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# THE BRITISH MASHERBRUM EXPEDITION 1989



**British Masherbrum Expedition 1989**

**Patron : Doug Scott**

**Area : Karakoram, Pakistan**

**Dates : 18th June - 15th September 1989**

**Leader**

Dr Ginette Harrison  
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## **Expedition Objectives**

Masherbrum, located at the top of the Hushe Valley in the Karakoram area of the Pakistan Himalaya, is the 34th highest mountain in the world.

Our objectives were:

- a) To ascend Masherbrum (25,660 ft.) by it's unclimbed East Ridge.
- b) To make the first ascent of Masherbrum East (23,280 ft.).
- c) To paraglide from Masherbrum and surrounding peaks in the Hushe Valley.

## **History of Masherbrum**

Early attempts all concentrated on reaching the col between the SW and main NE summit via the South East Face.

- 1938: British, Ldr Major James Walker. Reached 25,000 ft. Alpine Jrnl 257 pp. 199-211, Himalayan Jrnl XI '39, pp 42-56.
- 1955: New Zealand, Ldr Stanley Conway. Reached 23,000 ft. N.Z. Alpine Jrnl '55, pp 333-340.
- 1957: British (Manchester), Ldr Joseph Walmsley. Don Whillans 25,300 ft. Bob Downes succumbed to Pulmonary Oedema. Alpine Jrnl 297 pp 169-184. Himalayan Jrnl XXI '58 pp 16-32.
- 1960: American, Ldr Nick Clinch 1st Ascent. Willi Unsoeld/George Bell, Nick Clinch/Jawed Akhter. American AJ 1961, pp 209-229. Mountain World '62/'63 pp 49-60.
- 1981: British (R.A.F.), Ldr E.J.M. Thomas. Reached 23,400ft.

The mountain amazingly seems to have been ignored until the great upsurge in Polish trips to the Himalayas in the early eighties.

- 1981: Polish, Poliski Klub Gorski, Ldr Piotr Mlotecki, Z. Heinrich, M. Malatynski and P. Nowacki climbed the virgin SW Summit, (7,806), as a rope of 3 from Camp IV, (6,800). Snow holed at the col. Summited at 3.30pm. On descent Malatynski had problems with eyesight causing unplanned bivvi with no gear. Only Heinrich survived the night. Route un-repeated.
- 1983: Japanese, 2 reached the Main Summit.

Attention was then switched to the heavily seraced North Face - by the Japanese of course.

- 1985: Kansai Karakoram Exp. Ldr Shin Kashu, N. Ridge and Face. Fixed ropes and camps to IV. 10 summitted with 1 bivvi. Discovered body of one of the Poles.
- 1985: Austrian, Robert Renzler. Wildly dangerous route. 3 camps and a bivvi tent at 7,200. Joined Jap. ropes at 7,400. 3 summitted. Andy Orgler, Michael Sareber and Renzler.
- 1985: British, Ldr Mike Searle. Attempted E. Ridge.

### *Other References*

'Mountain': 42, 82, 104, 106, 108.

## **The Team**

*Dr Ginette Harrison, 31, Physician - Leader/Climber*

British Bhutan Expedition, 1986 - reached high point of 6850m. Ascents of Mt. McKinley, Mt. Kenya and Huascaran (6768m, Peru). Mountaineering in Nepal, Garwhal and Karakoram. 3 Alpine seasons. Paragliding to F2 standard.

*Mark Miller, 28, Guide - Deputy Leader/Climber*

10 Alpine seasons. First free ascent of Hidden Pillar of Freney. Ascents include Red Pillar of Brouillard Direct, Croz Spur Direct. Winter ascents of NE Spur of the Droites, N Face of the Pelerins, the Super Coulior, Mt. Blanc de Tacul, Aiguille de Tacul. Expeditions to Karakoram (Hushe, Rakaposhi and Diran), Kishtwar, Peru (SE Ridge of Tallcuraju), Shivling, Biale and Makalu.

*Dr Adrian Baker, 24, Physician - Climber*

2 Alpine seasons. Mountaineering in Peru. Ascent of Huascaran (6768m). First ascent of SE Face of Huandoy Este (6099m).

*Colin Jamieson, 29 Access Technician - Climber*

Scottish Annapurna III Expedition 1985. 5 Alpine seasons.

*Ewen Todd, 27, Access Technician - Climber*

6 Alpine seasons. Expeditions to Nepal (Kusum Kang), Annapurna III S Face, Hunchuli and Tharpu Chuli.

*Kevin Murphy, 30, Access Technician - Climber*

6 Alpine seasons.

*Alec Erskine, 25, Hydrogeologist - Climber*

2 Alpine seasons. Mountaineering in Norway, Kashmire, Spitzbergen, Peru, USSR. Rock-climbing in Algeria, Jordan, Spain. Ascents include Huascaran (6768m), Ranrapalca. First British ascent of N Face of Bielukha, Altai, USSR.

*Bruce Hubbard, 23, Merchantbanker - Climber*

3 Alpine seasons. Ascents include Huascaran (6768m), SW Face of Alpamayo, Tocllaraju. Cambridge & St. Andrews Karakoram Expedition, 1987.

*Dr. Michael Cross, 27, Physician - Climber*

4 Alpine seasons. Rock-climbing in Spain and France.

*Nigel Hillman, 40, Maintenance Engineer - Climber*

3 Alpine seasons. Ascent of Mt. Kenya. Paragliding to F2 standard.

*Stuart Bygrave, 22, Economics Student - Climber*

3 Alpine seasons. Two years' paragliding experience in UK, Alps and Canary Islands.

*Graham (Mungo) Hulme, 28, Freelance Photographer - Climber*

Ascent of Gondoro Peak, Hushe.

*Major Javed Iqbal, 37, Liaison Officer*

Well travelled to USA and UK, but no previous climbing experience.

*Anwar Ali, 35, Chief Cook*

From Hushe, Experienced cook and mountain guide. Excellent company.

*Mohammed Ali, 23, Cook*

From Belegum. Not such a good cook - but tried hard.

Unfortunately 4 of the original team, John Mothersele, Tom Curtis, Dave Pritchard and Andy Black were unable to come on the Expedition but we appreciate their support and we are especially indebted to Andy Black for all his hard work in organising the equipment.

## The Story

### *18-19 June : Flight to Pakistan*

Only 8 of the 12 climbers of the Expedition left Heathrow together as Mark was already in The Karakoram, guiding, and the remaining 3, Alec, Mike and Mungo were to join us later as work pressures prevented them taking the full 3 months off. We flew Egypt Air to Karachi via Cairo, and PIA from Karachi to Islamabad.

### *19-24 June : Rawalpindi*

We spent 5 days in Rawalpindi buying supplies in the local bazaars, collecting our freighted gear, arranging insurance and depositing the helicopter bond. Our liaison officer, Major Javed Iqbal, arrived on 21st and our "briefing" at the Ministry of Tourism was on 24th. That evening we set off for Skardu.

### *24-26 June : To Skardu*

Bruce and Stuart flew to Skardu with Javed on 25th, while the remaining 6 of us and our cook Mohammed Ali, enjoyed a 36hr bus ride along the Karakoram highway. This is an experience not to be missed. The road follows the course of the Indus River with mile after mile of hairpin bends, precipitous drops and overhanging rocks which came perilously close when one is sat on the roof - the traditional way to make this journey. Bus hire is cheaper without an overnight stop so one person has to stay awake to ensure the driver doesn't drop off to sleep! A great start to the expedition.

### *26-27 June : Skardu*

We spent one day in Skardu, the capital of Baltistan, where we met Mark Miller and our chief cook, Anwar Ali. This day was spent visiting the Regional Tourist Officer, Police Dept and Army; sorting loads and recovering from the epic bus journey.

### *27 June : To Hushe*

We hired 3 jeeps to take the team (9 members, L.O., 2 cooks and a few porters) and all our gear to Hushe, the last village before the walk-in to Masherbrum. The road is metalled near the start but this doesn't last long and the numerous pot-holes and rough road make for a bumpy and dusty ride. There are many army vehicles along this road as its the main route to Siachen, close to the Pakistan-India border.

### *28 June - 16 July : Acclimatisation*

Rather than acclimatising in the ice fall at the base of Masherbrum - not a place to hang around in - we decided to spend 2 weeks climbing smaller peaks in the Hushe valley. This was also an opportunity for the team to practice their paragliding skills. Unfortunately wind conditions were never ideal and despite many long uphill plods, only Stuart managed a few short flights.

Extra food and gear were left with the Lamadar (headman) in Hushe, and the team set out with 30 porters for Dalsan (14,000ft (See Map)) which was to be our base camp for the next 2 weeks. It is 3 "porter-stages" at 130 rupees per stage from Hushe to Dalsan, but the porters will happily walk it in 2 days. The route takes the east side of the Hushe valley with a superb view of Masherbum S.E. face on a clear day. We spent the first night at She-Sho, a small settlement at the junction of the Hushe and Charakusa valleys. From here there are magnificent views of Nemeka peak.

The following day we turned a sharp left and followed the right hand side of the valley skirting the edge of the glacial moraine to Dalsan, a beautiful campsite by a lake and surrounded by 20,000ft peaks. Just before Dalsan there is a steep climb off the moraine, and at the top of this climb the porters broke into spontaneous dance, some still with their loads on their backs! Unfortunately, this happy atmosphere was somewhat spoilt on arrival at camp when there was much argument over the previously agreed rate of pay. Eventually it was settled by our Liaison Officer - hopefully without hard feelings.

During the first week at Dalsan the weather was atrocious with snow every day. the whole team walked up towards Ghondokhoro base camp on July 2nd but blizzard conditions forced an early bivouac and mass retreat to base camp the following morning. Over the next few days we tried short climbs on surrounding peaks but each time were forced down by bad weather.

However, on the 7th July we woke to blue skies and sunshine and the start of a week of good weather. Ginette, Nigel and Bruce set off for Ghondokhoro base camp once more, and climbed Ghondokhoro peak (18,850ft) the following day. Bruce returned to Dalsan on the 9th and joined the rest of the team in attempts on "Pointy Peak" and "Blob Peak" getting to about 20,000ft on both occasions. Nigel and Ginette remained at the Ghondokhoro camp and climbed two 20,000ft peaks nearby.

The good weather did not last, so after sitting out 2 days of bad weather at Dalsan, we returned to Hushe to set off for Masherbrum.

#### *16 - 19 July - To Masherbrum Base Camp*

We arrived in Hushe on July 16th and that evening held a firework display to bid farewell to Adrian who had to return to England to start his new job. The fireworks were a great success with the villagers, and we hoped that they weren't misinterpreted by the Pakistan Army stationed not too many miles away.

We spent a day in Hushe sorting loads before setting out for Masherbrum base camp with 75 porters. the journey is 3 "porter-stages" but can easily be walked in 2 days. It's a very pleasant walk initially along the west side of the Hushe valley, then forking left up the Masherbrum valley. Our first camp was on a large flat sandy area of the junction of the valley leading to Masherbrum II peak. There is a plaque here commemorating the Italian Expedition to Masherbrum II in 1988. The sandy area provided an ideal spot for Stuart to teach to locals how to paraglide - with much amusement all round.

Next day we reached Masherbrum base camp (13,500ft) after only a few hours walk. After reconnoitering the old base camps on the east side of the glacier, we decided to camp on the opposite side close to two lakes. This meant a longer walk across the glacial moraine to the start of the climb, but the base camp was comfortable with a good water supply, and was not threatened by rockfall as were the camps used by the early expeditions. There was also a short snow slope next to our base camp - ideal for skiing and paragliding practice!

The porters were paid off - all but 13 who were kept to carry loads across to a large boulder close to the first icefall and at an altitude of 14,000ft. [This was to be the site of our store of hillfood and gear]. A mess shelter and cook tent were built from boulders, bamboos, and tarpaulins and were to be our "home" for the next 7 weeks.

*20 - 23 July - To Camp 1 (16800ft.)*

13 porters, Colin, Nigel and Ginette set out on the 20th July in pouring rain carrying loads to "The Boulder" and cairning the route along the way. The weather remained poor for 2 days which were spent sorting hill-food and organising gear. Alec, who had been working in Ethiopia, joined the group at this stage.

On 22nd July, Colin, Bruce and Nigel set off to establish Camp 1. They found a route through the centre of the ice fall, branching right along "The Gutter" to the base of "Scaly Alley" - an avalanche chute, so named in 1938, linking the 1st and 2nd icefall (see diagram). Just before Scaly Alley is a large pool and relatively sheltered flat spot, which we termed 'halfway stage' (15,500ft) where they camped that night before climbing Scaly Alley in the early hours of the following morning to avoid rockfall. Camp 1 was established at the base of the 3rd icefall (16,800ft).

It was planned that the rest of the team would carry up to Camp 1 on 23rd but we were thwarted by torrential rain at base camp and snow higher up forcing the lead team back to base. Ginette and Ewen became unwell with chest infections at this time.

*25 - 29 July - To Snow Dome (20,000ft)*

After 2 days of bad weather there were blue skies again on 25th July, so Nigel, Bruce and Stuart set off for Camp 1, while Kevin and Colin did a carry to the halfway stage. Ginette and Ewen were still unwell. In the early hours of 26th Bruce and Nigel reconnoitred a route to "Camp 2a" (18,000ft) which traversed left of the 3rd icefall (see diagram). They felt that the route up to the snow dome from this camp was less avalanche-prone than the traditional route used by previous expeditions. However, the rest of the group were not happy with hanging seracs that threatened this route and it was therefore abandoned in favour of the usual approach. In retrospect, both routes are probably as dangerous as each other as the snow slopes leading to the snow dome are always ready to slide after heavy snowfall.

On the 26th July, Nigel, Bruce and Stuart returned to base camp. Ewen and Ginette did a carry to the halfway stage, and Kevin and Colin climbed to Camp 1 that night. While Kevin and Colin continued to Camp 2 (19,000ft) at the top of the 3rd icefall, via a tortuous route through the icefall, the rest of the team carried loads to Camp 1 and returned to base, planning to move up to Camp 1 after a rest day. The following day (28 July) after 8 hours of heavy-going through deep snow, Colin and Kevin made it to the snow dome with a tent and a few days food and set up Camp 3 (20,000ft).

*30 July - 2 August - Bad Weather/Load Carrying*

Despite pouring rain, Nigel and Ginette left for Camp 1 on 30th July while the rest of the base camp team were all ill with gastroenteritis. The same day Kevin and Colin descended through white-out conditions and deep snow to base camp, stopping for a much needed cuppa at Camp 1. The weather remained bad for 2 more days when all were at base camp except Nigel and Ginette, who plodded up to Camp 2a to try and retrieve the tent unsuccessfully, and carried loads up from the halfway stage before descending to base on 1 August.

*3 - 11 August - To Camp 3 (20,000ft)*

Bruce, Stuart, Alec, Ewen, Nigel and Ginette moved up to Camp 1 on 3 August while Mark and Mike, who'd recently joined the team, did a carry. Mike was ill with gastro-enteritis and became quite dehydrated in the hot sun up to Camp 1. The following day Bruce and Stuart went to Camp 2a to retrieve the tent - successfully this time - while Nigel and Ginette broke trail to Camp 2 with Alec and Ewen load-carrying behind. The snow was extremely deep with a thin breakable crust, so this was exhausting work. It took 2 days to find a route and break trail through the right hand side of the 3rd icefall to the plateau above where we established a temporary "Camp 1 ½" (18,500ft).

On the 6th August Bruce, Stuart, Alec, Ewen, Nigel and Ginette moved up to Camp 1 ½ while Mike, Mark, Colin and Kevin moved to Camp 1. Camp 2 proper was established the following day on a ridge at the bottom of the avalanche - prone slope up to the snow dome. Subsequently a large snowhole was dug at this campsite. The lower team found a quicker route to Camp 2 (Colin and Kevin's descent route) up a steep snow slope to the right of the 3rd icefall which gains a little more height than is necessary but, by avoiding the icefall, is more straightforward and generally has hard snow that can be crimped up.

On 8th August, Nigel and Ginette broke trail to the snowdome straight up the windslab slopes above Camp 2, traversing left under large seracs to break out onto the ridge before descending about 300ft onto the snowdome to find Camp 3 (now buried under 3ft of snow) established by Kevin and Colin 10 days previously. Over the next 2 days the whole team carried loads up to the ridge above Camp 3. Mike, Ewen, Bruce and Alec then returned to base camp to greet Mungo, who'd just arrived, while the remaining six moved up to Camp 3.

*11 - 13 August - Camp 4 (21,600ft) Attempt on Masherbrum East*

On 11 August the 6 at Camp 3 moved up with 4 days food to Camp 4 (21,600ft) situated approx a quarter mile from the base of Masherbrum East and just below the South East face of Masherbrum proper. It is a 1.5 mile plod across the snow dome with very little gain in elevation until the final half mile. With all the recent snow it was very hard going, despite the trail broken by Colin and Stuart the previous day. We found snowshoes especially useful for this section. The following day the weather was very unsettled - cloudy with snow showers, but nevertheless the 6 set off that evening to climb Masherbrum East.

The proposed route was straight up the steep south face of Masherbrum East onto the summit ridge. However, after only 400ft of climbing (Scottish Grade III/IV) a huge thunderstorm moved in setting off avalanches down the nearby South East face and giving impressive lightning displays. There was a mass retreat to Camp 4 and, as it continued to snow all night, the following morning the team returned to base camp to sit out the bad weather.

*18 - 29 August - Return to Camp 4*

After 5 days of snow the weather cleared on the afternoon on 17 August, bringing a beautiful evening, although the barometer reading remained low. The following morning it was still clear so Nigel and Ginette set off at 4am and reached Camp 2 the same day. They continued, in good weather, the next day to Camp 4, collecting more food en route, while Mike and Alec moved up to Camp 2, and Mungo to Camp 1. As soon as

Camp 4 was reached the weather turned bad again with heavy snowfall. Mike, Alec and Mungo returned to base camp on 21 August, but the two at Camp 4 were determined to sit out the bad weather. However, after 7 days of virtually continuous snowfall they decided to retreat bringing all their gear with them.

It took 3 days to descend through waist-and often chest-deep snow and white-out conditions. They were avalanched on the slope above Camp 3, and were unable to find the snowhole at Camp 2 as it was totally buried. Nigel suffered a painful night here as he developed snowblindness which resolved by the following morning. The final descent to base camp took 14 hours from Camp 2, finishing in the dark across the moraine. There was considerable avalanche debris on the plateau of Camp 1 ½, and Scaly Alley had completely changed with the constant flow of avalanches down it and collapse of seracs from the adjacent icefall into it. It was certainly a relief to reach base camp in one piece!

### *3 - 7 September - Final Attempt*

By 3rd September, at last the barometer needle started to rise but now there was several feet of fresh snow on the hill. Mark, Kevin, Ewen, Colin and Mungo set off for Camp 1 where they bivvied before continuing to Camp 2 the next day - this time succeeding in digging out the snowhole and retrieving their gear. The weather was unsettled but they pressed on to Camp 3 that night to find several feet of snow covering the cache of food and gear, although the marker wands were clearly visible.

On 6 September, they plodded across the snow dome and up to Camp 4 - or rather where Camp 4 should have been. The wind was howling and the site was scoured clean with not even a blemish in the snow to mark Camp 4. After 3 hours of close probing the camp was still not found. By then the wind was getting stronger and the clouds moving in, so the decision was made to retreat. By the time they reached Camp 3 it was snowing hard. The combination of loss of the gear at Camp 4, deep soft snow conditions and poor weather prevented the team going any further, and the next day they cleared the mountain and returned to base camp for the last time.

### *Summary*

Masherbrum remains unclimbed by a British team - though not for the want of trying. Although we still had another 3,600 ft. of climbing to reach the summit we feel that the weather, rather than the climbing, stopped us. In our 49 days on Masherbrum we had only 16 days good weather!

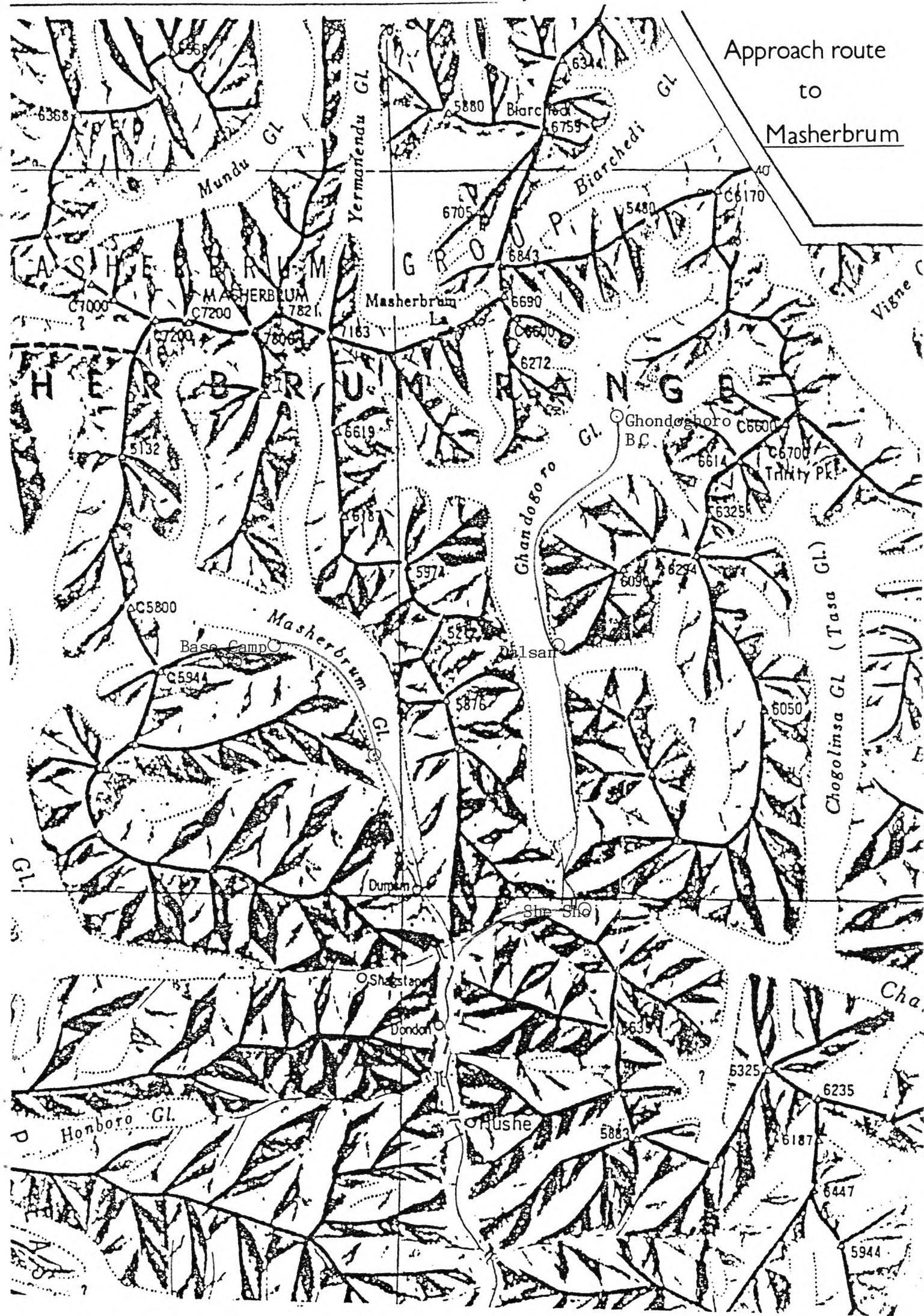


Position of Masherbrum

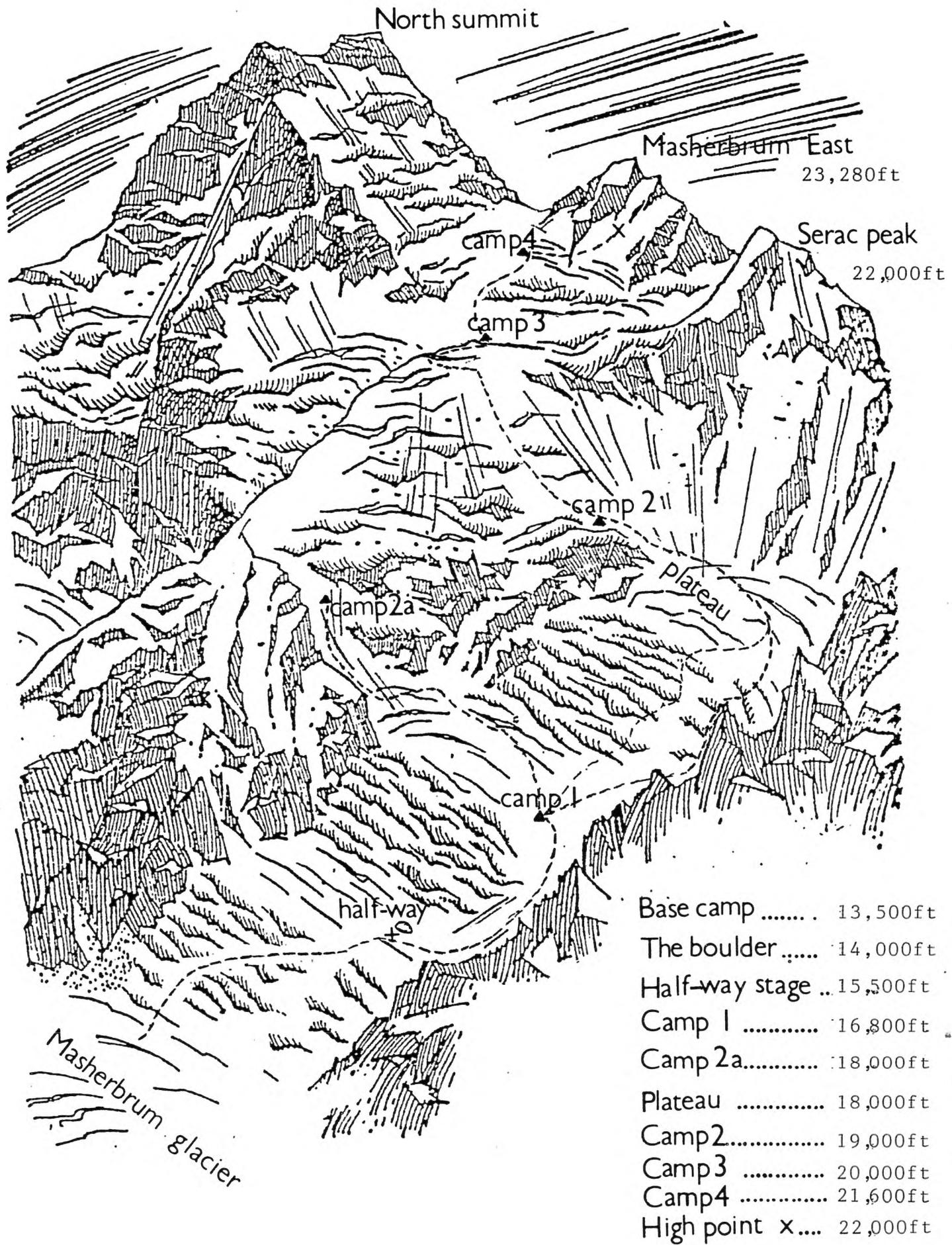
Approach route

to

Masherbrum



Masherbrum 25,660'



## **Paragliding**

Harley Chutes of Llandrindod Wells generously lent the Expedition three chutes - a 310 and 280 New Wave and a 240 Magic Mountain.

Paragliding in the Hushe valley was not as successful as we'd hoped due to the following:

- Wind conditions were generally turbulent
- Take off sites were often too steep and short to be able to abort take off if necessary
- Landing areas free of rocks were difficult to find.

Despite this Stuart managed a few short flights, though none from Masherbrum itself. He also travelled to the Swat Valley at the end of the expedition, where he managed several longer flights.

## **Travel**

We flew by Egypt Air from Heathrow to Karachi and then by PIA from Karachi to Islamabad. Cost price tickets and excess baggage allowance were negotiated through Nahl Travel, Leeds. 400kg of equipment including Epigas were freighted to Islamabad by SOS Air Cargo Ltd, Manchester who are very used to dealing with impoverished climbing expeditions and gave us a very reasonable rate.

We hired a 40-seater bus to transport the team and all our food and gear from Rawalpindi to Skardu. Two members of the team and the liaison officer flew to Skardu to arrange porters and local transport. Air Freight to Skardu costs 3.75 rupees per kilo and flights cost 300 rupees, so depending on the amount of gear to transport it can be cheaper to fly than to drive, but the flights are weather-dependent. Flights are also heavily booked but can be arranged in advance through PIA (the fare is refunded if the flight is cancelled) or through the local trekking agents - we used Himalayan Treks and Tours, 112 Murree Road, Rawalpindi.

From Skardu we travelled by jeep to Hushe. the road is frequently washed away between Belegum and Hushe so one should budget for 2 days extra portering expenses - luckily the road was open for our journey both to and from Hushe. Beyond Hushe all travel is on foot.

## **Administration**

### **Permit**

The permit to climb Mahserbrum was applied for via the Pakistan Embassy in London 1 year before the Expedition left England. This year ours and many other expeditions were overcharged for the peak fee. We are still trying to obtain a refund.

### **Helicopter Bond**

Every expedition is required to deposit \$4000 in a call deposit account in case of helicopter rescue. We are indebted to the Birmingham Medical Research Expeditionary Society for lending us the money interest-free.

On the expedition's return the liaison officer certifies that no helicopter was used, and

the money is returned with no bank charges - in theory. In fact if the deposit is initially paid in sterling money will be lost in two sets of currency conversion transactions.

Future expeditions would be better insisting that the call deposit account remains in sterling so as to avoid these charges. Take photocopies of your passport, the counterfoils for the travellers cheques and a lot of patience!.

### **Insurance**

Expedition insurance was arranged through the British Mountaineering Council. Insurance for the Liaison Officer and porters was through Alpha Insurance, Rawalpindi.

### **Import/Export of Equipment**

There are no charges on expedition equipment imported or exported from Pakistan but before freighted equipment can be collected an import certificate is required. This is obtained from the Import/Export Office after producing triplicate copies of equipment lists signed and stamped by the Tourism Division. It is important to get a letter from the Tourism Division at the debriefing session regarding equipment to be exported.

Freighting gear home is relatively expensive, but if it is classified as personal effects and you have a P.I.A. return ticket to the U.K., the cost is half the standard price (ie 50 rupees per kilo). With some persuasion Airport Officials will accept barrels of ice axes and climbing gear as personal effects.

## Finances

In view of the large group size and varying travel arrangements, expenses were divided into individual expenses, to be met by each member, and communal expenses which were paid for by Expedition Funds. In addition to paying their individual expenses each team member (including those who subsequently were not able to come on the expedition) paid a "Membership Fee" into Expedition Funds.

<b>Individual Expenses (per person)</b>	<b>£</b>
Flight (Return) London - Islamabad	390.00
Flight (Return) Islamabad - Skardu	24.00
Visa	30.00
Insurance	90.00
Food/Accommodation Rawalpindi & Skardu	50.00
Total for 12 Members	7472.00

(10 flew only one way from Skardu)

<b>Communal Expenses</b>		<b>Income</b>	
Bus Islamabad - Skardu	270.00	Membership Fees	8300.00
Jeeps to Hushe (3)	150.00	British Mountaineering Council Grant	1000.00
Return Jeep/Tractor from Hushe	70.00	Mount Everest Foundation Grant	1000.00
Taxis/Transport in Rawalpindi	30.00	Sale of T-Shirts	531.00
Air Freight/Import Agents' Charges	775.00	Donations	70.00
Trekking Agents Charge	165.00	Interest on Bank Account	37.00
Food & Fuel	2750.00	Total	10938.00
Gear for LO/Cooks	230.00		
LO's Expenses (incl. food)	448.00		
Communal Gear	260.00		
Peak fee	2335.00		
Hire of Porters	2015.00		
Hire of Cooks	737.00		
Insurance for Porters/ LO	200.00		

Communal Insurance	81.00
Charges on helicopter bond	97.00
"Clean up Mountain" Charge	125.00
Stationery	50.00
Phone Calls/Postage/ Report	310.00
Total	11098.00

Total Overall Cost of Expedition = £18570.00

We hope to eventually break even when the excess peak fee is refunded.

## **Medical Report**

Prior to departure all expedition members were asked for a brief medical history and advised to have a dental check-up. Immunisations against Cholera, Typhoid, Polio and Tetanus and Hepatitis A Gammaglobulin were recommended. As we were travelling via Cairo, Chloroquine Malaria Prophylaxis was taken but discontinued after 4 weeks in the mountains. It was restarted one week before the return journey and continued for 4 weeks after return home.

During the walk-in all water was purified by adding iodine (8 drops of 2% iodine per litre of water) but this procedure was discontinued at base camp and above with no ill-effects. Climbers were instructed in the symptoms and treatment of mountain sickness and the basic technique of intramuscular injections. All climbers were issued with a medical kit (contents listed below). In addition medical kits were left at each camp and main kits left at "The Boulder" and base camp. All drugs were labelled with instructions on use; and two manuals: *Mountain Sickness - Prevention, Recognition and Treatment by Peter Hackett*, and *Medicine for Mountaineering by James Wilkinson* were left at base camp for reference when the three expedition doctors were not available.

Very few medical problems were encountered. There were bouts of gastroenteritis - generally mild - especially occurring during our stay at Hushe village, and probably caused by giardia. They usually responded to Flagyl. Two members developed chest infections, one of whom was treated with Septrin. One member developed snowblindness and was treated symptomatically with Temgesic.

There was no severe altitude sickness although many people complained of mild symptoms of headache, nausea and lassitude. Six of the twelve climbers took acetazolamide prophylactically.

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

### **Contents of Medical Bag**

#### *Individual Kits*

Antimalarial : Chloroquine

Painkillers : Codis, Temgesic

Antidiarrhoeal : Imodium

Throat : Strepsils

Electrolyte Replacement : Rehidrat

Water Purification : Iodine

Nausea : Stemetil

Antiseptic Cream

Assorted Dressings

Tape

*Base Camp Kit*

Painkillers	Codis Ponstan Forte Temgesic Cyclimorph Difflam Cream
Anti-Emetic	Buccastem
Anti-Diarrhoea	Imodium Lomotil Buscopan
Electrolyte Replacement	Dioralyte Rehidrat
Sleeping	Temazepam
Antibiotics	Septrin Forte Floxapen Flagyl Cefuroxime Chloromycetin Eye Ointment and Drops
Anti Fungal/Parasites/ Herpes	Zovirax Vermox Daktarin Cream & Powder Flea Powder
Respiratory	Fishermans Friends Strepsils Sudafed
Indigestion	Algicon
Mountain Sickness	Acetazolamide Frusemide Dexamethasone
Fits	Diazepam
Sun	Uvistat Cream and Lipsalve Minims Benoxinate
Vitamins	Orovite
Allergy	Piriton

	Hydrocortisone Adrenaline
IV FLuid	Haemaccel Dextrose-Saline Local Anaesthetic
Dental Kit	

Assorted Dressings, Suture Set, Tape, Scissors, Pins, Thermometer Etc.

### **Medical Acknowledgements**

Thanks are due to the following companies and their representatives who generously provided our medical supplies at no cost. Mr H M Boissonade kindly lent us a Dental Kit.

Beechams Research Laboratories

Boehringer Ingelheim Ltd

Crookes Healthcare Ltd

Glaxo Laboratories Ltd

Hoescht UK Ltd

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Reckitt and Coleman

Rorer Pharmaceuticals Ltd

Searle Pharmaceuticals

Smith, Kline and French

Smith and Nephew Pharmaceuticals Ltd

Sterling Winthrop Group Ltd

Wellcome Laboratories

Wyeth Laboratories

## **Food**

Base Camp food was the local diet (Rice, Potatoes, Lentils and Turnips) supplemented by a few goodies brought from home - Eggs, Potatoes and a few fresh Vegetables were bought in Hushe, but most provisions were purchased in Rawalpindi. Hill food was virtually all imported.

Wholewheat Pasta, Smash and Noodles eaten with dehydrated meals or soup made up the bulk of our diet. On the mountain we had plenty of snack foods - Christmas Puddings, Flapjacks, Grizzly Bars and Kendal Mint Cake were particularly popular.

The Expedition members are grateful to the following Companies for their support.

Beechams, Bovril Brands

Cadburys

Cheshire Wholefoods

Daniels, Quiggins and Sons

Dove Farm

Greens of Brighton

The Green Dragon Bakery

Healthilife Ltd

Holgates Nutritional Food Ltd

KP Foods

GR Lanes Health Products Ltd

Lochnagar Distillery

Lyme Regis Foods Ltd

Nabisco Group

Nestle

Pasta Foods Ltd

Princess

RHM Foods

Ryvita

Scottish and Newcastle Breweries

Shepherdboy Ltd

Symbol Biscuits Ltd

Twinings

## **Equipment**

Each member was responsible for their own personal equipment including Climbing Rope, Hardware, Basecamp and Mountain Tents. Can Offshore generously donated two Climbing Ropes and Avon Rubber Plc gave a Sleeping Bag, Bivvi Bag and Tent and Rucksac.

Polypropylene Rope, Icescrews and Snowstakes were taken but not used as no rope was fixed due to the ever changing conditions and route through the icefall. All cooking on Masherbrum was with Epigas stoves and fuel, but primus stoves were used on the smaller peaks.

We are grateful to Roadair Products for providing plastic snow shovels and sturdy airfreight boxes which doubled up as seats for the mess tent.

Radios for communication on the mountain were generously supplied by Maxon and comprised of a base camp set powered by a car battery and two hand-held "Walkie-Talkies" powered by rechargeable batteries.

The following Companies provided personal gear at discount prices.

Camp  
Cotswold Camping  
Happy Gary  
Javlin  
Karrimor  
Mountain Leisure  
RAB  
Snowdon Clothing  
G.S. Sport Ltd  
Wild Country

## **Acknowledgements**

Avon Rubber Plc  
Beechams, Bovril Brands  
Beechams Research Laboratories  
Birmingham Medical Research Expeditionary Society  
Boehringer Ingelheim Ltd  
Boissonade, H.M.  
British Mountaineering Council  
Cadburys  
Camp  
Can Offshore  
Cheshire Wholefoods  
Cotswold Camping  
Crookes Healthcare Ltd  
Daniels, Quiggins and Sons  
Dove Farm  
Expeditionary Advisory Centre  
Fletcher, Ron  
Glaxo Laboratories Ltd  
Greens of Brighton  
The Green Dragon Bakery  
Groves, Mike  
Happy Gary  
Harley Chutes  
Healthilife Ltd  
Himalayan Kingdoms Ltd  
Hoescht UK Ltd  
Holgates Nutritional Foods Ltd

Janssen Pharmaceuticals Ltd  
Javlin  
Karrimor  
KP Foods  
GR Lanes Health Products Ltd  
Lochnegar Distillery  
Lofthouse of Fleetwood Ltd  
Lyme Regis Foods Ltd  
Maxon  
May and Baker Ltd  
McKay, Tan  
Merck, Sharpe and Dohme  
Mount Everest Foundation  
Mountain Leisure  
Moyes, Martin  
Nabisco Group  
Nestle  
Parke Davis Research Laboratories  
Pasta Foods Ltd  
Princess  
RAB  
Reckitt and Coleman  
RHM Foods  
Roadair Products  
Rorer Pharmaceuticals Ltd  
Royal Geographical Society  
Ryyvita  
Scottish and Newcastle Breweries Ltd

Searle Pharmaceuticals  
Shepherdboy Ltd  
Smith, Kline and French  
Smith and Nephew Pharmaceuticals Ltd  
Snowdon Clothing  
S.O.S. Air Cargo Ltd  
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