Personal cheques can be used, but it is difficult. The exchange rate in 1989 was R33/- to the pound.

Most transactions must be paid for in cash, even in Islamabad and Rawalpindi. An increasing number of outlets will take Amex, Visa or Diners Club - Amex is the most common.

In Gilgit, contrary to popular belief, travellers cheques can be cashed. Do this either at the Habib Bank on the main street, or at the Serena Lodge Hotel.

Anywhere more remote than Gilgit is purely cash (Rupees) only. Small notes are a must, so don't accept the R1000/- or R500/- notes that the banks will try and give you.

EQUIPMENT

1. Generally speaking, there were no real problems with any of the equipment that we used. The majority was taken out from the UK, including the porters rucksacks. All of the kitchen equipment, less for the pressure cooker, was bought in Rawalpindi. At the end of the expedition, that equipment which we did not want to carry back was sold in Gilgit. Everyone wanted to buy it, and there is a thriving second-hand mountaineering equipment market. Prices are similar to the UK. The best place to buy and sell is at the Park Hotel shop. However, if you require to outfit your porters, Rawalpindi is the only place that has any quantity of equipment.

2. Cotswold Camping gave us an expedition account, which enabled us to buy equipment at trade price. They also looked after us in London when our landrover was towed away! Duracell provided us with some reasonably priced batteries. Apart from this, no sponsorship was forthcoming.

3. A wide variety of equipment was used, and it is difficult to single out any items for special attention. Tents varied between the Wild Country Gemini and the Vango Force Ten. All were excellent. It would be worth taking out a tarpaulin for the kitchen from the UK, since the local ones are not waterproof. Therm-a-rest mats proved to be superior to Karrimats, and are recommended despite their cost. Most members of the expedition had Mountain Equipment Redline sleeping bags, and these were needed as it was often very cold at night. Generally speaking, we took too much kit. The attached kit list is a suggestion of what should be taken. The Pakistanis are mostly Moslems, and it is against their religion to expose the arms or the legs, so we only wore shorts in base camp. We did see some

people, mostly American and Japanese, who insisted on wearing shorts in Gilgit, and they were not very popular.

4. Cookers. We took several types of cookers. In the base camp, we used two Optimus paraffin stoves, which gave sterling service. They were burning almost constantly for several weeks. We needed to replace both of the pump seals, and they required constant pricking. A repair kit and spares are essential. We used fifteen gallons of paraffin, which we filtered. We also had two MSRs, which again worked very well. We had all had bad experiences with these, and so we were somewhat wary of using them, but they proved to be very reliable. Again, the fuel was filtered. They burn hotter than the Optimus stoves, but are not suited to heavy-duty base camp work, and are beyond the technical abilities of the average Pakistani cook. Finally, for the mountain, we had two Epigas stoves, burning the propane/butane mix. We had a lot of problems trying to keep the cylinders warm, as they froze while they were being used. It is very necessary to have a stove where the canister is separate to the burner.

5. Sports/Recreation. We took a volleyball, which the assistant cook punctured before we got to base camp! The Frisbee was very popular with the locals. We also purchased a cricket bat and balls in Gilgit, and played a game against the yak herders at base camp! Whatever you do, don't forget the personal stereos.

6. Parapentes. We took two parapentes with us, both of which gave good flights, although we did not take them on Shani, as originally planned. One was a Wild T, and the other a Turbo.

7. Cameras/Film. A wide range of SLRs and 35mm compacts were used, with varying results. Problems were encountered with all cameras due to the cold. This was true even of older mechanical Praktikas, which are often considered to be less vulnerable. Kodak film was used throughout, mostly 25 and 64 ASA slide, and 100 and 400 ASA print. We often wished that we had taken more of the 200 ASA slide film, which proved very popular. This was because problems were encountered when using the faster films with the compacts. Some compacts with automatic ASA setting go down to 100 ASA, some to 50 ASA. None, it would appear, go down below that, and none will set accurately at 64 ASA - shooting it at 100 ASA. This meant that many of the films were over-exposed. A final point is to remember to take plenty of spare camera batteries - they run down very quickly in the cold.

EQUIPMENT LIST

1. PERSONAL KIT.

RUCKSACK
DAYSACK (30litre)
SLEEPING BAG - 4 SEASON
KIPMAT - 5 SEASON
BIVVY BAG (GORETEX)
CLIMBING HARNESS - 1 (CLIMBERS ONLY)
CLIMBING BOOTS (PLASTIC) - CLIMBERS
WALKING BOOTS - TREKKERS
GAITERS GORETEX - 1 PR
TRAINING SHOES
FLIP-FLOPS
SOCKS LONG WOOL - 2 PR
SOCKS SPORTS - 3 PR
RON HILLS - 1 PR
LIGHTWEIGHT TROUSERS - 1 PR
SHORTS - 1 PR (NOT TO BE WORN AROUND THE LOCALS!)
SHREDDIES - SEVERAL
THERMAL BOTTOMS - 1 PR
THERMAL TOP (LONG-SLEEVED) - 1
T-SHIRTS - 2
WOOL SHIRTS - 2
FIBRE-PILE JKT - 1
LIGHT WOOL PULLOVER - 1
DUVET JACKET - 1
JACKET GORETEX - 1
TROUSERS GORETEX - 1 PR (CLIMBERS ONLY)
GLOVES MERAKLON - 2 PR
GLOVES WOOL - 2 PR
GLOVES GORETEX - 1 PR
BALACLAVA SILK - 1
BALACLAVA WOOL - 1
NECKSCARF/HEADSCARF - 1 (PURCHASED LOCALLY)
GLACIER GLASSES - 1 PR
SUN-SCREEN/TOTAL BLOCK - 2 TUBES
LIPSALVE - 2 TUBES
WASH KIT
TOWEL
REPAIR KIT (SEWING KIT, SUPERGLUE, MASKING TAPE, CORD ETC)
CIGARETTE LIGHTER
PENKNIFE
SPOON (PURCHASED LOCALLY)
PLASTIC BOWL (PURCHASED LOCALLY)
MUG
WATER BOTTLE
PEN TORCH + BATTERIES
WRISTWATCH
WHISTLE
PASSPORT (PLUS THREE PHOTOCOPIES OF THE FIRST 4 PAGES AND VISA)
MONEYBELT
MONEY/TRAVELLERS CHEQUES/AMEX CARD
BOOGIE BOX + BATTERIES
DIARY/PENCILS/BOOKS
SILVA COMPASS
SLR CAMERA + W/ANGLE AND TELEPHOTO LENSES, POLARIZING FILTER
COMPACT CAMERA + SPARE BATTERIES FOR BOTH CAMERAS
FILMS (SLIDE)
HEADTORCH + BATTERIES + SPARE BULBS
MEDICAL PACK

2. GROUP EQUIPMENT.

TENTS - 1 BETWEEN TWO + ONE FOR COOKS
TARPAULIN 12' X 12' - FOR KITCHEN (LOCALLY PURCHASED)
PLASTIC SHEET 15' X 15' - FOR KITCHEN
PARAFFIN STOVES - 2
MSR STOVES - 2
GAS STOVES - 4
PROPANE/BUTANE GAS CYLINDERS - 20
COOKING EQUIPMENT - ALL PURCHASED LOCALLY

KETTLE 10 PINTS - 1
KETTLE 5 PINTS - 1
METAL PANS - 5 (ASSORTED SIZES)
COLANDER - 1
SIEVE - 1
CHAPATI BOARD + ROLLER - 1
KITCHEN KNIVES - 5 (ASSORTED SIZES)

FUEL CONTAINER 5 GALL - 5
SIGG FUEL BOTTLES
FUEL FILTER
BINOCULARS - 1 PR
MEDICAL PACK
VOLLEYBALL
FRISBEE
CRICKET BAT + TENNIS BALLS
CLIMBING GEAR

ROPES 9MM - 4
SLING 8' - 5
SLING 4' - 3
EXTENSIONS - 8
ICE SCREWS - 8
PEGS - 12
FRIENDS - 1, 1 1/2, 2, 2 1/2, 3.
ROCKS - SIZES 1 - 8
ASCENDEURS - 4
LIGHTWEIGHT KRABS - 20

SAUSAGE BAGS/FLOUR SACKS - FOR CARRYING GEAR/FOOD
PORTERS RUCKSACKS
PORTER CONTRACT FORMS
HELECOPTER BOND
PRESSURE COOKER

FOOD

1. General. Generally speaking, the standard of food in Pakistan is low by western standards. We all went down with gastro-enteritis at one time or another from the cooked food, and we all lost a great deal of weight due to the lack of protein in the food that we cooked ourselves.

2. Rawalpindi. We ate in various restaurants in Rawalpindi. The most touristy ones, such as the one in Flashman's Hotel, cost around R100/- for a meal. The ones in the market taste much better, cost only about R30/- and do not seem to be any more liable to give you the squitters! Women should be wary, in that it would seem to be exclusively Pakistani men who dine out. The women presumably eat at home. For a treat, try the Snack Bar at the Pearl Continental Hotel. This is, incredibly, (it is a beautiful and imposing hotel), no more expensive than any other of the hotels, and serves tasty western snacks. They also have a barbeque restaurant which is worth visiting, and which has a fixed price menu at around R120/-.

3. Gilgit. For breakfast, the hotel in which you are staying will provide porridge, paratha (fried chapatties) and an omelette. For other meals, try either the Tourist Cottage or the Hunza Tourist Inn for a choice of menus. You will have to book for the Tourist Cottage which has a fixed menu each evening. It is a fun place to eat. For 'real ethnic food', we went to several of the 'Pathan-Burger' restaurants that line the main street. These provide huge beefburgers mixed with chillies and spices, cooked on the street in a massive iron pan half full with engine oil. They taste excellent, and are so well cooked that there is very little danger of getting food poisoning. Just try to ignore the imprints of the chefs fingers in

the burger. Again, men only. There are also several bakeries which sell bread and biscuits.

4. Imported Food. We took army freeze-dried Arctic Rations for use on the routes, which were absolutely excellent. The only complaint was that there was too much! There was a choice of four menus, and we found that two packs did for three of us on the mountain. We also took a selection of chocolate and muesli bars. These proved very popular when the local food that we were eating in base camp began to pale. We also took out honey, jam and Nutella, as well as a selection of biscuits and soups. Next time, I would add a large amount of cheese and freeze dried meat. What the local food lacks is taste, and any strong tasting items such as salami would go down really well.

5. Locally Purchased Food. We depended to a very great extent on the food that we bought in Rawalpindi and Gilgit. In the high villages, even vegetables were scarce, and goats, chickens and eggs were the only foods available. Milk, cottage cheese and yoghurt were given away to us for nothing! The shop bought food was of bad quality. The soups were especially poor. Staples are cheaper in Rawalpindi, but then they have to be transported up to Gilgit. We bought rice, atta, dahl, pasta, tea, sugar, spices and dried milk etc in Rawalpindi, and then bought all the fruit and vegetables in Gilgit. The perishables kept for about two weeks, and we sent our assistant cook back down on resupply runs. Meat, in the form of chickens and goats, can be bought, but it is expensive and scrawny. I would recommend bringing

as much dried meat with you as you can. Our vegetarian diet was definitely not good for us. Some sample prices are:

A goat (very scrawny) - R600/-

Vegetables (various) - R8/- per kilo

Rice - R15/- per kilo

An average day in base camp started with a breakfast of porridge, tea and paratha, spread with apricot jam. Lunch was soup and chapatties. Dinner was more chapatties, with a vegetable curry and followed by a milk based pudding. During the day we would fill in with chocolate bars.

IMPORTANT NOTICE - YOU CANNOT COOK ANYTHING PROPERLY AT ALTITUDE UNLESS YOU HAVE A PRESSURE COOKER, PREFERABLY ONE BROUGHT FROM THE UK

MEDICAL REPORT - EX SHANI TRAVERSE

INTRODUCTION

1. The medical cover was designed to cater for a small sized expedition in the Karakorum range of mountains in N W Pakistan. The expedition was both a climbing and trekking expedition and both experienced climbers and complete novices were involved.
2. The following factors were considered:
 - a. The remote area (CASEVAC etc).
 - b. Altitude problems (eg Pulmonary of cerebral Oedema).
 - c. Gastrointestinal problems (from food and drink).
 - d. Trauma (Fractures etc).
 - e. Major illness (Pneumonia, appendicitis etc).

PREPARATION

3. The biggest problem with the preparation was that the members were scattered not just over the UK but also in Germany. Therefore the following measures were taken:
 - a. A vaccine schedule was produced in early May.
 - b. A health brief for Pakistan was distributed in early June.
 - c. A medical proforma attached to the health brief was sent out. This was to be filled in and sent back. It contained such information as sensitivity to drugs, previous medical conditions, blood group, Allergies etc.
4. Attached at Annex A is the health brief, with vaccination schedule and medical proforma.

EQUIPMENT

5. At Annex B is a list of medical equipment taken. No real problems were encountered in obtaining medical kit which was all obtained through the Army system.
6. The medical kit had to be small enough to fit into one bergen and large enough to cater for most eventualities in a remote area, therefore some imagination had to be used both in the choice and packing. A Minor Treatments bag and a trauma pack were maintained. A small medical kit was also made up for the climbers and the trekkers. In addition to this all members had a personal kit consisting of sunscreen/Glacier cream, Lipsalve, Dressing, Paludrine and Nivaquire, Lomotil tablets, Dioralyte Sachets and Insect Repellent.

ARRIVAL/WALK IN

7. After arriving and spending a few days at Islamabad, the bulk of the expedition travelled up on the Tortuous Karakoram Highway to Gilgit. At Gilgit approximately 50% of the expedition went down with Gastrointestinal

ailments (including the medic!) inspite of precautions being taken with food and water. The treatment consisted of adequate hydration and the use of buscopan and maxalon as necessary. Most people during the expedition had some sort of Gastrointestinal problem and in two members the diarrhoea lasted for more than a week, these were successfully treated with co-trimoxazole and the diarrhoea cleared up within 3 days.

8. The Residual problems caused by the GI distrubance meant that some of the expedition were considerably weakened and one member had to be left at the halfway point between Naltar and the base camp to recuperate before proceeding further.

ON THE MOUNTAIN

9. On arrival at base camp at 12,000 ft some altitude ailments became apparent in about 50% of people. These were Headache, Nausea, and breathlessness. Brufen was found to be excellent for treating the altitude headaches and after 3-4 days most people had acclimatized to the altitude. Diamox (acetazolamide) was taken in case anyone wanted to use it as a prophylactic against altitude sickness, in the event it wasn't used.

10. No major altitude problems presented themselves and all expedition members were well briefed on the signs and symptoms of major altitude conditions and the treatment (immediate descent below 10,000 ft and diuretics as necessary).

11. Some influenza and sore throats presented themselves in 3 members these were successfully managed with rest, solprin and adequate fluids and all recovered to take part in the activities.

12. There were a couple of cases of sunburn, despite being warned of the dangers, as people underestimated the strength of the suns rays especially when above the snow line. Glacier cream should be applied frequently as it comes off with the sweat. Overall everyones health seemed to improve on the mountain. There was no major trauma, although a badly sprained ankle was sustained by one member attempting to parapent (however through some rest, Analgesia, Strapping and determination be carried on and climbed the main peak after the injury). There was only one case of infection (in the same member that sprained his ankle!) which occurred in his left leg. This was successfully treated with IM magnapen stat and oral 500 mg magnapen QDS for 7 days.

13. Some local people were also treated for a variety of conditions ranging from leg ulcers and worms to temporary fillings. Although treatment was on an adhoc basis and discouraged due to lack of medical resources and lack of follow up after initial treatment. There were usually 4-5 treatable cases each week most of which were very minor ailments. The residual drugs and medicines at the end of the expedition was given to the local hospital in Gilgit, who seemed very grateful for them and could put them to good use.


CONCLUSION

14. The expedition was lucky in having no major illness or injury as a CASEVAC from the area would have been a major problem in spite of having a helicopter bond.

15. The medical kit was found to be ample for the duration and no shortages were experienced. In this instance and situation the adage "better to have to much than too little" seemed to hold true.

16. The biggest problem was with Gastrointestinal Ailments these seem to be unavoidable in Pakistan if one is to sample the culinary "delights" of the country. The best solution to this would seem to be to have as short as possible walk in and to avoid anything remotely suspicious in the early stages of the expedition, even with these precautions, however, there will still be some cases.

17. Lastly for this expedition an experienced medic was adequate for the task. However, for a larger expedition to remote areas ideally a doctor should be sought.


M P R ELLIOTT
Sgt

Annexes:

- A. Health Brief, Vaccination Schedule Information.
- B. The Medical Kit.

Sgt M. ELLIOTT
23 Parachute Field Ambulance
Rhine Barracks
ALDERSHOT
Hants
GU11 2AX

Aldershot Mil Ext 4262

8 Jun 89

HEALTH BRIEF - EX SHANI TRAVERSE

INTRODUCTION

The aim of this brief is to shed some light on those health problems that are firstly encountered in Pakistan, and secondly at Altitude some personnel on the Exercise will have had some experience of these but many will have had none at all so the brief is designed to be as broad based as possible.

HEALTH PRECAUTIONS

IMMUNIZATIONS

A timetable of this has already been produced in early May and distributed. However a refresher will be attached at Annex A. Please bring bring all vaccination certificates with you (BMed 27). Any problems contact me.

GENERAL PRECAUTIONS

Common sense should prevail here, Food, Water and Personnel hygiene are the main issues.

FOOD

From information gleaned from various travellers to Pakistan there is nothing wrong with local food provided it is well cooked. Personally I would prefer something that is freshly cooked, say at a roadside stall, where it is cooked in front of you, than a tepid, bacteria breeding curry that has been cooked in a hotel kitchen.

As most Third World countries use human effluent as fertilizer it is strongly recommended that all vegetables should be peeled. Salads, particularly lettuce, should be avoided. If you think you're going to get scurvy or crave a salad a cucumber or tomatoe salad, which has less surface area than lettuce, and has been peeled is a safer bet. Fruit again should be peeled.

WATER

Water, like food is a vector of disease. If I told you of all the water borne diseases, you would probably expire from dehydration in Pakistan. Water, and plenty of it is a necessity. A clean pure supply is vital. The two main methods after filtering the water are sterilization and boiling.

BOILING

Boiling is the safest way to sterilize water. It kills all major disease organisms. How long should water be boiled for? - Once water has been brought to the boil five minutes should suffice, ten minutes to be safe. Beware of Altitude though, you must add another minute for every 1000ft over 5000ft ie at 12000ft you should boil the water for at least eleven minutes. At high altitudes water boils at a lower temperature than 100 degrees Centigrade.

STERILIZATION

If you like the taste of swimming pool water you will like puritabs, not as good as boiling but much better than nothing. Most tablets will have an idiots guide with them, but a contact time, at least 10 minutes preferably longer should be observed after the tablet has been added to the water. One tablet will usually suffice for 1 litre at reasonable temperatures.

PERSONAL AND CAMP HYGIENE

Personal hygiene is of course a matter for the individual. I won't waste space elaborating on this topic as I believe that most sensible individuals will follow common sense. However advice can be sought from me if necessary.

SOME AILMENTS

MALARIA

There is now an estimated 150 million cases of malaria in the World today, with more than a million deaths. MALARIA can be a killer. There are 4 types of malaria in Pakistan, including Falciparum, the most deadly type. Prophylaxis must be taken and this is detailed at annex A (vaccinations). Everyone will be at risk, particularly the trekkers at lower altitudes, and in particular during the walk in/out phases, and, the prophylaxis should be taken all through the expedition, even if there are no mosquitos, as Malaria can "incubate" for months (even years). Faludrine tablets taste ghastly, especially if you get one stuck on your tongue and can make some people feel nauseous (probably from the taste). From my own trial and error efforts I have found that taking them in the evening after a meal reduces this to a minimum.

After all that there is no guaranteed prophylactic against Malaria, and common sense precautions, rolling down sleeves, insect repellent etc during the evening should be observed where there are mosquitos.

DIARRHOEA

It is comforting to know (is it?) that most diarrhoea attacks will last no longer than 3 days (90% of cases). There is no need to get too excited about it provided you maintain your fluid balance & your body is drunk plenty of fluids and take a pinch of salt in your drink. Its usually best to take no drugs (if the situation allows) and let the body cleanse itself. However when travelling long distances by bus or climbing or whatever you will want something to relieve the symptoms. Come and see me as I will have ample stocks and drugs like Imotil and Immodium.

DYSENTRY

There are two types of dysentery amoebic and bacillary. Bacillary is the most common and is characterized by a sudden attack of very acute diarrhoea, severe stomach pains, blood in the stools and fever.

HEPATITIS

There are two main types, A and B. Type B is usually caught from blood or sexually transmitted. Type A is more common and can be caught from infected food and water. The gamma globulin (HEF A) injection that you will receive a few days before departing, should provide some protection but is certainly not fool proof and care should be taken as mentioned earlier of drinking water and food.

RABIES

All mammals can carry Rabies. The disease is transmitted by a lick or bite from an infected animal, nearly always through broken skin or a scratch. The basic rule of thumb is to avoid all animals, particularly those with an unnaturally tame manner like a fox.

If you have been bitten by a mammal, the correct washing procedure may prevent infection. Flush out the wound with copious amounts of soap and water, directing any saliva away from the wound. You must always have post-exposure prophylaxis as soon as possible. These take the form of injections. I will hopefully have a small supply of the human diploid cell vaccine with me in case of emergencies.

If you can kill the animal safely, do so, in order that it can be examined at a laboratory for rabies.

ALTITUDE AILMENTS

MOUNTAIN SICKNESS

From surveys that have been done it is estimated that when you travel direct from sea-level to 11500ft about 50% of people will feel unwell. At 14000ft most people suffer some symptoms.

The symptoms are headache, fatigue, undue breathlessness on exertion, the sense of the heart beating forcibly, loss of appetite, nausea, dizziness and slow irregular sighing breathing in sleep are common symptoms. Dissapointingly, these are usually not apparent on arrival, but develop within the first 36 hrs.

Mountain sickness will usually clear up by itself, if you have a headache then aspirin, paracetamol or brufen can be taken. When you do suffer, it is vital not to go higher, and if recovery doesn't take place, you should descend. The best policy on prevention is to ascend slowly so the body gets used to less oxygen. Also various drugs as a prophylactic have been recommended of which Diamox (acetazolamide) seems to be favourite. However medical opinion on the drug is divided as it has side effects and can lead to dehydration on exertion.

I will be taking Diamox for those that wish to try it however bear this in mind: Altitude Sickness is a self-limiting disease, and also drugs should be avoided unless strictly necessary.

HIGH ALTITUDE PULMONARY OEDEMA

This is a rare but serious complication of acute mountain sickness. It is most common at Altitudes between 13000ft and 20000ft. Severe breathlessness-particularly "at rest", frothy and sometimes blood stained spittle and a permanent unproductive cough are all symptoms. Also a crackling ~~can~~ cause noise in the chest can be heard. The condition can cause death in a healthy victim in a few hours.

CEREBRAL OEDEMA

This is caused by fluid retention in the head. This causes drowsiness and confusion, walking becomes unsteady, double vision, headache or neck-aches are common. The sufferer eventually lapses into a coma and dies.

TREATMENT

The only treatment for these conditions is "immediate" descent combined with diuretic drugs if available. Climbing higher even for a short period will make matters worse. Recovery can be expected below 10000ft.

DEHYDRATION

As mentioned before always take plenty of fluids. High altitudes are always dehydrating, and for some reason our thirst mechanisms don't tell us to drink enough.

SUNBURN

At higher altitudes the sun's rays are stronger and you will need a good sunblock to protect the more exposed parts of the body like lips and nose. In addition to this if you go above the snow line sun's rays will be magnified off the snow. I will be taking a limited quantity of sunscreen, but expedition members are strongly encouraged to take their own.

SNOWBLINDNESS


A good pair of sunglasses are a must at altitude, the eyes need protecting from the UV rays. A very painful complication of excess exposure from UV rays on the eyes is snow blindness. This is totally incapacitating and very painful and recovery can take up to a week.

DENTAL

Have a check up at least a couple of weeks before you go. The thought of me doing a tooth extraction should provide the incentive for this.

SUMMARY

I could probably write a book on all the ailments one could encounter in Pakistan. Hopefully I have highlighted some of the more prevalent and dangerous ones, and also some of the ailments associated with altitude. If you do have any problems do not hesitate to see me, that's what I'm there for. I have also at Annex B produced a performa that will be useful for me, I would appreciate it if you could fill it in and give it back to me.



MPR ELLIOTT
Sgt
RAMC

Enclosure:

Annex:

A. Vaccinations.
B. Health performa.

Distribution:

Action:

All Expedition members.

MEDICAL PERFORMANCE

No. Rank Name

D.O.B

Blood Group
(If known)

Known Allergys
(eg Hay Fever, Penicillen)

urrent Medications being taken

Any illness requiring medication
in the last 6 months

<u>Vaccinations(please tick)</u>	<u>Date Given</u>	<u>Inspections</u>	<u>date</u>
		<u>Last medical</u>	
		<u>Last Dental</u>	
TABT			
Or			
Typhoid/ anus			
Polio			
Cholera			

Sgt MARK ELLIOTT
 23 Para Fd 4th FAMS
 Phone Pks
 ALIERSHOT
 Hapts
 GU11 2AX

To All Expedition Members

7 May 89.

VACCINATION SCHEDULE - EX SHANI TRAIL

1. The following table is to guide expedition member on their vaccinations and give advice on prophylaxis requirements.

	Dose	Schedule	To Be Given	Comments
Polio	3 Drops	One Dose	Early June	
TABT	Booster 0.5ml	One Dose	Early June	Military vaccinat'n Civilians will need Tetanus & Typhoid separately
Typhoid (If not had TABT booster).	Booster 0.5ml	One Dose	Early June	
TETANUS (If not had TABT booster).	Booster 0.5ml	One Dose	Early June	
Cholera	1st 0.5ml 2nd 1.0ml	Two Dose 2nd Dose 1-4 weeks after 1st dose.	1st dose early June. 2nd dose end of June	
Normal Immuno- globulin (HEP A).	5ml dose	One Dose	Mid - July	Should not be given until 2 weeks after live vaccinations
Malaria	2 tablet Paludrine daily 2 tabs Nivaquine weekly	tablets taken 1 wk prior depa- -rture and 28 days afterwards	Mid - July	Tablets should be taken after meals

NOTE! I have access to all process of vaccines. Vaccinations can be done by me or by the unit medical centres.



M ELLIOTT
 Sgt
 RAMC

ANNEX B

THE MEDICAL KIT

Injections

Adrenaline
Diazepam
Haemacell
Hartmanns
Ketamine
Lasix
Lignocaine
Maxalon
Penicillin
Temgesic
Water for injection
Buscopan

Tablets

Acetazolamide
Soluble aspirin
Brufen
Chloroquine
Codeine phosphate
Co-Trimoxazole
Dequadin
Erythromycin
Flagyl
Flucloxacillin
Gaviscon
Lasix
Lomotil
Maxalon
Paludrine
Paracetamol
Lignocaine jelly
Penicillin
Piriton
Pripriol
Senokot
Temazepam
Temgesic
Ventolin
DF 118

Adhesive Plaster

Elastoplast
Micropore 1.25cm
Micropore 2.5 cm
Zinc Oxide

Bandages

Crepe 3"
Crepe 6"
Kling bandages
Tubigrip Size C
D
E
Tubnette
Triangular bandage

Eyes

Amethocaine drops
Chloramphenicol drops
" ointment
Eye baths
Eye pads
Fluorescein drops

Ears

Chloramphenicol drops

Ointments

Algipan
Anusol
Brulidine
Chlorhexidine solution
KY Jelly
Cotton wool balls
Giving sets
Gloves surgical
Gloves examining
Heimlich valve
Inflatable splints femur
Tibia
Mediswabs
Needles 19G
21G
Scalpel disposable
Steristrips 3mm X 75mm
6mm X 100mm
6mm X 100mm
Sutures Assorted

Dressing

Gauzeswabs
Band Aid
Jelonet
Melonin 5cm X cm
 10cm X 10cm
Field Dressings

Surgical

Airways
Butterfly 19G
Chest drain
Plastic bags (self sealing)
Venflons 14 g
 16 g
 18 g

Suture sets
(Needleholder, scissors,
forceps, haemostats)
Surgical swabs
Syringes 2 ml
 5 ml
 10 ml
Thermometer

Dental

Temporary filling
Oil of cloves
Probes and mirror

ANNEXURE 'J'

UNDERTAKING BY PORTERS

EMPLOYED BY THE BRITISH SHANI EXPEDITION 1989

I, Mr.

S/o

Having No of village

Tehsil District

do hereby solemnly undertake:-

(i) That I shall abide by the Terms and Conditions for grant of permission to the mountaineering expedition parties which have been explained to me and I have understood them clearly.

(ii) That I shall work on the basis of daily wages of Rs for a specified period of days with the party led by Mr. (namely The British Shani Expedition) in accordance with the said terms and conditions.

(iii) That I shall not desert the party nor shall I insist on an increase in the wages during a march.

(iv) That I shall serve the party diligently and faithfully during the period of my contract.

(v) That if I do anything in violation of this contract or in violation of the terms and conditions, referred to in para.(i) above, I shall make myself liable to forfeiture of daily wages. In addition to the above, I shall make myself liable for any other action which may be taken against me under the relevant laws by a local administration.

Signature/Thumb Impression

Name

In the presence of:

(1) Rep. of local Admin.

(2) Rep. of British Shani Expedition

Date1989. Wages to be paid Rs