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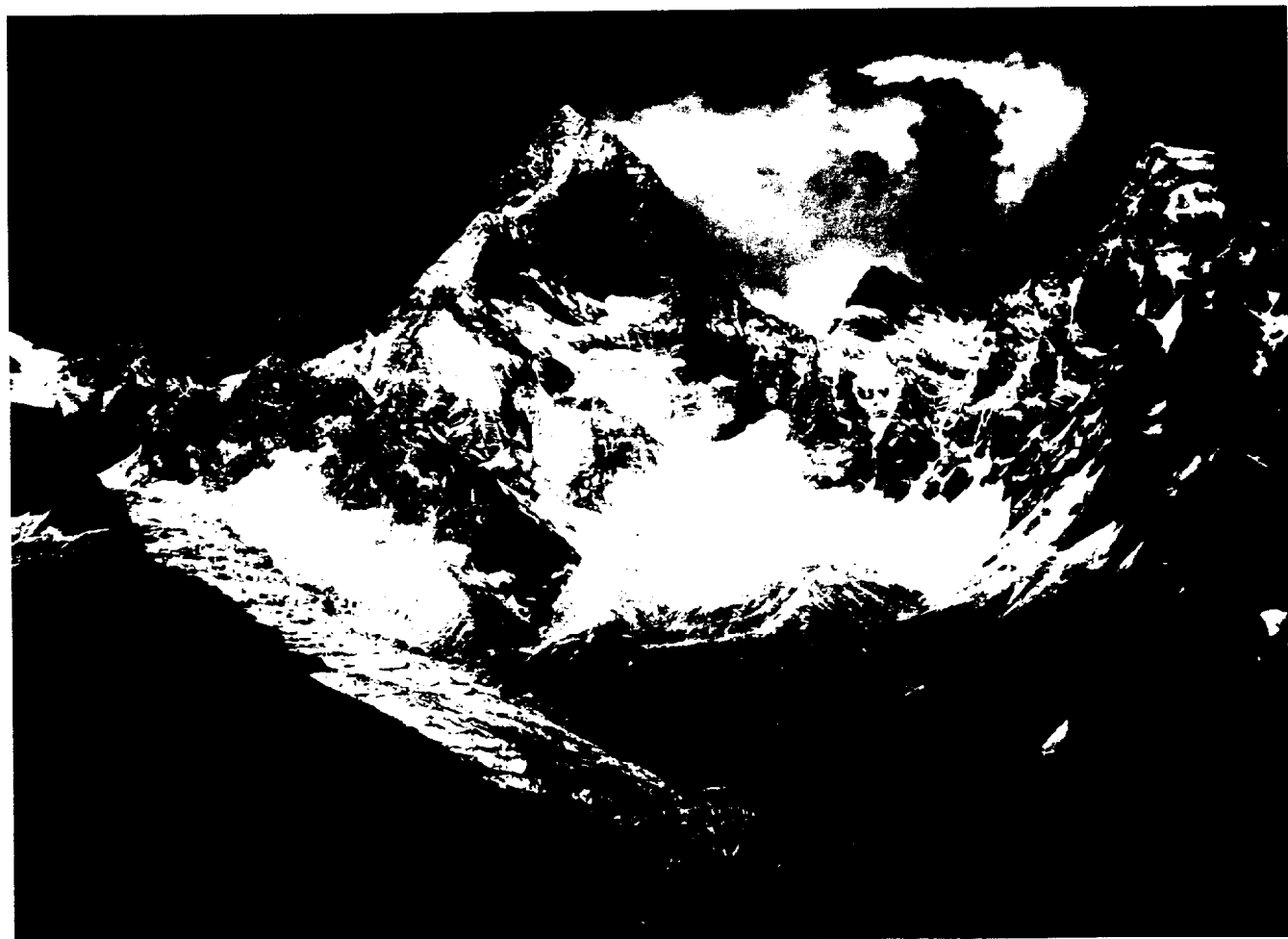
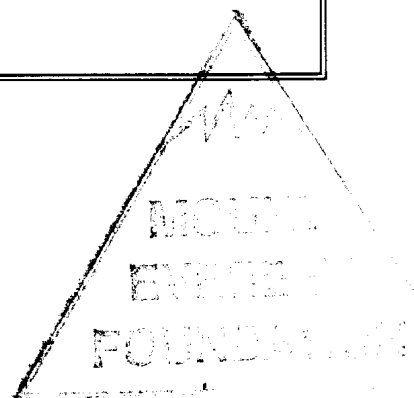
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# 1993 Anglo/Irish Koz Sar Expedition Full Report

Written by Andy Creigh - October 1993



(DB)

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Note : Key facts can be found in the summary and appendices. The remaining sections are a narrative of the expedition describing our overall approach, and highlighting problems and other areas of interest.

## SUMMARY

The aim of the expedition was to make the first ascent of Koz Sar (6677m), at the western end of the Karakoram in Pakistan. The peak is located close to the border with Afghanistan, and the area was only re-opened in 1991 after 40 years as a closed zone. This gave us the chance to get away from the more popular areas and for a degree of exploration before making our attempt.

Inevitably for such a little frequented area, we were only able to find one photograph of the peak. This showed a steep summit pyramid guarded by a number of steep and complicated looking approach ridges. Our chosen route was the South Ridge and we arrived at the foot of it following two weeks of acclimatisation on the 6th of June 1993, establishing Base Camp at 3,700m.

By the first week of July, we had experienced a good deal of bad weather but had made steady progress up to 5,800m and hoped to establish Camp 2. However, the freezing level had risen steadily as summer progressed and the snow conditions were deteriorating daily. Most of the team were becoming increasingly tired, and on the 14th of July, the last day of the permit, an attempt to establish Camp 2 turned into a gear stripping session and a final withdrawal to Base Camp.

## PERSONNEL

The expedition consisted of seven members :-

Andy Creigh	(Leader)	Fais-Ali	(Liaison Officer)
Pete Williams		Ali Haider	(Cook/Sirdar)
Declan MacMahon			
Steve Richardson			
Ivan Wolton			

The expedition contact is Andy Creigh, who can be reached at the following address :-

26 Brooklyn Road  
Bedminster Down  
Bristol  
BS13 7LA.  
Tel:(0272) 782496

## PLANNING AND PREPARATIONS

### Choosing the Peak

Back in 1991 Koz Sar was chosen as our main objective after the usual numerous visits to the Alpine Club Library investigating the histories of potential objectives. According to the available reports, the only expedition to have had permission for the peak was a Japanese group in 1984 who attempted another peak instead. Our agent in Pakistan confirmed that the peak was unclimbed as the area had been closed for about 40 years prior to 1991 due to its proximity to the border with Afghanistan. In February 1992 we managed to obtain a photograph of the peak from Tom Gilchrist at Karakoram Experience. This showed the top section of the South ridge in profile behind the West face of the mountain. The limited view that this offered showed at least one feasible route.

### Style of Expedition

We planned to spend two weeks exploring the Ishkoman valley before confirming which route to attempt on the mountain. This would also give us time to acclimatise and with luck we hoped to do some alpine-style climbing on smaller peaks in the area. For the main objective we planned to take enough equipment for a traditional fixed-style approach. We hoped to have just two Camps on the mountain, the first consisting of two tents and the second as a snow-hole.

### 1992 Expedition

The expedition was originally planned for 1992 and much of the credit for the initial planning goes to the people involved at the time. Unfortunately, Chris and Declan dropped out early in 1992 and we were unable to find replacements in time. In April we were dealt the final blow when Pete was made redundant and we decided that it was beyond our collective finances as well as climbing resources. The expedition was postponed until 1993 and we set about finding new people to join the team.

### Equipment

**Fixed Rope** - For the fixing of the route we took 1,200m of 8mm static rope, 30 snow stakes and approximately 100 rock pegs. 1,100m of the rope was polypropylene which has the advantage of very low cost and light weight. We also took 100m of standard static kernmantel for better abrasion resistance on difficult spots and 100m of tubular tape to tie off anchors. For leading we took six 50m climbing ropes which could also be used to supplement the fixed rope if we ran out. Two lead racks consisted of a variety of nuts and a few ice screws.

**Tentage** - We took enough tents for one per member at Base Camp as well as a medium-sized frame tent for use as a mess tent and two tarpaulins as a roof for the kitchen. We took four tents for use on the mountain, three for Camp 1 and a small two-man goretex tent in case we couldn't use a snow hole for Camp 2. In addition, we took two snow shovels for making tent platforms and digging snow-holes.

Cooking - We took five MSR XGKII stoves for use above Base Camp. In addition, we had 10 cylinders of propane/butane mix gas freighted to Pakistan and took two epigas stoves as a reserve for use higher up.

Personal - The main additions to Alpine equipment were Javlin salopettes, better sleeping bags, and better boots. We also bought four Casio ALTI-6000 altimeter/barometer watches which were very useful.

First-aid - We took a comprehensive first-aid kit based on previous experience in Nepal. This was divided into a porter first-aid kit, Base Camp and Camp 1 medical kits, and five individual first-aid kits. Full details of their contents and a report of usage can be found in Appendix C.

Miscellaneous - Finally, we took a Polaroid camera to record various explorations for the rest of the team to discuss.

#### Mountain Food

This is usually one of the most difficult areas of the planning to get right. As usual we aimed to have a number of different menus liked by all, avoiding freeze-dried food and largely based on experience from our 1989 trip to Nepal. Most of the food was bought and packed in early April ready for the freight to be sent out. A few breakable items were bought in Pakistan, and the final two-man-day ration packs were put together at Base Camp. Full details of the mountain food menus can be found in Appendix D.

#### Flights and Freight

The most convenient route to Islamabad was a direct flight with PIA which included 23kg of free extra luggage allowance on the outward journey. However, when the price went up to around £710 we decided to go for the cheaper alternative. We flew Gulf Air to Karachi for £339 and then took a PIA internal flight for a further £55 each way. In all this saved us nearly £300 each on the first option and was a lot less hassle than we had expected.

For our freight we used the considerable experience of Colin and Cathy Fowler at Expedition Freight in Llanberis. We sent 640kg of food and equipment 3 weeks before the advance team left the UK in case of any delays. The freight arrived intact within two days of collection and we therefore used the same company on the return.

#### Sponsorship

As with previous expeditions, we applied to the Mount Everest Foundation and the British Mountaineering Council for grants. We also wrote to a few large companies asking for financial help but with no success. We received a good deal of help in the form of discounts from equipment manufacturers as well as donations of various foods for use on the mountain. Sponsorship is detailed fully in Appendix E.

## ADVANCE TEAM ACTIVITIES

The idea of an advance team was to complete most of the preliminary arrangements with just two people so that we could save expense on accommodation in Islamabad. Andy and Pete arrived in Islamabad on the 11th of May leaving five days before the rest of the team arrived to make the necessary arrangements.

After making contact with our agent in Pakistan, we expected an arduous series of bureaucratic encounters ahead such as we had experienced in Nepal in 1989. In fact the formalities were all too easy and with the help of our agent and cook we had completed most of the work within two-three days. This involved the following :-

- A. Initial briefing with the Ministry of Tourism - A quick visit to meet the officials and to confirm the arrangements that needed to be made.
- B. Collection of Freight - The freight was pre-cleared before our arrival by Galaxy Freight in Islamabad. We simply checked the number of items and signed a few forms before it was delivered to our accommodation.
- C. Environmental Deposit - \$200 was deposited with the Bank of Pakistan as a non-returnable 'gift' towards environmental cleanups as dictated in the Ministry of Tourism mountaineering rules.
- D. Epigas - This was collected from a forwarding agent in Islamabad.
- E. Helicopter and Environmental Bonds - The deposits of a \$1,000 environmental bond and a \$4,000 helicopter bond were covered by payment of \$40 per person to our agent Nazir Sabir.
- F. Insurance - Cover for our Liaison Officer, Cook and Porters was arranged through a company in Rawalpindi.
- G. Equipment - We bought six folding chairs for use at Base Camp, two tarpaulins and some pots, pans and cooking utensils for the kitchen.
- H. Base Camp Food - We bought most of the Base Camp food from a local shop in Islamabad with the exception of fresh vegetables and eggs which were bought later in Gilgit.
- I. Transport - Our agent arranged for a medium-sized coach to take us from Islamabad to Gilgit.

## **JOURNEY TO ISHKOMAN VALLEY**

Once the rest of the team arrived on the 16th of May, we met our Liaison Officer and the following day we had our briefing with the Ministry of Tourism before leaving for Gilgit at 4pm.

The overnight journey was long and tiring, punctuated by occasional stops for food and drink. In Kohistan we stopped twice to take on armed soldiers to protect us from potential attack from bandits. After stunning dawn views of Nanga Parbat, we arrived exhausted in Gilgit at 9am and spent most of the day recovering from the journey so far.

The following day was spent buying fresh food, fuel, stoves and last minute items before watching a polo match in the afternoon. Our cook Ali spent many hours negotiating jeep prices before agreeing a price with three drivers ready for the next day.

We left Gilgit on the 20th of May and spent another long day travelling along hot and dusty tracks before arriving in Imt, half an hour's drive short of the roadhead at Bhurt. One of the 3 jeeps broke down shortly after and the drivers were unable to fix it easily. The first of the three jeeps returned from our final destination to take on the load and our Camp was eventually set up by about midnight.

## **ACCLIMATISATION AND EXPLORATION**

We awoke to views of towering snowy faces of nearby 6,000m peaks and spent the rest of the day putting the finishing touches to our initial Base Camp. The site was on the edge of the village of Bhurt, in one of the local people's fields.

The next day we began our exploration of the valley. Three of us walked to the village of Matram Das at the foot of Koz Sar and looked for a possible route up to the South Ridge. The only possible approach lay up the side of a steep and loose gorge. After reaching a particularly dangerous section at 3400m we decided to turn back for the day and return later for a more prolonged trip.

Declan and Steve returned a few days later and spent two days exploring the gorge and the area at the base of the South Ridge reaching 4,500m in the process and finding the only realistic site for Base Camp at 3,700m. Although comparatively low, this was the last site close enough to a water supply. The loose section of the gorge had caused them some concern as it involved step cutting down steep mud slopes and considerable exposure to stone-fall and they returned to Bhurt concerned at the viability of the route for porters. Long discussions were held on the viability of an alternative peak. Unfortunately, our potential secondary objective, Bori Dorkush was apparently cut-off along with an entire village on the wrong side of the snout of the Karumbar glacier. This left us with few alternatives without significantly increasing our portage costs.

By this time, the rest of the group had explored a side valley on the South side of the main valley which led up to a ring of small snowy peaks. We decided that this would be the venue for our main acclimatisation and attempt at Alpine style climbing.

After Declan and Steve's trip up the gorge Ivan and Andy went for another look accompanied by our Liaison Officer and a villager to act as interpreter. Discussion with the hunter from the village of Matram Das revealed that he knew of an alternative route to our prospective Base Camp which we followed the next day. This descended below the worst section of stonefall danger to the floor of the gorge and was (relatively speaking) a good deal safer and passable for porters.

Two days later four of us set off up the previously explored side valley for our attempt at Alpine-style climbing. Two porters carried loads for us on the way up as we were carrying enough food and equipment for a 5 day stay. We bivied overnight on the way up in some shepherd's huts before continuing to around 3,900m where we set up camp next to a glacier. From here we were within striking distance of routes on two possible looking peaks. Unfortunately, the weather deteriorated rapidly as the day wore on and we spent the next day and a half waiting for it to clear.

The 1st of June eventually dawned clear and we set off at first light for the first of our likely looking peaks. We followed the side of the glacier till we were opposite the base of the route which Ivan had estimated we could reach in a further 20 minutes or so. Blinded by optimism despite the two days of snowfall, we strode boldly onwards and quickly disappeared into thigh-deep snow which reduced our rate of progress to a crawl. Reaching the route now became a matter of pride and we struggled resolutely on before finally reaching the foot of the route four and a half hours after leaving our camp ! After a quick 60m of slush climbing, and setting off a few snow slides, we accepted the obvious and swam back down to the tents. The following morning Steve and Declan set off for the second of the likely looking routes at the more logical time of midnight in the hope of better snow conditions. Andy and Ivan set off an hour and a half later and reached the foot of the route before making a radio call to the first pair who had quickly reached 4450m. The route was steeper than it had appeared and was predominantly on snow with few rock anchors and once again the snow conditions were very poor. After some discussion, Steve and Declan decided that it wasn't worthwhile continuing, so we returned to the camp for a lay-in before yomping back down to Bhurt much wiser than before.



## **JOURNEY TO BASE CAMP**

In the two weeks spent at the village of Bhurt, we had negotiated the porter rates and arranged the date for our walk to Base Camp. Although we could reach it in a day from Bhurt, porters carrying 25kgs would take longer and we therefore arranged to make the walk in two stages, stopping overnight in the village of Matram Das. As there were only a limited number of men available in the area to carry loads, we took two days for each stage with donkeys being used for the walk from Bhurt to Matram Das. Fortunately there were only two sections in close proximity to the river, and despite some hesitation the donkeys kindly avoided the temptation of jumping into it.

The second stage up the gorge was potentially dangerous with steep loose slopes above a 600 ft drop to the bottom of the gorge. We went prepared for problems each day with a compliment of rescue gear and first-aid. Fortunately, the only victim was Ivan's rucksack which made an impromptu dash for freedom before rapidly being retrieved by a its owner. The second day also passed off without incident and we enlisted the help of the porters in levelling platforms for the tents for several hours before paying them off. It was now the 7th of June and we were ready for our attempt on Koz Sar.

## **THE ATTEMPT ON KOZ SAR**

After a couple of days shoring up our Base Camp defences against the weather, we set off for our first serious reconnaissance of the mountain. (Please refer to the photo at the back of the report.)

The true South Ridge of the mountain started at the foot of a 1,700m headwall below the summit and descended in a long and complicated series of pinnacles to finish at the height of our Base Camp. The shorter South-West ridge offered a more realistic chance of reaching the summit and it was the base of this at 4,500m which Declan and Steve had reached during their earlier explorations. Four of us therefore set off to take a look at each side of this to determine the best route.

Steve and Declan made a long traverse around to the West side of the ridge across dangerously avalanche-prone slopes to a high point of 5,000m. This showed them a potential route up to the crest of the ridge but the seriousness of the approach made it an unpopular choice and they returned somewhat disheartened.

In the meantime, Ivan and Andy investigated the East side of the ridge and fortunately found a very straightforward and safe route up to a similar height. From there, two possible routes to the crest of the ridge were apparent so they made a start on a snow-hole and dumped some gear before descending. An Advance Base Camp was set up at 4,450m on the way down to act as a staging post for load carrying. The pair then continued to Base Camp to pass on the good news.

Two days later the first loads were carried up to Camp 1 ready for the next stage. Mountain rations were unpacked and assembled into two-man day packs and the rest of the equipment was sorted into priority order for movement up the mountain. At this point, Andy's wife Brenda and Liz (nobody's wife) arrived at Base Camp with Fais who had met them in Islamabad. Liz was on a whistle-stop tour and raced up to ABC and back the same day before disappearing again the next morning to get back to the UK for an interview ! Brenda stayed with us for six days and seemed to have brought the bad weather with her as we spent most of them in the cloud.

As our Base Camp was relatively low, we had decided to pay a couple of porters to carry the bulk of our loads up to ABC at 4,450m. This was a straightforward two-hour walk up the moraine but a real knee-twister in descent and we wanted to save as much time and energy as possible in the early stages. Ali also helped out enthusiastically, depressing us with his fitness and speed in reaching ABC with 25kg's before running back down to Base Camp in time to cook breakfast.

Once we had carried a minimum of equipment to Camp 1, Declan and Steve were able to move up and occupy it before checking out the next stage of the route. The easiest looking line followed a shallow ramp up to the crest of the ridge at 5,400m and they spent a day climbing this in the hope of finding a feasible onward route. Unfortunately, once they reached the crest the way on was blocked by a series of steep pinnacles and there looked to be no easy way of avoiding them on either side. The only remaining route was therefore the most difficult looking, straight up the 900m face above Camp 1 to a point beyond the difficult pinnacles.

The next few weeks were spent gradually fixing the face between bouts of bad weather. After each new snowfall, we allowed a day or so for the worst of it to clear before going back up to carry on pushing out the route. As the four of us alternated between climbing and resting, Pete did two long stints of load carrying in support from ABC to keep us supplied with equipment and provisions, and spent many lonely hours listening to rockfall and avalanches as he watched our progress.

The bottom of the face was easily reached in under an hour from Camp 1. The next 500m of climbing consisted mostly of 50 to 60 degree snow climbing with occasional mixed sections up to a height of 5,600m where a steep ramp led leftwards to the crest of the ridge. Andy and Steve began climbing this on the 3rd of July and spent two days on the most difficult ground so far. The grade was somewhere around Scottish 3/4 on steep mixed ground and involved a number of strange manoeuvres such as tensioned traverses and wild swings to finally bring them to the crest. From here they enjoyed fine views over to Afghanistan and all around the surrounding peaks but were disappointed to find the way forward yet again barred by even harder looking climbing.

The hoped for 'easy-angled' saunter up the ridge turned out to be a narrow crest interrupted immediately above by a blank 5m slab with no obvious protection in sight. The alternatives on each side were even less appealing and with this in mind Andy thought he saw the end in sight and promptly rattled off a load of photos just in case.

Declan and Ivan took over the lead again the next day and tried a more direct approach from half-way up the ramp. The first attempt up a steep snow gully nearly saw Declan take a serious fall and he arrived back at the belay somewhat shaken. The only remaining option was to don his rock boots and set off boldly up a series of rocky flakes to once again reach the crest beyond the crux slab. The next day, a steep tower above was climbed to a high point of 5,800m before the pair returned to Base Camp for a good rest. The way on finally seemed to be easing off and we hoped that the next trip up would allow us to establish Camp 2 at last.

The next five days brought yet another bout of bad weather and it was the 13th of July before we were back at Camp 1 ready for another push. The permit was due to run out the next day but we knew that Fais could extend it by up to two weeks if necessary and we were still optimistic about getting to the top.

By now, the snow conditions on the mountain had deteriorated considerably since our arrival in June and our main concern was the state of the snow on the section between our high point and the summit. The route looked feasible but the most difficult area was up steep snow covered rock slabs between 6,000m and 6,400m and with waterfalls running at night at Camp 1 the indications were that the freezing level was very high.

The other factor becoming more apparent was the increasing tiredness of the team. Ivan had picked up a chest infection and had started a course of antibiotics. Andy had found the trip up to Camp 1 very tiring and all of us had seen our ascent times gradually increasing since our best performances a few weeks earlier.

On the 14th of July, Steve, Andy and Declan set off on a load carry to the high point with the intention of establishing Camp 2. Andy took two hours to reach the base of the fixed ropes before returning to Camp 1 exhausted. Steve and Declan took around 7 hours to reach the high point and found it the most tiring ascent so far. The condition of the snow was not much better than at Camp 1 800m below and after some discussion, the pair concluded that it was not worth carrying on without a large inflatable boat and twin 60hp Mercury engines! They returned exhausted to Camp 1, stripping as much of the route as possible on the way and our attempt was effectively at an end. Ivan had arrived from Base Camp shortly before, feeling much better from the antibiotics. After briefly considering a solo attempt (not really) he quickly capitulated and joined the consensus.

The snow-hole was emptied and we packed large sacks and even larger kitbags to be hauled down to ABC. Our remaining food was put into a large bivi bag and we sent it sliding off to intersect our descent route further down. Very sadly, Andy had miscalculated the launch point and the bag clipped some rocks before spilling its contents all the way down a 200ft snow slope. By the time we realised, we were below it all and it would have involved a lot of effort in deep slushy snow to recover it. Exhaustion precluded this and we continued on to ABC. The snow was so soft as we reached the end of the glacier that we kept sinking up to our waists in it and the added burden of hauling kitbags made the descent very arduous. We took the kitbags as far as we could beyond the glacier before leaving them for later recovery. After spending some time at ABC preparing loads we carried on to Base Camp to tell Fais that we wouldn't be needing an extension after all.

## RETURN JOURNEY

Once we had made the decision to abandon our attempt on the mountain, events moved very swiftly. Fais and Ali descended the same day to Matram Das to arrange porters and reappeared the next morning with 3 men in tow. These were despatched to ABC with Fais to retrieve the kit bags beyond and to strip the Camp. We expected them to have to make several trips but the three of them carried double loads and made it in one go. The rest of us spent the day packing as much as possible for the next morning.

The following day the porters arrived early and we packed up all our gear into loads. All the remaining rubbish was burnt and the residue was buried in our toilet pit before it was filled in. Several litter patrols ensured that we left as little trace of our passing as possible and after a thorough check we set off for Matram Das at the end of the morning.

The next day's walk was longer than expected and turned out to be quite arduous. Due to a landslide along the way, we were unable to arrange jeeps where we had hoped and we decided to walk all the way to Imit. Twenty miles in 30 degree heat was plenty for all of us and we collapsed gratefully in the guest house before an assured good night's sleep.

The following day we arrived back in Gilgit for our first hot showers in two months and spent two days waiting for the Karakorum Highway to re-open. In the meantime, we said goodbye to Ali and au-revoir to Ivan, who accompanied him back to his home in Nagar before spending a few days trekking up towards Rash Lake.

The rest of us arrived back in Islamabad on the 22nd of July. The opportunity of early flights on the 24th spurred us into action despite having spent 20 hours travelling from Gilgit and we managed to make all our necessary end of trip arrangements the same day. We travelled to Karachi and flew home to the UK the next day in time for Andy to reach his sister's wedding as the best man made his speech.

## LIAISON OFFICER

Our assigned liaison officer was a non-climber from Lahore who was unable to come at the last minute and we were therefore assigned Mr. Fais-Ali as a replacement. Fais had been on two previous expeditions to Nanga Parbat and despite his young age (19), his enthusiasm for climbing and experience as a trekking guide made him seem an ideal replacement.

Unfortunately, our early impressions were somewhat optimistic and through a combination of Fais's youth and inexperience and a number of joint misunderstandings, we experienced difficulties with him throughout the expedition.

## APPENDIX A: DIARY OF EVENTS

### 1991

- Spring Research identified the Batura Muztagh area as of interest, and sketchy details on the four peaks of interest.
- August Andy wrote to agencies in Pakistan.
- September Initial discussions with Tim Greening at Karakoram Experience followed by written details of our requirements.
- October Peak application submitted to the Pakistan High Commission in London.
- December Fixed rope and planning weekend in Bristol.  
Andy Cunningham and Bruce Baker were asked to be MEF referees again.  
MEF application submitted.  
Chris Rees-Jones dropped out of expedition.

### 1992

- January Matt received photos of Koz Sar from Tom Gilchrist.  
Declan unsure whether he could come on the trip due to father's illness.  
Permission received from Ministry of Tourism in Pakistan to climb Koz Sar.
- February Andy wrote to Berghaus, Wild Country, Phoenix, Mountain Equipment asking for discounts on gear.
- March Pete and Matt attended MEF screening committee interview.  
Asked Nazir Sabir to be our agent in Pakistan.  
BMC/MEF advised that we would receive a grant for £700  
**25th - Expedition postponed till 1993.**
- April Declan telephoned to say he would come on the expedition after all !
- Summer Steve Hawken and Matt Sutton dropped out of the 1993 trip.
- September Steve Richardson joined the team.
- October 1993 application submitted to Pakistan High Commission in London.
- November Opened expedition bank account.
- December Training trip to Scotland.  
Pakistan MOT gave permission for Koz Sar.  
Ivan joined the team.

## 1993

- January      4 Alti-6000 watches bought from Casio  
Andy designed t-shirt motif.  
Food Planning weekend  
Test snow stake made.  
Pete made two bases for stoves.
- February     Wet week in Scotland trying out gear.  
Andy booked flights.  
Andy & Pete sent food sponsorship requests  
Steve and Pete did first-aid kit list  
Andy wrote to Raja of Imit  
Andy wrote to Pakistan MOT to confirm arrival.
- March        Remaining stove boards made  
Steve revised gear list  
Fax to Nazir with further questions  
Inoculations started  
Individual insurance arranged  
£2,000 of communal insurance arranged  
Pegs bought from Chris  
T-shirts collected and distributed  
Batteries bought from Expedition Freight  
Snow stakes collected  
Most LO/Cook gear bought  
Balance of flights paid  
Maillons bought
- April        First-aid bought  
Food bought  
Base Camp mess tent bought  
Rest of LO/Cook gear bought  
Freight packed and sent
- May
- 9th        Pete and Andy left England.
- 10th       P&A arrived Karachi.
- 11th       P&A arrived Islamabad. Initial meeting with Nazir Sabir Expeditions.
- 12th       P&A deposited \$200 for environmental gift. Picked up freight. Picked up Epigas.
- 13th       P&A bought folding chairs, stamps, carbon paper. Checked LO/Cook equipment.
- 14th       P&A spent the day planning. S/I/D left England.
- 15th       P&A met Ali Haider our cook. Planned and bought most of the Base Camp provisions. Requested Ministry of Tourism briefing for 16th. S/I/D arrived Karachi.
- 16th       P&A arranged porter/LO/Cook insurance. Bought Base Camp cooking equipment and two tarpaulins. Met S/D/I at the airport. Met Fais Ali our Liaison Officer in the evening.
- 17th       Briefing with Ministry of Tourism at midday. Left Islamabad by bus at 4pm.

- 18th Arrived Gilgit at 9am and slept most of the day.
- 19th Bought the rest of the Base Camp food, plus kerosene, stoves and more stamps. All watched the polo match in the afternoon.
- 20th Loaded up the 3 jeeps at 6.30 am and left at 7.40 am. Arrived Imt around 6pm. Crossed the water and one jeep broke down. First jeep arrived Bhurt as darkness fell. Returned to pick up the rest of the gear. All arrived by 11pm and Camp setup.
- 21st Finished setting up Base Camp. Short walks in the afternoon.
- 22nd A/S/D walked up to the village of Matram Das and up the gorge towards the South Ridge of Koz Sar. Turned round at 3,400m where the path faded into loose ground.
- 23rd Andy and Fais climbed our only 'new route' on the boulders above Bhurt. Declan and Steve set off for Matram Das in the evening.
- 24th Pete, Ivan, Andy and Fais walked up the wooded valley to 3,400m and back to BC. Steve and Declan had a harrowing time finding a route up the gorge and bivied by the lower glacier after exploration to the right of the South ridge.
- 25th Steve and Declan explore left side of South ridge up to 4,500m. Bivied in a cave in the gorge.
- 26th Steve and Declan returned to Base Camp with tales of a nightmarish approach up the gorge. Andy and Ivan set off to Matram Das with Fais and a local to try and find a safer route.
- 27th Andy and Ivan recruited a local hunter for the day who led the group up a safer route up to the only realistic site for Base Camp at 3,700m. All returned to BC in Bhurt the same day.
- 28th Fais returned to Islamabad to extend the peak permit and re-arrange the porter insurance dates. Porter rate agreed during discussions with the local Chairman of the valley.
- 29th Andy, Steve, Declan and Ivan plus 2 porters walked up the wooded valley to bivi in some shepherd's huts.
- 30th On up to establish a Camp at 3,900m beneath two likely looking 5,000m peaks. Weather worsened during the afternoon.
- 31st Bad weather all day. Declan retreated to Bhurt feeling the altitude.

## June

- 1st Steve, Andy and Ivan left late after uncertainty over the weather and succeeded in reaching the foot of the route over 4 hours later! Poor snow conditions forced a retreat to Camp after only 60m. Declan returned from Bhurt.
- 2nd Steve and Declan left the tents at midnight for an attempt on another peak. Andy and Ivan left at 2. Poor snow conditions again dictated a retreat. All four descended to BC.
- 3rd Rest day at BC.
- 4th Andy, Pete and Ivan walked to Matram Das with the first 22 loads carried by assorted men, boys and donkeys.
- 5th Steve, Declan and Ali walked to Matram Das with the remaining 27 loads.
- 6th Pete, Andy and Ivan walked to Base Camp with 27 porters and loads.
- 7th Steve, Declan and Ali walked to Base Camp with remaining 23 loads.
- 8th Base Camp construction finished.
- 9th Rest day.
- 10th Steve and Declan explored the left side of the ridge, reaching 5,000m. Ivan and Andy explored the right side, establishing Camp 1 at 5,000m and ABC at 4,450m.

- 11th Mountain food packed into two-man-day ration packs.
- 12th Steve, Declan, Ivan, Andy carried loads to Camp 1. Ali carried a load to ABC. Brenda and Liz arrived at Base Camp with Fais.
- 13th Bad weather. Ali and two porters carried loads to ABC. Liz left Base Camp.
- 14th Bad weather. Rest day.
- 15th Bad weather. Rest day.
- 16th Two porters carried loads to ABC accompanied by Steve, Declan and Brenda. Both porters unfortunately sustained snow-blindness.
- 17th Steve and Declan moved up to Camp 1. Andy and Pete moved up to ABC. Brenda left BC with Ali.
- 18th Steve and Declan explored 'the ramp' to approx. 5,400m. Pete, Andy, Ivan and Fais carried loads to Camp 1.
- 19th Ivan and Andy moved up to Camp 1. Pete rested at ABC.
- 20th Ivan and Andy fixed rope up the lower part of the face reaching 5,200m. Pete overslept at ABC so rested.
- 21st Ivan and Andy continued fixing rope to 5,250m. Pete carried a load to Camp 1. Steve and Declan moved up to Camp 1. Ivan and Declan returned to Base Camp.
- 22nd Pete carried a load to Camp 1 before returning to Base Camp. Steve and Declan fixed rope up the face to the crest of the ridge.
- 23rd Steve and Declan continued fixing rope up the face to 5,420m before descending to Base Camp.
- 24th Rest day. Ali returned to BC with fresh food supplies.
- 25th Rest day.
- 26th Steve and Andy carried loads to ABC in bad weather before returning to BC.
- 27th Bad weather. Rest day.
- 28th Rest day while snow cleared. Steve Hawken arrived at BC.
- 29th Declan and Ivan moved up to Camp 1. Andy and Steve carried loads to Camp 1 before returning to BC. Steve Hawken left BC.
- 30th Declan and Ivan added 100m to the fixed ropes.

#### July

- 1st Declan and Ivan fix to 5,500m.
- 2nd Declan and Ivan add two pitches to 50m below 'the ramp'. Steve and Andy moved up to Camp 1. Pete moved up to ABC. Declan and Ivan descended to BC.
- 3rd Steve and Andy fix the lower section of the ramp. Pete carried to Camp 1.
- 4th Steve and Andy climbed the second half of the ramp to reach the crest of the ridge at 5,750m below a difficult looking slab. Pete rested at ABC. Steve and Andy descended to BC.
- 5th Declan and Ivan moved up to Camp 1.
- 6th Ivan and Declan tried the gully in vain to bypass the crux of the ridge. Declan then donned rock boots to climb the flakes and reach the crest beyond the difficult slab.
- 7th Declan and Ivan reach the top of the tower, 50m from the 20 degree section of the ridge. Ivan and Declan descended to BC. Steve and Andy moved up to Camp 1.
- 8th Steve and Andy forced to descend to BC due to bad weather. Pete descended from ABC to BC.
- 9th Mixed weather. Rest day.
- 10th Bad weather. Rest day.
- 11th Bad weather. Rest day.



- 12th Andy and Steve moved up to ABC. Ivan started Penicillin for a chest infection.
- 13th Andy and Steve moved up to Camp 1 with Declan coming from BC. Ivan moved up to ABC.
- 14th Steve, Declan and Andy set out on a load carry to finish fixing rope to the 20 degree section and to establish Camp 2. Andy reached the base of the ropes before turning back exhausted. Steve and Declan reached the top of the ropes in 6.5 and 7 hours respectively. Both decided to abandon attempt on peak and returned to Camp 1, stripping gear on the way. Ivan arrived at Camp 1 from ABC. Camp 1 stripped and packed. All descended to BC. Ali and Fais descended to Matram Das to arrange porters.
- 15th Fais and 3 porters stripped gear from ABC. Rest of day spent packing.
- 16th All left BC and descended to Matram Das.
- 17th All walked to Imit.
- 18th All but Fais travelled to Gilgit.
- 19th Fais and remainder of gear ravelled to Gilgit.
- 20th Rest day.
- 21st Ivan left with Ali for Nagar. Rest travelled to Islamabad arriving next day.
- 22nd Flights booked. Freight arranged. Ministry of Tourism debriefing held.
- 23rd Andy, Steve, Declan and Pete travelled to Karachi.
- 24th Andy, Steve, Declan and Pete travelled back to London.
- 30th Ivan flew back to London.

## APPENDIX B: INCOME AND EXPENDITURE

The columns below are date, MEF budget category, currency (Ruppee,\$,£), Sterling equivalent, and item description. Amounts in brackets represent income.

1.10.92	l	£	604.10	604.10	Peak fee
1.11.92	e	£	55.90	55.90	2 snow shovels
1.01.93	e	£	7.50	7.50	Entrenching tool
1.02.93	m	£	16.34	16.34	Photos of Koz Sar
1.03.93	e	£	51.71	51.71	Karrimat for tents
15.03.93	e	£	300.00	300.00	6 climbing ropes
15.03.93	e	£	384.73	384.73	Fixed rope and tape
16.03.93	e	£	40.00	40.00	10 Epigas cylinders
16.03.93	e	£	10.22	10.22	2 pulleys
18.03.93	i	£	140.00	140.00	Group Insurance
18.03.93	i	£	800.00	800.00	Individual Insurance
21.03.93	t	£	1,695.00	1,695.00	Flights London-Karachi
1.04.93	e	£	128.00	128.00	80 Pegs
1.04.93	e	£	65.00	65.00	BC Mess Tent
1.04.93	e	£	42.00	42.00	Barrels
1.04.93	e	£	132.80	132.80	Batteries
1.04.93	m	£	20.39	20.39	Faxes to Pakistan
1.04.93	l	£	421.00	421.00	LO/Cook gear
1.04.93	e	£	26.00	26.00	Maillons * 20
1.04.93	m	£	448.30	448.30	Medical Supplies
1.04.93	f	£	460.00	460.00	Mountain food
1.04.93	e	£	19.50	19.50	Padlocks
1.04.93	s	£	(10.00)	(10.00)	Scouts sponsorship
1.04.93	e	£	65.00	65.00	Snow Stakes * 30
1.04.93	e	£	15.48	15.48	T-chests and wood
1.04.93	m	£	110.00	110.00	Visas
5.04.93	m	£	52.03	52.03	T-shirts given for thanks
17.04.93	t	£	1,082.00	1,082.00	Freight
17.04.93	i	£	165.00	165.00	Freight Insurance
9.05.93	F	£	5.50	5.50	Airport Food P/A
9.05.93	F	£	3.00	3.00	Drinks at airport P/A
10.05.93	T	\$	154.00	102.67	2 flights to Islamabad
10.05.93	E	R	650.00	15.85	2 shalwar kameez
10.05.93	F	R	181.00	4.41	Dinner and water Karachi
10.05.93	H	R	5.00	.12	Hotel Porter
10.05.93	T	R	765.00	18.66	Karachi Airport Hotel
10.05.93	H	R	2.00	.05	Karachi Airport Porter
10.05.93	F	\$	12.00	8.00	Lunch at Abu Dhabi P/A
10.05.93	T	R	73.00	1.78	Taxi in Karachi
11.05.93	F	R	74.00	1.80	Breakfast - Karachi
11.05.93	F	R	142.00	3.46	Dinner in Afghan Hotel
11.05.93	T	R	200.00	4.88	Hotel - Rawalpindi
11.05.93	H	R	17.00	.41	Hotel and airport porters
11.05.93	H	R	10.00	.24	Hotel porter
11.05.93	F	R	118.00	2.88	Lunch
11.05.93	M	R	5.00	.12	Phone call to agent
11.05.93	T	R	75.00	1.83	Taxi to Hotel
11.05.93	T	R	80.00	1.95	Taxi to Nazir Sabir's
11.05.93	T	R	100.00	2.44	Taxi to Rawalpindi
11.05.93	F	R	72.00	1.76	Water and biscuits
12.05.93	f	R	187.00	4.56	Dinner
12.05.93	L	\$	200.00	133.33	Environmental donation
12.05.93	T	\$	185.00	123.33	Freight clearance
12.05.93	T	R	320.00	7.80	Freight storage
12.05.93	F	R	170.00	4.15	Lunch
12.05.93	t	R	195.00	4.75	Taxis
12.05.93	m	R	455.00	11.10	Telephone calls
12.05.93	f	R	30.00	.73	Water
13.05.93	f	R	10.00	.24	2 cokes
13.05.93	e	R	1,230.00	30.00	6 bc chairs
13.05.93	t	R	400.00	9.76	All day Taxi
13.05.93	m	R	9.00	.22	Carbon paper and glue
13.05.93	f	R	266.00	6.49	Dinner
13.05.93	m	R	30.00	.73	Laundry
13.05.93	m	R	675.00	16.46	Stamps
13.05.93	f	R	87.00	2.12	Water and biscuits
14.05.93	f	R	261.00	6.37	Dinner
14.05.93	t	R	765.00	18.66	Hotel in Karachi P/I/D
14.05.93	t	R	100.00	2.44	Taxi
15.05.93	f	R	19,831.00	483.68	BC food
15.05.93	f	R	109.00	2.66	Breakfast

15.05.93	t	\$	160.00	106.67	Declan/Steve's flights
15.05.93	f	R	210.00	5.12	Dinner
15.05.93	f	R	65.00	1.59	Drinks
15.05.93	f	R	125.00	3.05	Food
15.05.93	t	R	2,070.00	50.49	Ivan's flight
15.05.93	m	R	10.00	.24	Photocopies
15.05.93	e	E	23.00	23.00	Scales
15.05.93	f	R	60.00	1.46	Water
16.05.93	e	R	250.00	6.10	10 Kitbags
16.05.93	e	R	1,400.00	34.15	2 tarpaulins
16.05.93	e	R	1,700.00	41.46	3 Shalwar kameez + scarves
16.05.93	e	R	65.00	1.59	Chapatti roller and knife
16.05.93	f	R	801.00	19.54	Dinner
16.05.93	l	R	1,600.00	39.02	Gear advance to LO
16.05.93	i	R	4,350.00	106.10	Insurance
16.05.93	e	R	2,900.00	70.73	Kitchen equipment
16.05.93	s	E	(800.00)	(800.00)	MEF Grant
16.05.93	t	R	765.00	18.65	Taxis
16.05.93	f	R	75.00	1.83	Water
17.05.93	h	R	350.00	8.54	Advance for Cook
17.05.93	m	E	600.00	600.00	Agency fees
17.05.93	e	R	650.00	15.85	Boots for cook
17.05.93	t	R	7,500.00	182.93	Bus to Gilgit
17.05.93	f	R	186.00	4.54	Dinner on bus
17.05.93	t	R	6,200.00	151.22	Hotel - Islamabad ?
17.05.93	t	R	100.00	2.44	Hotel tip
17.05.93	m	R	95.00	2.32	Paper and notebook
17.05.93	t	R	200.00	4.88	Taxis
17.05.93	e	R	420.00	10.24	Toilet paper * 35 rolls
17.05.93	l	R	140.00	3.41	Torch and batteries for LO
17.05.93	f	R	225.00	5.49	Water bottles
18.05.93	f	R	119.00	2.90	Breakfast at Chilas !
19.05.93	f	R	897.00	21.88	150 litres Kerosene
19.05.93	e	R	80.00	1.95	4 padlocks
19.05.93	f	R	1,250.00	30.49	500 eggs
19.05.93	m	R	140.00	3.41	Aerogrames * 14
19.05.93	f	R	14.00	.34	Cokes
19.05.93	f	R	1,500.00	36.59	Flour, herbs and dhall
19.05.93	f	R	225.00	5.49	Food bags
19.05.93	f	R	64.00	1.56	Fresh vegetables
19.05.93	e	R	6.00	.15	Hacksaw blade
19.05.93	e	R	1,248.00	30.44	Kitchen Stoves
19.05.93	e	R	105.00	2.56	Kitchen towels
19.05.93	e	R	1,370.00	33.41	Lamps and thermos flasks
19.05.93	f	R	340.00	8.29	Onions, garlic , potatoes
19.05.93	m	R	34.00	.83	Postcards
19.05.93	m	R	765.00	18.66	Stamps
19.05.93	e	R	156.00	3.80	Stove and lamp spares
19.05.93	e	R	90.00	2.20	Stove wrench
19.05.93	t	R	552.00	13.46	Taxis
20.05.93	t	R	7,950.00	193.90	3 jeeps to Bhurt
20.05.93	h	R	100.00	2.44	Cigarettes for cook
20.05.93	f	R	94.00	2.29	Cokes
20.05.93	f	R	80.00	1.95	Dinner for 10
20.05.93	t	R	100.00	2.44	Driver tip for jeeps
20.05.93	t	R	5,230.00	127.56	Gilgit Hotel
20.05.93	f	R	116.00	2.83	Lunch
20.05.93	f	R	12.00	.29	Tea
20.05.93	h	R	200.00	4.88	Jeep unloading porters
27.05.93	h	R	480.00	11.71	Local guides salary
27.05.93	f	R	100.00	2.44	Matram Das overnight
28.05.93	f	R	700.00	17.07	BC Food
28.05.93	h	R	500.00	12.20	Cookboy advance
28.05.93	l	R	2,000.00	48.78	LO Advance
28.05.93	l	R	1,000.00	24.39	LO Expenses
29.05.93	f	R	60.00	1.46	Chicken
30.05.93	h	R	800.00	19.51	2 porters for 2 days
30.05.93	f	R	45.00	1.10	9kg Potatoes
4.06.93	h	R	4,400.00	107.32	22 loads to Matram Das
4.06.93	f	R	300.00	7.32	50 litres of Kerosene
4.06.93	f	R	14.00	.34	7 eggs
4.06.93	f	R	150.00	3.66	BC food
5.06.93	h	R	5,200.00	126.83	26 loads to Matram Das
6.06.93	h	R	5,400.00	131.71	27 Loads to BC
6.06.93	h	R	100.00	2.44	Extra weight payments
7.06.93	h	R	4,400.00	107.32	22 loads to BC
7.06.93	t	R	430.00	10.49	Bhurt Camping rent
7.06.93	t	R	100.00	2.44	Camping at Matram Das
7.06.93	h	R	170.00	4.15	Extra weight payment

7.06.93	h	R	1,000.00	24.39	Porter tips
8.06.93	h	R	460.00	11.22	Bal of Cookboy salary
8.06.93	h	R	150.00	3.66	Cookboy tip
12.06.93	h	R	1,000.00	24.39	3.5 loads re-supply
12.06.93	t	R	900.00	21.95	LO/Supplies jeep
12.06.93	h	R	60.00	1.46	Porter tips
16.06.93	f	R	3,623.00	88.37	BC food in Gilgit
16.06.93	h	R	5,000.00	121.95	Cook advance salary
16.06.93	t	R	1,737.00	42.37	Cook's expenses
16.06.93	l	R	358.00	8.73	LO food extras
16.06.93	m	R	855.00	20.85	Union Jack
17.06.93	h	R	1,370.00	33.41	Cookboy loads to ABC
25.06.93	m	£	21.00	21.00	Shortwave radio
11.07.93	f	R	264.00	6.44	BC food
11.07.93	h	R	2,130.00	51.95	Cookboy salary
11.07.93	h	R	50.00	1.22	Cookboy tip
11.07.93	f	R	180.00	4.39	Kerosene
11.07.93	h	R	400.00	9.76	Re-supply porter
16.07.93	h	R	14,830.00	361.71	27 loads BC to Imit
16.07.93	s	£	(500.00)	(500.00)	BMC Grant
16.07.93	h	R	690.00	16.83	Porter tips
17.07.93	t	R	50.00	1.22	Flipflops for Andy
17.07.93	t	R	695.00	16.95	Imit Guest House
17.07.93	t	R	1,700.00	41.46	Jeep Imit to Gilgit
17.07.93	l	R	1,000.00	24.39	LO Advance
17.07.93	l	R	500.00	12.20	LO's expenses
17.07.93	f	R	200.00	4.88	Lunch
17.07.93	t	R	30.00	.73	Taxi
18.07.93	m	R	16.00	.39	8 postcards
18.07.93	f	R	40.00	.98	Hunza Juice
18.07.93	t	R	368.00	8.98	Phone call to Gulf Air
18.07.93	t	R	100.00	2.44	Taxi
18.07.93	m	R	10.00	.24	Washing powder
18.07.93	f	R	115.00	2.80	Water bottles
19.07.93	f	R	30.00	.73	Biscuits
19.07.93	h	\$	505.00	336.67	Cook's wages
19.07.93	t	R	1,700.00	41.46	Jeep Imit - Gilgit
19.07.93	l	R	325.00	7.93	LO Expenses Imit
19.07.93	s	R	3,532.00	86.15	LO final salary
19.07.93	s	R	(450.00)	(10.98)	Sale of EPIGAS
19.07.93	s	R	(550.00)	(13.41)	Sale of chairs to cook
19.07.93	s	R	(1,200.00)	(29.27)	Sale of snow stakes
19.07.93	h	R	2,000.00	48.78	Tip for cook
20.07.93	t	R	500.00	12.20	Jeeps
21.07.93	t	R	3,500.00	85.37	Bus advance
21.07.93	f	R	600.00	14.63	Drinks
21.07.93	f	R	450.00	10.98	Food on bus
21.07.93	t	R	8,916.00	217.46	Hotel in Gilgit
22.07.93	m	R	260.00	6.34	Books
22.07.93	t	R	4,000.00	97.56	Bus to Islamabad
22.07.93	t	R	440.00	10.73	Dinner
22.07.93	t	R	10,350.00	252.44	Flights to Karachi
22.07.93	i	R	2,530.00	61.71	Insurance via agents
22.07.93	t	R	100.00	2.44	Taxis
23.07.93	f	R	40.00	.98	Cokes at airport
23.07.93	f	R	340.00	8.29	Dinner
23.07.93	t	R	3,320.00	80.98	Hotel - Islamabad
23.07.93	t	R	1,100.00	26.83	Karachi Hotel
23.07.93	f	R	155.00	3.78	Lunch
23.07.93	t	R	200.00	4.88	Taxis to Airport
30.07.93	t	£	884.02	884.02	Return freight
18.08.93	s	£	(800.00)	(800.00)	Foundation for Arts&Sports
6.09.93	s	£	(15.00)	(15.00)	Sale of barrel
26.10.93	m	£	100.00	100.00	Reports and photos for sponsors

### Summary

	Actual	Budgeted on MEF Application
Travel	5,797.98	4,200.00
Food and stores	1,339.96	902.00
Equipment	1,667.33	1,269.00
Peak Fees & LO	1,414.90	602.00
Hire of Labour	1,587.25	1,460.00
Insurance	1,272.80	820.00
Misc./Contingency	1,449.99	2,030.00
Total	14,530.21	11,283.00

### Notes on the Expedition Budget

The budget is at the heart of any expedition, giving the members an idea of how much financial heartache they are letting themselves in for at any given time. Our budget was regularly revised in line with available information. The budget submitted for the MEF application was as accurate as we could make it at the time but was affected by a number of key fluctuations :-

1. Number of expedition members - This changed from 6 to 5, obviously reducing the per head costs, but increasing the individual share of the fixed costs.
2. BMC insurance - The price per person increased from around £135 to £185 for the 3 month expedition insurance. We also decided to take out an additional £140 worth of cover for communal equipment. In Pakistan, a misunderstanding with our agent resulted in our porters being insured for far longer than necessary.
3. Flights - We originally budgeted to fly direct with PIA. When the cost of the flight rose to over £700, we changed to Gulf Air via Karachi with a PIA internal flight on to Islamabad, this saved us around £300 per person. This had a knock-on effect on the freight cost however as the direct flight would have given us 23kg of extra luggage per head, so the freight cost increased by around £200.
4. Liaison Officer - We originally allowed for a food allowance of \$10 per day in Islamabad and then assumed that he would eat with us. The rules changed this year, doubling the rates, and further our LO demanded a rate of \$6 per day out of Islamabad in addition to eating food with us.

Another point worth mentioning is the hire of labour figure. The MEF queried what seemed a large figure considering our short walk-in was apparently only one day from the end of the road. We had allowed for 3 days up and 2 days down against the rates suggested by our agents. On arrival in Pakistan, a large rise in the rates had just been quashed after complaints from the main trekking companies, saving us a potentially large overspend.

When we reached the Ishkoman valley, what looked on the map like a one-day walk was two in practice, less than our estimate, so we were below budget. However, on the walk out landslides lengthened the walk to 3 stages rather than the 2 we had allowed and we ended up back at our original figure. The moral of the story is to make a good conservative guess and then allow for 50% contingency either way.

## APPENDIX C: MEDICAL

The first-aid kits were based on our 1989 trip to Langtang Lirung in Nepal when they were supplied by the Cardiff University Medical Centre. We adjusted the contents based on experience and also took more of the basics such as bandages, plasters and headache pills in case of need for treating the local people near Koz Sar. The quantities listed below were divided into the following :- BC medical kit, Camp1 kit, Porter kit, and 6 individual kits.

Our first-aid expertise was concentrated in Pete and Steve. Pete's mother is a Doctor and he has picked up much of his knowledge from her as well as from other personal experience. Steve is a qualified first-aider and as such was our designated medical expert for the sake of the Pakistan Ministry of Tourism rules.

<u>Item</u>	<u>Qty</u>	
Moleskin	9 pkts.	
Assorted Plasters	160	
Savlon tube 15g	9	
Triangular bandage	11	
3 inch bandage	11	
Medium Ambulance dressing	11	
Small Ambulance dressing	11	
Steristrips 3mm x 75mm x 5	18	
Melolin gauze 5 x 5 cm	14	
Melolin gauze 10 x 10 cm	14	
Micropore 1"	9	
Small tweezers	9	
Assorted safety pins	40	
Oxide plaster roll	11	
Sterile wipes	50	
Disposable scalpel	13	
Aspirin and codeine	450	
4 days supply of Lomotil	10	
4 day supply of immodium	10	
Sachets of rehydrat (Not cherry)	60	
Fibrogel sachets	50	
Tums antacid packet of 12	10	
Fucidin antibiotic cream 30g	9	
Flagyl anti-guardia tablets 1 course	9	
Anti-histamine Triludan	9 packets	of 10/12 tablets
Anti-histamine Piriton	9 packets	of 10/12 tablets
Strepsyls	120	
Movelat cream	4 tubes	
Betadene antiseptic spray	3	
Dihydrocodiene pain killers	54	
Blisteze	7	
Large Ambulance dressing	7	

Medical scissors	2
Surgical gloves	6 pr's
Selection of syringes and needles	6
Blood administration kits	2
Courses of penicillin	2
Courses of septrin	2
Courses of tetracyclin	2
Chloromycitene eyedrops	2
Medium bottle of optrex	1
Flamazene burn creme	5
Dental repair kit	1
Paracetamol	500
Thermometer	2
Nasal decongestant - otravene drop	4
3 inch Plaster	7
Oraldene Mouthwash	1
Clove oil	1
Canesten anti-fungal cream	7
Athletes foot powder	4
After sun lotion	2
Surgical spirit	2
Cough Mixture	2
Antiseptic Soap	2
Plastic airway	1

Usage :- Apart from a variety of minor complaints there were only two more serious injuries requiring treatment. The first was a cut to the head of one of the porters caused by rockfall on the way up to Base Camp. This was cleaned and dressed and the porter carried on quite happily, showing his gratitude by carrying Steve across the occasional fast-flowing river on the walk-out.

The second and potentially very unpleasant injury was a boy from the village of Matram Das who had cut his leg chopping wood with an axe. Some cotton had become trapped in the wound causing an infection which had been left untreated. Allowed to continue we feared that it may eventually result in the loss of the leg. Steve cleaned the wound thoroughly before applying antibiotic cream and dressings. Further supplies of soap, antibiotic, and dressings were given to the boy's father along with strict instructions to see a doctor if the wound did not start to heal soon after.

Conclusions :- As with all first-aid, if it doesn't get used it seems like there was too much, but in this case we used some and it still seemed like too much. Part of this was due to the two people responsible. They carefully planned and checked the quantities over several weeks before Steve accidentally took the wrong list to the Chemist's and bought far more than intended !

## APPENDIX D: FOOD

x = weight in grams/number per day, y = number of days or a required multiple of x

Type	Item	x	y	Total
Cereal	Sultana bran bagged	150g	13	1950
	Alpen sachets	2	12	24
	Weetabix	2	12	24
	Milupa Oat and Apple	150g	13	1950
	Ready brek	150g	12	1800
(Bread+)	Marmalade portions	4	12	48
	Mixed Jam	4	12	48
Breakfast common (+evening drinks)	Cheese spread	2	50	100
	Flora pots	8	50	400
	Tea bags	12	50	600
	Coffee sachets	8	50	400
	Chocolate drink	4	50	200
	Sugar	150g	50	7500
	Powdered milk bagged	100g	50	5000
	Marmite pots	1	4	4
Brk/Lunch	Ryvita crispbread/chapattis	50g	100	5000
Lunch	Fish - mackerell peppered	1	12	12
Lunch	Fish - mackerell assorted	1	50	50
	Pate	1	50	50
	Assorted cheeses	2	50	100
	Orange drink - Bird's Apeel	2	50	100
	Nuts and raisins	1	50	50
	Fudge and chocolate	4	50	200
	Apricots for Pete	Loads (But Ivan and Andy ate them !)		
	Boiled sweets	1	50	50
	Bars	2	50	100
Evening common	Packet soup	2	50	100
	Noodles to put in soup	1	50	50
	Smash	126g	38	4788
	Black pepper portions	10	50	500
	Salt portions	5	50	250
	Ketchup	2	50	100
	Brown Sauce	2	50	100
	Biscuits - 1 packet	1	50	50
	Deserts - Milupa various	1	25	25
	Deserts - Custard	1	25	25
	Orange drink - Bird's Apeel	2	50	100
	Mattessons Smoked Sausage	1	20	20
	Pepper Sauce for sausage 1	12	12	
	Mustard for sausage	1	4	4
Evening	Tortellini (20 man days)	1	10	10
	Quick cook Macaroni	100g	15	1500
	Carbonara sauce	1	15	15
	Macaroni cheese (ie. no smash)	2	25	50
	Peanut Butter jars	2		
BaseCamp	Coffee tub	1		
Camp1	Washing up kit	1		
	Camp Primula	9		



### Food Strategy

Mountain food always seems to be the most difficult area to get right. As on previous expeditions, we aimed for the obvious criteria :-

- a. Light in weight
- b. Long shelf life, unaffected by heat
- c. Variety
- d. Nutritious
- e. Avoid freeze-dried food on the grounds of cost and taste
- f. To be liked by everyone

We started out this time with our Langtang trip menus and made a few modifications.

The eventual result was that the majority of the food in each 2-man-day pack was the same with only variations in the breakfasts and evening meals. The remainder of items were numerous and varied so that the climbing pairs could alternate between themselves on different days for variety, or carry on eating particular favourites subject to negotiation.

The majority of the food was freighted out from the UK a few weeks before we left and a few items which we knew were readily available in Gilgit were bought out there to save on costs. The food was packed into tea-chests and barrels and arrived at Base Camp largely unscathed with the exception of 200 portions of melted flora margarine.

Particular items of note were the Mattesons Garlic Sausage. Despite being eaten at the limit and beyond their stipulated shelf life, no-one died of food poisoning and they were enjoyed hot and cold with a variety of accompaniments. All the other items performed well and would be taken again.

The only real mistake was the Marmite. One was barely touched and the remaining three are now safely installed back in Andy's cupboard with their plastic seals still in place.

### Conclusion

The trade-off always seems to be variety against weight, and despite careful planning the food always seems to weigh more than one hopes for. Even with some variety, altitude rapidly dulls the palate and most food becomes boring but the items we took were generally liked by all, kept us going well on the mountain, and would be a good starting point for any future trip.

## APPENDIX E: SPONSORSHIP AND ACKNOWLEDGEMENTS

The expedition would like to thank the following Companies, groups and individuals for their help :-

- The Mount Everest Foundation who awarded us a grant of £800 and particularly Bill Ruthven in his capacity as the MEF Hon. Secretary.
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- Brenda (Andy's wife) who put up with numerous invasions of their house in the lead up to the trip whilst it was used for planning, dossing, freight packing and freight storage.

# APPENDIX F : APPROACH ROUTE MAP AND CLIMBING ROUTE

