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BRITISH CORDILLERA
APOLOBAMBA
EXPEDITION 1997

REPORT OF THE BRITISH CORDILLERA APOLOBAMBA
EXPEDITION 1997 TO BOLIVIA

Supported by the MOUNT EVERST FOUNDATION.
and the
BRITISH MOUNTAINEERING
COUNCIL.

Leader Bob Dawson.
Team Dick Gasson.
Ian Lancaster.
Mark Thompson.



View of Cuchillo 1. 5650 m. from the village of Sunchuli.

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Also the librarian at the Royal Geographical Society and The Alpine Club for their help in making available respectively maps and previous expedition reports.

Thanks also go to Batchelors for giving us a quantity of dehydrated food.

Thanks also go to the various climbers who provided information on the Apolobamba and answered my numerous questions as without the answer to these questions we would have been going into the unknown. Also to John Diplock and Terry Tullis for their support.

Finally to Yossi Brain who prior to our arrival in La Paz, answered what at times must have seemed naive questions. To Uli his girl friend who came under considerable pressure to arrange for us a cook, and last but not least Oscar our driver who despite turning over onto its side the Toyota Land cruiser with every one on board on our drive to the mountains, and who we were extremely grateful to see arrive as scheduled on our last evening in the mountains, we remain good friends.

The Team

The team consisted of just four, although I had originally planned for 5, at the last minute a fifth member could not be found. This did not present any difficulties in the field, as indeed four made two ropes of two when necessary.

Bob Dawson--Bob organized and led the expedition. He has had Himalayan climbing experience and has also climbed extensively through out England as well as on the continent.

Dick Gasson--Dick has climbed extensively through out Great Britain and has some Himalayan experience.

Ian Lancaster--Ian was a member of a climbing expedition that Bob organized to the Karakoram in 1995, and has also considerable summer and winter climbing experience both in England and Scotland.

Mark Thompson--Mark as well as being a climber was the expedition doctor and who's report appears else where in this report. Fortunately his doctors skills were not required.

Objectives.

I had identified from reports prior to going out to Bolivia what I thought to be an number of unclimbed peaks within the Cordillera Apolobamba mountains, we chose the southern end of the Apolombamba range close to the mining village of Sunchulli. This region had been visited by Paul Hudson in 1992 and who provided useful help and information. One of our objectives was Acamani a 5700 m peak at the very southern end of the range.

After visiting the range, speaking to Yossi Brain, meeting one climbing group already in the region when we arrived, and who's name we never got. There was also a solo American camped close to our base camp, who was climbing everything on site. I believe that it is possible that some of the mountains that I had identified from records available in England before going out to Bolivia as not having had a recorded ascent, may indeed have been climbed but the ascent not officially recorded.

Indeed Yossi led us to believe that he had climbed Acamani from the south, further the group who we met as we approached Sunchulli on our drive in had just climbed Cuchillo 11 were leaving the next day to attempt to climb Acamani.

However we climbed Cuchillo 1 at 5650 m via the east ridge which may be the second British ascent, Yanaorco at 5600 m via the north ridge which may be the second British ascent, unnamed at 5600 m via the east ridge which may be a second British ascent, unnamed at 5550 m from the south east which again may be a second British ascent, and also unnamed estimated at 5200 m from the north, being one of the jagged rock peaks to the south of our base camp, which we called The Southern Cuillins. Summit cairns clearly indicate that it has been climbed but I can find no record of a recorded ascent so it may be that ours was a first British ascent.

Ian also made a solo ascent of Cuchillo 1 from the south west which we consider certainly to be a British first.

We did not attempt Acamani as it would have required a relocation of base camp, this combined with the unsettled nature of the weather and to wards the end of the period every ones general fatigue we concentrated our efforts close to the Village of Sunchulli.

Planning

The advantage of Bolivia is that neither a climbing permit or a visa to visit the country is required. Nor is a liaison officer. The cost of a permit, and a Liaison officer can prove expensive if you are going to the Himalayas.

Perhaps a disadvantage is that very few locals speak English, although one of the agents that we made contact with in La Paz did have an English speaking assistant. It is clearly an advantage if one of the team can speak at least some Spanish. Oscar our driver who drove us to the mountains and returned to collect us at a previously arranged date, did speak English which did prove helpful. Miguel our cook did not, but fortunately Mark had a basic understanding of Spanish which was a great advantage when purchasing food and supplies.

Generally access to the mountains is not so difficult as in the Himalayas the distances being much shorter obviating the need for long walk ins, conversely the mountains are not so high and consequently would be a good proving ground for those thinking of going to the Himalayas some time in the future.

Food is also relatively cheap as too is accommodation, and both are readily available. Against this is the relatively high cost of air fares together with the length of the flight.

How ever Bolivia is an interesting country, the people are friendly, and with research one could find plenty of mountains still to climb or new routes to put up.

Research.

Research was undertaken in the Royal Geographical Societies' map room and also by reading expedition reports in the Alpine Journal at the Alpine Club library.

Two publications also proved valuable namely, Mountaineering in the Andes by Jill Neate and the Lonely Planet publication Bolivia.

Contact was also made with the Bolivian Embassy in London who provided useful information and the British Embassy in La Paz, whom we contacted on our arrival.

Climbers were also contacted in South Africa, Austria, Belgium and North America, who were known to have climbed in Bolivia and all proved to be very helpful.

Valuable assistance was provided personally by Paul Hudson who visited the Apolobamba in 1992 and by Mike Smith of the Yorkshire Ramblers Club who visited the region in 1988.

The report of the Loughborough Students Andes Expedition of 1989 also provided some very useful information.

Insurance

Insurance was arranged through the B.M.C. and General Accident for a period of 45 days. A successful claim was made on our return to England for delayed departure, loss of equipment and for damage to Bobs jacket as a result of an incident in La Paz.

Flights

Flights were booked through Condor Travel, flying from Gatwick to Madrid and then onto Buenos Aires and La Paz. We were originally quoted a generous baggage allowance which was later reduced. However as a result of persistent phone calls from Bob to Condor Travel this was upgraded to 33k. which allowed us just enough weight allowance to carry all our gear together with a small quantity of dry food. We flew by Iberian Airlines to Madrid and then by Aerolineas Argentinas to Buenos Aires and La Paz.

It was pleasing that we were not required to turn out our luggage on any occasion.

The flight was not without incident. We left Gatwick on time only to arrive in Madrid to be advised that the onward flight was delayed for 18 hours. The air line had arranged overnight accommodation and we were quickly bussed to our allocated hotel. We continued our journey to Buenos Aires the following day arriving at 2200 hours after a 11.5 hour flight (BA is five hours behind European time). While we had been speedily allocated transport and accommodation in Madrid, Buenos Aires was another matter, and three hours later we eventually arrived at our allocated hotel, of much inferior standard than that allocated in Madrid. It was of considerable annoyance to us that although hotel accommodation and bus transport had obviously been arranged, prior to our arrival in B.A. that its allocation to passengers took upwards of three hours, which after a long flight was galling. The following morning a mini bus arrived at 0700 hrs to take us to the air port and we eventually arrived in La Paz around 1400 hours local time and about 50 hours elapsed time after leaving Gatwick.

We took with us all our own personal clothing and climbing gear, together with 5no tents, which included one for our cook. Mark also carried the medical equipment amounting to 10k. Fortunately at no point on the journey was our gear weighed and we had no problems returning all our equipment to GB on our return. Excluding most of the medical equipment; which had been donated to a local hospital via Miguel our cook.

Agent

At the out set it was considered that a local agent would be necessary, and from enquires made at the Alpine club in London we were given the name of Yossi Brain a British national living and working in La Paz. Yossi proved to be very helpful, not only in answering numerous questions before we arrived in Bolivia but also in arranging transport to take us to the Apolobamba, and a cook for us for the duration of our stay in the hills.

There is of course other agents based in La Paz who will provide a full package tailored to individual requirements or merely assistance with certain requirements, and it would be quite possible to arrive in La Paz without having made previous contact, select an agent and make your arrangements once you arrive.

Accommodation.

We had a suggestion from Yossi for suitable accommodation in La Paz, but this was full on our arrival. However just across the street we booked into the Yanacocha Hostel. This was basic accommodation, the four of us sharing a large room with four single beds with toilet and shower along the corridor for \$6 per person per night.

A large room was necessary, this enabled us to buy food, bring it back to the room and pack it ready for our journey. Some were more fortunate than others in managing to make the shower work.

On our return to La Paz we booked into the Hotel Continental on the corner of Calle Illampu. For \$10 per person per night 2 people sharing a room with en suite toilet and shower was good value. The hotel also had a bar and restaurant the latter being closed when we were there. Two trekking companies also have their offices in the hotel.

It was also ideally situated close to the street markets and the city centre.

Food.

Having a airline weight restriction it was our intention to purchase most of our food in La Paz, and here is the benefit of having a local contact. Yossi answered my questions regarding the availability of food types. But never the less we were surprised and delighted at the range that was available. With the exception of pasteurized cheese we bought all our food in the Indian markets, and a full list is included in this report.

On any future visits to Bolivia I would not take any food from England but rely on purchasing everything on arrival in the country. We were surprised to see well known brands widely available. There was a wide selection of snack bars ideal for the hill, and one in particular a chocolate bar called Nikolo at 41 grams was preferred.

La Paz.

Flying into La Paz you land at the El Alto air strip at 4100 mts, hire a taxi for the 20 minute journey to the city. Quickly you reach the suburbs of La Paz that start high on the edges of the valley in which the city is situated. These suburbs are the homes of the local indigenous population and are simple one and two story brick houses. La Paz is a city of contrasts from the simple homes of the Indian population to modern sky scrapers of the commercial centre. Down town live the affluent in well appointed houses and villas. Street markets and stalls managed usually by woman, many accompanied with one or more children, give way to broad plazas. The grandest being graced with a magnificent statue of Simon Bolivar the founder of Bolivia mounted on his horse.

Grand squares edged with buildings in the Baroque or Colonial style of architecture contrast with the modern concrete and glass sky scrapers bearing testimony to the countries colonial past and to the current commercial and banking role of La Paz.

Like any city it has its share of beggars, but at night the city comes alive and all manner of goods are available. We were surprised to see fresh flowers, including Roses, Gladioli and Lilies which bearing in mind that this was winter, in the southern hemisphere, these flowers can only have been transported from the warmer lowlands as too must the wide variety of fresh fruit.

Local cafes serve large bottles of Cervasa as well chicken and chips or local dishes at reasonable prices. Street vendors sell hot dogs others large slices of juicy fresh pineapple or local spicy dishes. The well to do eat in smart restaurants served by attentive waiters.

This is a city of 1,000,000 population but surprisingly clean, although it does suffer pollution from vehicle exhausts. It is the countries administrative and commercial centre with the Presidents Palace and Congress building located on Murrilo Square.

La Paz was not without incident. Bob had the breast pocket of his jacket slashed obviously in an attempt to steal his wallet. Fortunately the attempt was unsuccessful, no doubt as a result of Bob's verbal objection when he was aware of being jostled in one of the crowded streets. It was only on returning to the hotel and discovering the damage to his jacket that the jostled in the street had any significance. The people are friendly and with the exception of the above incident our stay in La Paz was enjoyable.

The Apolobamba.

Or the Cordillera Apolobamba to give the mountains their correct name are situated in the north of Bolivia, and straddle Bolivia's northern boundary with Peru. They form part of the Andes chain of mountains running the full length from north to south along the western side of South America.

They are not as high as the Himalayas, the highest mountain in Bolivia is Illampu at 21500ft and the highest mountain in the Andes is Aconcagua at 22834 ft in Argentina.

Journey to the Mountains.

From La Paz we drove out onto the Altiplano, the high wide flat plains between the steaming jungles of the lowlands and the mountains, some of which we had come to climb. As we progressed north for mile after mile we could see on the eastern horizon in an irregular silhouette white mountain tops like a narrow line of paint dividing the brown vastness of the Altiplano from the cloudless pale blue sky.

Being in the southern hemisphere in the month of August it was their winter and the Altiplano was brown dusty and dry. Oscar our driver assuring us that once the rains arrive, the now brown landscape would be transformed into a garden. With the exception of in or around towns or villages no trees grow on the Altiplano.

Our route first took us past Lake Titikaka the world's largest navigable lake and onto Achacachi where we had breakfast. Here we bought the last of our supplies including fresh fruit, petrol and kerosene for our stoves and fuel for the Toyota land cruiser. From here we continued to Escoma where a puncture allowed time for a look round the small cathedral, and for lunch.

After Escoma the landscape gradually changed from a type of agriculture to more open uncultivated land with the flat plains of the Altiplano giving way to the gentle foot hills over which vast herds of Llamas and Alpacas grazed. These animals have eaten down so low the vegetation that in places you would think that the land had been cultivated.

Approaching Ulla Ulla you enter the National Park and a Vicuna reserve. We were delighted to see several groups of these graceful animals, which are smaller and lighter in build than either the Llama or Alpaca. They were nearly brought to the brink of extinction caused by demand for their fine wool, but are now increasing in numbers due to the policies of the government and the work of the reserves officers.

The route now turned east to approach the mountains passing through the National Park Ranger Base at Pujo Pujo, it was a few kilometers past this village that the Toyota turned onto its side. This is the gate way to the mountains. The route continues along undulating tracks through Paso Osipal passing a large lake, this would make a good Base Camp area from which to explore the surrounding area. To Illo Illo, Piedra Grande where Oscar asked the way and I'm not sure if the locals did not speak Spanish or only their own Indian language but they did not reply. The houses of the locals are now very primitive, single story one room with small windows and thatched roofs.

From here it is a short drive to Paso Sunchulli at approximately 4600 m and the valley of Sunchulli our destination.

Base Camp.

Was established a little way off the road in a shallow depression as shelter from the winds. Running melt water was plentiful but had to be boiled because of the vast number of Llamas and Alpaca in the valley. These animals seemed to be harbingers of bad weather moving from high ground to lower pastures before the approach of snow, and acted in away as a barometer.

Through out our stay Viscachas rabbit like animals with long furry tails regularly bounded from rock to rock and enjoyed basking in the morning sun. Small rodents with a brown back and white front were occasionally seen. A pair of white geese with black wing tips, looked to be claiming the shaw of a lake close to our camp as a probable nesting site

On one occasion we saw what we thought was a condor soar over head while a hawk like bird regularly quartered the tundra. Although night temperatures fell to minus 12/15 degrees centigrade a pale blue gentian like flower managed to flower.

Maps.

One of the major difficulties in visiting the Apolobamba is the lack of a detailed map along the lines of an ordinance survey map. We relied upon a copy the 1912/13 RGS survey map, revised by Paul Hudson in 1993, which although adequate does not include contours or spot heights. Although we obtained landstat photographs from America these were not very helpful.

A general map of the northern region is available in La Paz at an approximate scale of 1 inch to 30 kilometers but still does not give enough detail to be of much value to climbers. It could be of use to trekkers, as it details roads tracks and places of interest.

Income and Expenditure

Expenditure in England

	#	
Stationary and Printing	84.48	
T shirts,printing	362.00	
Air fares	2860.00	
Insurance	544.00	
Food purchased in GB	33.97	
Postage	21.12	
Printing exped report	25.00	
Altimeter	131.00	
Stove (MSR)	75.00	4114.57

Expenditure in Bolivia

	US\$		
Transport	620		
Cook	450		
Food for BC	382		
Accommodation in La Paz	200		
Food in La Paz	320		
Taxis/Faxes	24		
Accommodation in Buenos Aires	40		
Airport tax L.P	80		
Expenses on walk out	135		
Loss on exchange	106	2357 at 1.64 US\$/#	1437.19
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TOTAL			#5551.76

Income.

	#
B M C	450
M E F	500
Sale of MSR	50
Sale of fuel bottle	5
Contributions(including sale of T shirts) from team 4 x 1136.69	4546.76

TOTAL	# 5551.76.

Out standing at the time of preparing this report
is the sale of the altimeter.

A brief diary of our stay in Bolivia

25. July, leave Gatwick for Madrid

Over night in Madrid

26 July, Fly to Buenos Aires

Overnight in Buenos Aires

27 July, Fly to La Paz in Bolivia

Find accommodation in La Paz at the Yanococha Hostel

The next 4 days were spent in buying food and making arrangements for transport to take us to the Apolobamba and for the services of a cook. These took longer than we expected.

1. August, Leave La Paz for the Aplobamba

At 1800 hrs as we approached the Paso Osipal the vehicle in which we were travelling was turned over on to its side, requiring a camp at the road side that evening. With the assistance of the Park rangers from the village of Pujo Pujo the vehicle was pulled onto its wheels and to every ones relief started with out any problem.

2 Aug: arrive at the Sunchuli valley and establish Base Camp.

3 Aug: erect kitchen/mess area using local stone and canes purchased in La Paz. Ian and Mark investigate the approach to Sunchulli 1. Dick and Bob investigate the Southern Cuillin* ridge, reaching a height of approximately of 5000 mts.

4 Aug: Attempt Cuchillo 1, turning back 350 meters from the summit due to fatigue.

5 Aug: investigate the glacier approach to Cavayani and Yanaorco, an alternative route was eventually used obviating much of the broken ground explored on this first investigation.

6 Aug: Rest day Mark, Miguel our cook and Bob visit the village of Sunchuli.

7 Aug: Carry food and equipment across glacier to base of point 5550, Ian, Dick and Bob reach summit of point 5550

8 Aug: Overcast light snow throughout the night, flurries of snow through the day, remained in BC.

9 Aug: Overcast, Attempt on point 5600, visibility deteriorating and unstable snow, turned back at approximately 5200 mts.

10 Aug: Cold wind, black heavy sky over Cuchillo 11 and Cavayani, Dick, Mark and Bob climb Cuchillo 1.

11 Aug: 0600 hrs clear blue sky, some cloud coming in. Ian made a successful solo climb of Cuchillo 1 via S/W ridge. By 1000 hrs heavy cloud, base about 5600 mts and falling, light flurries of snow obscuring Ian on the summit.

12 Aug: Clear morning, carry two tents and food to edge of glacier in preparation for attempt on Yanaorco and Acamani, camp at foot of glacier, visibility deteriorating and flurries of snow, about 8cms snow fell during the night.

13 Aug: Again a clear early morning sky, towards midday cloud and snow beginning to drift up the valley from the direction of the village of Sunchuli. Attempt on the point 5600 successful, returned to camp at foot of glacier in deteriorating weather and poor visibility.

14 Aug: Clear early morning sky, changing slowly until 80% cloud by 1100 hrs, visit to BC for food returning to camp (glacier) for the night.

15 Aug: Clear sky, attempt on Yanaorco by Ian Mark and Bob successful on perfect snow/ice reaching the summit at 1205 hrs. Weather remained settled all day.

Dick and Mark return to BC Ian and Bob remain at the glacier camp. A cold night temperature down to minus 20c.

16 Aug: Ian and Bob return to BC discuss next objective, considered to be in wrong location for an attempt on Acamani, the next valley being preferable requiring a relocation of BC.

17 Aug: Rest Day. washing, stock take of food and fuel, sort equipment for attempt on Cuchillo 11, reading. Having been above 5000 mts several times and spending 4 nights above 5000 mts every body was beginning to feel tired.

The weather pattern was now more established, clear mornings cloud coming by mid day or slightly later accompanied by flurries of snow with temperatures falling. Although snow in the valley soon melted snow on the glacier and mountains remained.

18 Aug: Off by 0530 for an attempt on Cuchillo 11, Good climbing on compact snow, with the exception of Ian everybody is moving slowly and a high point approximately 250 vertical metres below the summit is reached by mid day but still the summit is 3 hours away along the ridge, weather changing so decide to turn back. Snow conditions that were excellent on ascent, are in places too soft to take a belay, for the last 400 ft alternative route off is found.

19 Aug: A day to reflect.

By 1100 hrs snow starts to fall, visited by two locals wearing only light clothes on their way to Illo Illo, give them tea and biscuits in the afternoon the weather deteriorates with thunder and lightning accompanied by hail and snow. Stops snowing at dusk and temperatures begin to fall. I had thought that August in Bolivia was supposed to be a period of settled weather.

Ian and Mark had always intended to walk out and now decide to bring their departure forward to the 21 st.

20 Aug: No snow during the night and a clear sky at 0600 hrs, by 1000 cloud spreading from the direction of the village of Sunchuli. Dick and Bob leave to explore the route they intend taking tomorrow to the high point on the Southern Cuillins. Ian and Mark pack.

21 Aug: Ian and Mark leave to walk out via Curva to Charazani where the hope to catch a bus back to La Paz. Bob and Dick and Dick cross the valley and climb the high point estimated to be approximately 5200 mts on the Southern Cuillins, not technically difficult, more a pile of loose rock.

Once on the summit the cloud comes in obscuring any views, On returning to base camp the weather again deteriorates with snow and high wind causing concern for the stability of the mess roof.

22 Aug: Sods Law one of the best days for weather.

Dick and Bob spend the next 4 days relocating the camp back to the side of the road ready for the arrival of our transport to return to La Paz, burning rubbish and the latrine and generally tidying up around what had been our camp.

26 Aug: 1900 hrs, Bob and Dick having relocated camp, and waiting anxiously in their sleeping bags are pleased to hear the sound of Oscars vehicle as it crosses the pass and watch as he proceeds slowly along the precipitous "road" in the dark.

27 Aug: An uneventful journey back to La Paz.

31 Aug: Leave La Paz and a 24 hour flight back to GB.

*named by Bob because of the resemblance of the ridge to the Cuillin ridge on the island of Sky.

Monday 11 th August 1997

Cuchillo 1. 5650m Solo Climb of the South West Ridge.
by Ian Lancaster.

Waking to a perfect morning without a cloud in the sky was the start of a memorable day. The route up the South West Ridge of Cuchillo 1 was very inviting and just waiting to be climbed.

From base camp I followed the now familiar way up onto the plateau before following a broken rock ridge to the start of the climb proper. Unfortunately the weather was now looking a little mixed, with big dark clouds building up over Cuchillo 11. The initial rock scramble was very loose and a little precarious, but as soon as I made contact with the snow in the wide gully I felt confident, as the snow was hard and firm. Bearing left and moving steadily upwards I soon got into a steady rhythm. The angle was about 55 degrees and this lessened as I came onto the glacier. This was covered with sastrugi which made the next section quite tiring. A large bergschrund was the next obstacle and this required some delicate work, the ground here and above was quite steep. It was fairly exposed at this stage with some very broken ground to the left and still with several hundred metres of steady climbing to go to the top.

A mixture of relief and excitement was my feeling on reaching the summit and a large cornice meant that there was very little room to stand. The views were dramatic in all directions but especially looking West towards a spectacular ridge line of mainly unclimbed tops culminating in Cavayani. This would make a fine but very committing Alpine traverse requiring some demanding climbing.

Climbing Equipment.

We took with us both rock and snow and ice gear, an assortment of slings and a 50 m x 9 mm climbing rope each. The rock gear was not used mainly because of the terrain that we were on, and also because of the shattered nature of the rock due no doubt to weathering.

Most useful were ice screws, snow stakes and dead men. The stakes were approximately 450 cm long but on occasions longer stakes would have been an advantage.

Climbing on Yanaorco the snow and ice was excellent enabling sound belays to be arranged. On other climbs the conditions were more variable particularly on our descent from Cuchillo 11.

The glacier approach to both points 5550 and 5600 as well as Yanaorco were straight forward with crevasses clearly visible, although small sastrugi, did make our first crossing to the base of points 5550 and 5600 tiring work.

Food purchased in Bolivia

5 kg Bananas
60 no Tangerines
5 kg apples
20 no limes
1.5 kg fresh peas/beans
5 kg carrots
5 kg onions
22 kg potatoes (mixed varieties)
1 kg beetroot
2 kg turnips
12 kg flour
12 kg rice
8 kg pasta various types
.5 kg mixed spices
10 x 400g pkts porridge
7 x 900g tins powdered milk(not all used)
7 kg sugar
1.5 kg pulses (3 types)
1 kg margarine
1 kg pea nuts
1 kg brazil nuts
.5 kg walnuts
1 kg raisins
1 kg sultanas
300 no tea bags
4 x170 g tins coffee
4.5 lts cooking oil
3.2 kg sweet biscuits
2 kg savoury biscuits
10 x 800 g tins fruit
4 no pkts jelly
4 x 410 g tins evaporated milk
3 x 560 tins strawberries
1 bottle sauce
1 bottle mustard
5 kg cheese
.5 kg salt
10 small tins tuna
3 x 90 g tins sardines
2 x 425 tins sardines
1 x 180 g tin sausages
4 x 410 tins sausages
8 x 326 g tins corned beef
6 x 90 g tins pate
4 x 125 g tins tomato extract
90 no eggs
4 x 425 g tins pilchards
10 no 85 g pkts noodles
16 no pkts powder drink
100 no x 41 g choc bars

20 lts kerosene
 15 lts petrol
 lighters
 candles
 various containers to store food in
 25 lt Water container
 clothes pegs
 balls of string
 4 pan scrubs
 6 no sacs 2 carrier bags to store/carry food
 4 sets mess equipment for the team at Base Camp
 tin openers
 Canes to build mess tent
 Polythene for mess tent
 Single burner stove as an addition to cooks single burner
 stove
 Bolivian flag
 4 no rolls parcel tape
 2 no. x 25 lts fuel containers
 10 no toilet rolls
 Adze to dig latrine
 Water purifying container (not used)

 Total 2000 Bolivianas at 5.245 USD= 381.31 usd

Note

A small quantity of food was left at the end of the
 expedition, mainly a quantity of,
 Sugar
 Flour
 Pasta
 Coffee
 Powder milk
 Biscuits and Margarine
 Tea bags - 300 having been taken for GB

The cook provided the following items of equipment its hire cost being covered within his daily wage of US\$ 15 per day.

Single burner stove
 Kettle
 Frying pan
 Sauce pans various
 Kitchen knives, spoons, ladles
 His own mess equipment.

We gave Miguel all our mess equipment, containers ,polythene etc at the end of the expedition.

Medical report prepared by Dr Mark Thompson.

Recommended immunizations for Bolivia

Yellow Fever

Polio

Typhoid

Hepatitis A

Note. Malaria prophylaxis not required above 2500 m

Medical equipment taken.

2 litres normal saline with giving
set and canulae

8 x 5ml 1% Lignocaine

2 x 75 mg Voltarol

Augmentin 375 mg

Amoxycillin 250 mg

Flucloxacillin 500 mg

Diazepam 5 mg

Ciprofloxacin 500 mg

Acetazolamide 250 mg

Dexamethasone 4 mg

Nifedipine capsules 10 mg

Nifedipine retard 20 mg

Codeine phosphate 30 mg

DF 118

Chlorpheniramine 4 mg

Ibuprofen 400 mg

Lomotil

Hydrocortisone cream 1%

Flamazine cream

Chloramphenicol eye ointment

Canesten cream

Amethocaine eye drops

Otosporin ear drops

Throat lozenges

Suture material 4 - 3.0 ethilon

4 - 4.0 ethilon

Scissors, needle holder and toothed forceps.

Sterilizing fluids, alcohol swabs and steristrips.

Assortment of crepe bandages, dressings and sticking tapes.

Diagnostic Equipment

Auriscopes, stethoscopes, ophthalmoscopes, sphygmomanometer
thermometer

Personal Medical Kits

Acetazolamide 250 mg

Nifedipine capsules 10 mg

Ciprofloxacin 500 mg

Ibuprofen 400mg

Diclofenac 50 mg
Tuibigrip and crepe bandage
Codydramol tablets
Steristrips and sticking plaster
Emergency space blanket
Throat lozenges
Fact sheet for altitude sickness

Medical Problems Encountered

Three members who did not take prophylactic acetazolamide prior to arrival in La Paz suffered headache for 24 to 36 hrs, one with loss of appetite. All resolved with analgesia. Diagnosis; mild altitude sickness.
One member suffered acute vomiting during the night after arrival. Diagnosis; probably Gastroenteritis

Transfer to Base Camp

Potential major trauma fortunately avoided when vehicle overturned; no injuries sustained

Base Camp

Fatigue experienced by all members on arrival at BC.
One with altitude headache.
Diarrhoea and vomiting for 48 hrs suffered by one member.
Diagnosis; Gastroenteritis.
Treatment; ciprofloxacin 500 mg bd for three days.
Upper respiratory tract infection suffered by one member for 48 hrs treated with amoxicillin 250 mg tds 5 days.
Expedition cook cut thumb in line of duty, treated with elastoplast.

Climbing

Sunburn experienced by one member after Glacier trekking.
No treatment required.
Full thickness skin graze to thumb suffered by one member.
Treatment; Cleaned and dressed.

Trek out of BC - no problems encountered.

Return to La Paz.

One member experienced nausea and vomiting with diarrhoea
Diagnosis; gastroenteritis. Treatment; ciprofloxacin 500mg bd

In conclusion we were fortunate not to experience any major medical problems and every body remained fairly healthy throughout the expedition.
More fortunately we did not experience any major trauma from accidents and this in part is due to continual attention to safety whilst climbing in such a remote region.
Most of the medical equipment taken came back unused and some was donated to a local hospital by the expedition cook.

Sketch map of the Sunchulli valley.

