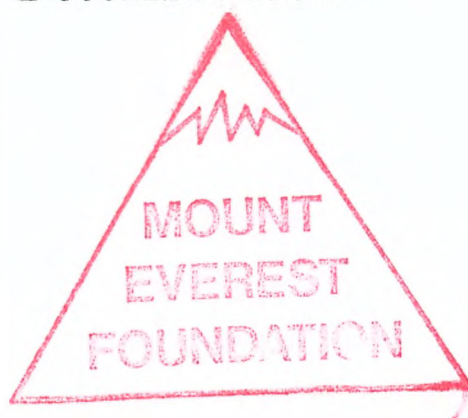


# CUMBRIA & NORTH YORKSHIRE KARAKORAM EXPEDITION



**Chari Khand**

## EXPEDITION REPORT December 1998



## **Expedition Objective**

**Our objective was very specific;**

**To make the first ascent of Chari Khand from the South West.**

## **Summary**

Following is a report of our attempt to make the first ascent of Chari Khand (5886m) in the Naltar Valley, Karakoram Range, Northern Territories, Pakistan.

We decided on a route up the South West Face of the col between the Main and South summits.

A tragic accident which resulted in the death of our camp guard/cook meant that our first attempt on the mountain had to be abandoned.

The route on to the glacier below the face was a long and tedious trek up boulder fields with some objective dangers but no particular difficulty.

The altitude of our camp below the face was around 4500m. From this camp we crossed the glacier, which was more complex than expected, and climbed up to the left of the central serac band on a complex glaciated face which gave climbing of about Scottish Grade 3 standard.

We reached the base of the cliff under the seracs at around 5000m to be confronted by a huge crevasse/bergschund which cut right across the face. This forced a retreat and bad weather 2 days later brought our attempt to an end.

## **Acknowledgments**

**We would like to thank the following for their support :**

- The Mount Everest Foundation and British Mountaineering Council for grants.
- Vaude U.K. for loaning us an excellent Base Dome tent.
- Cotswold Camping (Harrogate) for their generous discount on equipment.
- Pakistan International Airlines for a most generous baggage allowance.
- Doug Henderson for the loan of radios which proved invaluable.

## **Expedition Members**

**Dave Kay**

**Cokie van der Velde**

**James Kay**

**Steve Broadhurst**

**Mike Wright (New Zealand)**

**John Williamson**

Dave Kay was the nominal expedition leader and had previously climbed in the Naltar Valley with Steve Broadhurst in 1995. He has played a major role in five previous Himalayan expeditions and has extensive Alpine, Scottish and Lakes winter experience.

Cokie van der Velde was on her first Himalayan expedition but has extensive Alpine, Scottish winter and North American climbing experience.

James Kay was on his first Himalayan trip but is an accomplished rock climber with Alpine and Scottish winter experience.

John Williamson, also on his first Himalayan trip has U.K. and European climbing experience.

Steve Broadhurst was on his second Himalayan expedition and has considerable Alpine and Scottish winter climbing experience.

Mike Wright was on his third Himalayan expedition and has extensive experience of climbing in high mountains in Africa, New Zealand and Australia as well as the European Alps.



## Expedition Schedule

DATE	DETAILS
24th Sept 98	Depart UK from Manchester
25th Sept 98	Arrive Islamabad International Airport - 0400 hrs Flight to Gilgit - depart 0615 hrs Arrive Gilgit - 0800 hrs - Taxi to Mir's Lodge Hotel
26th Sept 98	Purchase food and fuel in Gilgit and arrange jeep transport to Naltar
27th Sept 98	By Jeep to Naltar Valley - Camped at Dhomal
28th Sept 98	Walk to base camp area at Bishgari
29th Sept 98	Set up base camp - recce route towards glacier
30th Sept 98	Carried some kit up to just below the glacier and found a route round to the left of the glacier snout
1st Oct 98	Carried more kit up to yesterdays high point and confirmed route to left of glacier snout - Mike para glided down and broke his arm.
2nd Oct 98	Three set off to carry kit on to glacier - radio call at 1500 hrs informed that camp guard killed in accident - returned to base camp
3rd - 4th Oct 98	Talked to family of guard and moved camp in deference to their wishes
5th - 9th Oct 98	Set up camp below face and attempted route on Chari Khand
10th Oct 98	Retreated to base camp due to bad storm
11th Oct 98	Retrieved gear from hill
12th Oct 98	Jeep to Nomal - stayed with local family
13th Oct 98	Jeep to Gilgit
14th Oct 98	Flight to Islamabad - 0700 hrs
15th-16th Oct 98	Paradise Hotel Rawlpindi
17th Oct 98	Flight to Heathrow - 0415 hrs



## **Chronicle of Events**

Our original intention was to depart from the U.K. in early August but reports of high temperatures at night even above 4000m together with a number of personal considerations persuaded us to delay our departure until late September.

This proved to be a wise move in terms of the improvement in climbing conditions as we experienced night time temperatures of -20 degrees and below. Even during the day temperatures did not rise much above freezing.

### **Thursday 24th - Monday 28th September**

We flew from Manchester to Islamabad with PIA and met Mike who had flown in from New Zealand four days previously. We transferred immediately to Domestic Departures where we caught the flight to Gilgit with a delay of only 2 hrs.

It later transpired that this slick transfer had only been possible because Mike had spent the best part of 3 days arranging it. He had also obtained a 'Materials Movement Order' from the domestic flights manager which enabled us, after much argument, to get our free baggage allowance transferred to the internal flight.

The PIA officials at the domestic flight check in desk seemed unaware of the existence an 'M.M.O.' let alone know how to deal with one. This despite the fact that it had been issued by their own manager.

Future expeditions might consider having someone fly to Islamabad in advance of the main group to make these arrangements.

We had booked into Mir's Lodge Hotel in Gilgit. We were met at the airport by transport from the hotel and 'whisked' into what proved to be an oasis of cleanliness, peace and tranquillity among the hustle, bustle and general confusion that is Gilgit.

That afternoon we walked into town - not our cleverest move of the trip.

It was Friday and people had just come out of the mosques. This was only a few weeks after the U.S.A.A.F. had bombed the Sudan and Afghanistan and the resentment that this had caused was only too apparent.

Cokie, as a woman, felt particularly threatened and was acutely conscious of not having her head covered. (Future female visitors to the area may consider it worth having a shawl). There was a general air of hostility which we all felt and we retired to bed early worried about the future. Saturday was our shopping day and we had to get it done hostility or not. However next day the atmosphere was completely different. Everyone was as friendly, helpful and cheerful as ever - Phew!!



Mir had sorted jeeps for us and early on Monday morning we set off for Naltar. The road had been improved since any of us had last visited Naltar in '95 and the journey only took a couple of hours. We were deposited above the old hotel and P.A.F. station at Dhomal.

**I quote from Cokie's diary :-** *"We are camped on the grass slope above the village, our mountain sunlit before us. Does it get much better than this ?*



**Chari Khand from Dhomal**

I put the word out for porters and after a brief negotiation acquired the 24 we needed at standard rates (12 from Dhomal and 12 from Naltar village).

I took the precaution of listing the names of the two groups and leaving the lists with the 'main man' from each group. It proved to be a wise precaution.

Next morning we woke early to find not only our listed porters but at least as many again hoping to get a load to carry. We were late in the year for a climbing or trekking party and this was probably the last opportunity of the season to earn cash. We set about weighing out the loads which took us about 2 hours. Once we indicated that we were ready to move off pandemonium broke out with none listed men trying to grab loads from listed men. It came close to fisticuffs before we managed to sort things out. On reflection, given that there were a significantly larger number of men assembled than loads available, we should have taken control of the situation from the start and issued the loads to each named man rather than leaving it to the head porters.



Our destination was Bishgari, a kilometer or so before Naltar Lakes on the opposite side of the river. We were ready to set off by 0900 hrs - Now came the sting ! Instead of setting off with shouldered packs, our gallant porters piled into jeeps and drove off in a cloud of dust!! They didn't even offer us a lift!

Future teams should bear in mind that it is possible to drive right up to a base camp site at Bishgari and probably (If your brave enough to cross the bridge in a jeep) to Naltar Lakes. There are cargo jeeps available in the valley which regularly go well beyond Dhomal.

We strolled up to Bishgari with the few porters who hadn't gone by jeep and once reunited with our equipment set up camp among the pines.



**Base Camp**

### **Tuesday 29th September - Sunday 4th October**

We began moving tents and equipment higher up the mountain and looking for a way on to or round the 'gnarly' looking glacier snout which barred our path. A large rockfall from the base of the glacier, just where we had identified a possible route, convinced us that our only recourse was to find a way round the glacier snout.



Mike and Jim set off on Wednesday to have a look round the left (East) side of the glacier snout and returned to announce a possible safe way on to the glacier via some steep and loose lateral moraine. Cokie, Steve and Mike confirmed this the next day by approaching the previous days high point via a different route. Mike had carried his 'chute' up with him and took off from about 3500m for a fantastic flight through the mountains. When he landed, just above base camp he was so excited that he fell over and broke his arm; something which did not become fully apparent until he got to hospital back home.

Friday was to be the day that we moved up on to the glacier. Jim, John and Dave carried tents and equipment up to a point just below and left of the glacier snout. The intention being to move up on to the glacier the next day while the other three carried up the rest of the gear.



### **The Glacier Snout**

(Our route went well below the ice to the left of the crags at the bottom left hand side of the photo.  
between them and the large rognon in the centre of the picture)

While Jim, Dave and John carried loads Cokie and Steve went for a stroll to Naltar Lakes leaving Mike alone at Base Camp. Just as the three on the hill were approaching their high point and looking forward to a well earned rest and a brew Mike came on the radio to say that our cook/guard Abdul Rhaman had suffered a severe head injury close to base camp. He had requested time off from working for us to cut wood for his family and had fallen out of a tree striking his head on a rock.



Mike administered first aid but was unable to stop the family dragging Abdul Rhaman down the hill to their village. This unnecessary move was certainly a major contributory factor in his death.

We would like to take this opportunity to mention Abdul Rhaman who was an articulate, intelligent and honest youth who, in the short time that he was with us had already become a valued member of the team. He was the 'apple of his father's eye' and our deepest sympathy goes out to his family.

When Mike radioed the news of the tragedy to the three on the mountain it was decided to descend as we were uncertain of the reaction of the family and wanted to be together in case of any problems. These fears proved groundless. We did get a midnight visit from some of the menfolk but this was to assure us that everything was OK and that Abdul Rhaman was with Allah. Next day, in deference to the wishes of the family we moved our camp further away from the site of the tragedy. The day after this there was a storm which served only to deepen our gloom.

### **Monday 5th - Sunday 11th October**

We were finally sorted for a concerted push up the hill, the six of us together including Mike's broken arm and John's assorted fluctuating illnesses.

The route up to a high point reached some days previously by Jim, Dave and John was across tedious, loose and sometimes quite steep boulder scree. There were however few, if any, objective dangers, we just got our heads down and kept going.



**Looking Back Down the Route at the End of Day One**





**We camped on a grassy shoulder, at about 3600m just below the glacier snout**

Next day we set off up a steep, loose moraine ridge which skirted the edge of the glacier and led on to an upper boulder field. This area of boulder scree was steep, frozen (crampons were definitely needed as Mike found to his cost after an initial short period of complacency) and dangerously overlooked by the glacier snout.



**Cokie and John on the Moraine Ridge with Camp One Behind Them**





**Looking up the Moraine Ridge with the Glacier Snout on the Right**

The glacier above us was, at this point, covered with rocks of all sizes which were all ready to come rattling down when the sun hit them. We left our camp at first light to minimize the threat of falling rocks.

Unfortunately because we had previously cached equipment at the site of our overnight camp together with John's inability to carry a heavy sac, there was now more than we could carry in one go. After dumping their packs on the glacier above the danger zone Steve and Jim made another trip under the, by now definitely worrying, seracs to bring up the rest of the gear.



**Cokie About to Start the Traverse Under the Seracs**



Another couple of hours ferrying loads saw us established in a camp at the side of the glacier below the South West Face of the col at a height of about 4500 meters. This was both a disappointment and a surprise as we believed from a previous report that this point was well above 5000m.



**Campsite Under the South West Face of the Col**



**The S.W. Face**

(The prominent peak in the centre of the picture is the South Summit)  
(The Main Summit is off picture to the left)



Our intended route was up the ice face to the right of the large serac band in the centre of the face. The more even looking slope to the left of the seracs was deemed too steep, too unstable and far too exposed to stone fall.

The next day after establishing camp we reced a route towards the ice face and found the glacier more complex than we had first thought. We had no wands to mark crevasses and so caution had to be the order of the day.

At 1.00am Thursday 8th Oct Dave, Mike, Jim and Steve set off for the face. Cokie elected to stay at the high camp as she felt that the blistering pace required to climb over 1300m to the summit and return in 24hrs would be too much.

We traversed the glacier towards the foot of the face but despite our recce the previous day the going was slow as most of the crevasses were covered. However we reached the initial ice slope at the foot of the face in about 1 hr with no mishaps. The slope which led on to the face was hard brittle ice at an average angle of about 30 degrees but presented no real difficulties and we moved together to reach a large shelf just below where the face steepened. At this point it was obvious that the pace was too much for Dave and to avoid holding the other three up he decided to turn back and have another try later with Cokie.

Mike, Jim and Steve pressed on, at first moving together but were soon forced to belay as the angle steepened and the difficulty increased to an estimated Scottish Grade 3. Steve was leading at a point just level with the bottom of the serac band when a stream of obscenities announced that he had encountered a huge crevasse not visible from below. We had previously identified a shelf on the face at this point and had hoped that it did not hide anything nasty.

Crevasse is perhaps the wrong word for this obstacle; it was more like a huge bergschrund running from the edge of the seracs right across the face. It was of unknown depth, about 8 - 10 meters across and there was no way round it!

There was no alternative but to descend. Mike began placing a snow stake and the three began to abseil off. The altimeters showed about 5100 meters.



**Mike and Steve at the Bottom of the First Abseil**



As the light came up Cokie and Dave were able to see the last part of the descent and gain a perspective of the size of the ice face. From top to bottom the S.W. Face of the col will be little short of 800 meters. The three arrived back at camp, safe but tired, a little after 7.30am and after a quick brew crawled into their bags for a rest.

**The following three photos showing Jim, Mike and Steve descending from the face were taken with 180 mm, 100 mm and 35 mm lenses respectively.**





That afternoon when Jim, Steve and Mike had surfaced from their well earned rest we decided that if we were to have any chance of a second attempt we would have to bring up more food and fuel. Cokie and Dave volunteered to descend that day and return the next with more supplies. John also decided to descend.

Cokie, Dave and John hastily packed sleeping bags and personal kit and set off. For the past three days the weather had been very cold; around minus 25-30 degrees at night with daytime air temperatures never rising above freezing. We reasoned that with temperatures so low the risk of rocks falling from the glacier snout would be reduced to acceptable levels.

Cokie had developed a septic sore under the nail of one big toe resulting in a slow and painful descent. Back at base camp, after lancing Cokie's toe with a red hot needle, Dave and Cokie sorted out the kit they wanted to take back up the hill next day. John elected not to go back up the mountain.

As the temperature had risen somewhat Dave and Cokie decided that it would be unwise to traverse under the glacier snout much after 9.00am. That left them with two options; either set off at 3.00am in the morning after just having descended or have a full nights sleep and set off at noon to pass under the glacier in the wee small hours when the rocks would be frozen in place again. Being only human they took the latter option.

They set off at 1.00pm on Friday 9th October and reached the halfway halt in good time but under darkening skies. It was obvious that a major storm was brewing. Without bivvie gear they were left with no option but to descend.

With hindsight we should have left a tent at this point to facilitate movement between base camp and the high camp. It was at this point also that the limitations of our line of sight radios became apparent. Dave and Cokie were unable to communicate with the three higher up the mountain to inform them of the intention to descend and had to hope that they would work out what had happened. Wouldn't it have been great to have had satellite communications ?

That night there was a major storm with snow at base camp and a deposit of 10-15 cms at the high camp. Faced with continuing bad weather and dwindling rations Steve, Mike and Jim decided to descend and after caching what food and fuel remained they packed everything else into huge sacs and staggered back down the moraine.



### **High Camp After the Storm**

Next morning (10th October) Cokie and Dave walked up to some shepherds huts at the bottom of the main scree slope to meet the returning climbers.

The weather was still bad; it looked like the end of our attempt on the mountain.

There was still some gear at our halfway camp and in a cache we had left early on the trip under the glacier. The weather continued to be bad and we decided to clear the mountain and leave for home early. Cokie and John went up to the caches on Sunday morning and brought back all the equipment.



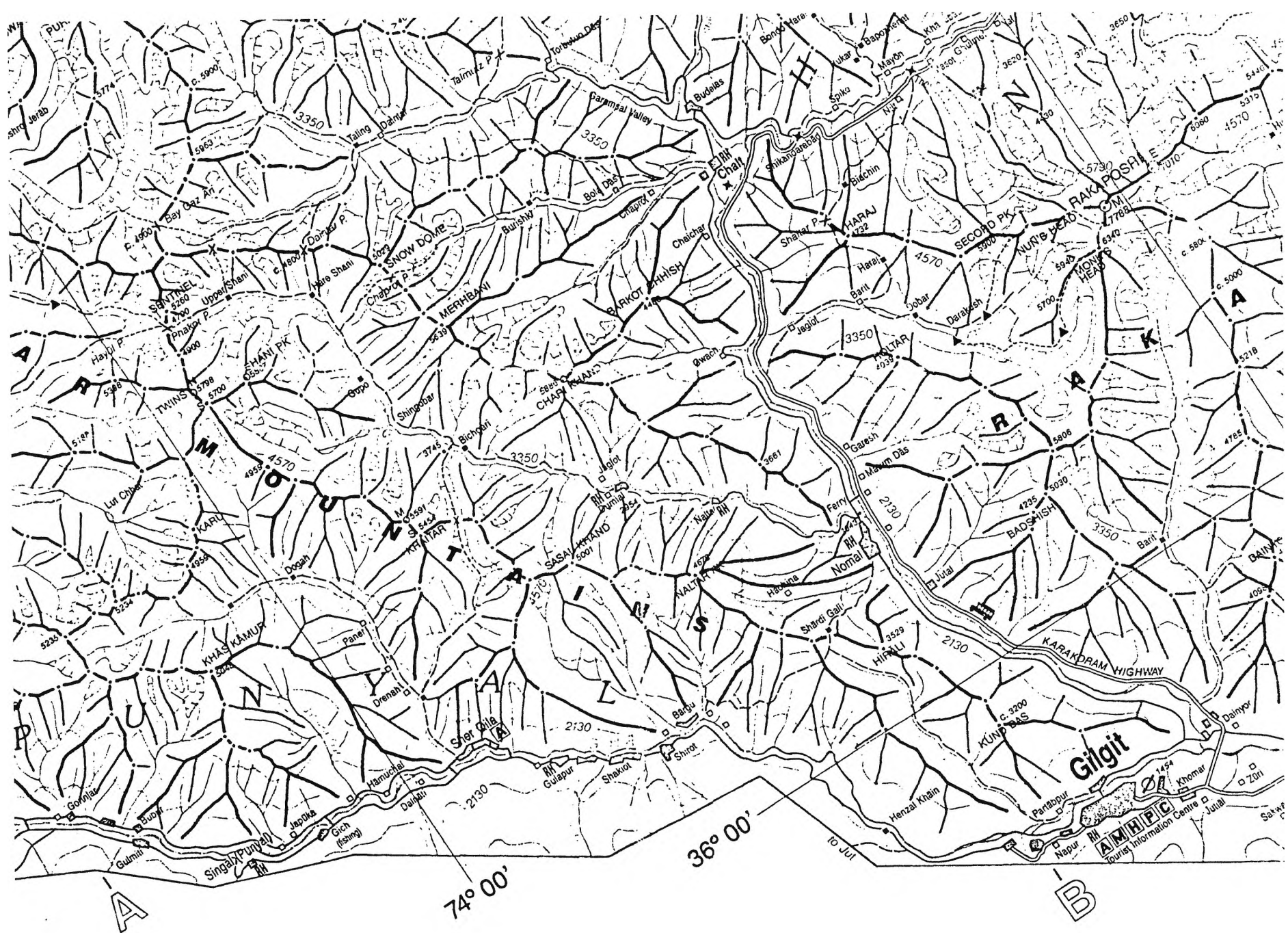
### **Monday 12th - Saturday 17th October**

Next day we managed to hire a cargo jeep, broke camp and went down to Nomal where we took up an invitation from a local man and enjoyed the hospitality of his family. It was essential at this time for Cokie to have a large shawl to cover her head and shoulders. She was able to mix freely with the women of the family and had a great time visiting other houses and families whilst 'the lads' were kept well away from the home life.

We were lucky to get a quick flight from Gilgit and after a couple of days wrangling with officialdom at the PIA offices managed to change the date of our flights to Heathrow and Auckland respectively.

Five of us arrived back in the U.K. on Saturday 17th October, one week earlier than planned, disappointed but not dismayed.

# Appendix 1





## FOOD

### Food Purchased/Aquired in U.K.

ITEM	QUANTITY	SOURCE	COST (£)	BUDGET(£)
			<b>BUDGET FIGURE</b>	<b>BALANCE</b>
				600.00
Ready Meal - main meal	50	Dalesman Int	)	
Dehy Food - breakfasts	60	Dalesman Int	)	
Ready Meal - Pudding	20	Dalesman Int	)	
Dehy Food - Pudding	40	Dalesman Int	)	
Water Pur Tabs	50	Dalesman Int	)	
Energy Drink	60 sachets	Dalesman Int	) 312.28	287.72
Tea Bags	240	ELM	NIL	
Jam	8 jars	Dave's Mum	NIL	
Dried Milk (sach)	250	Cash & Carry	6.99	280.78
Instant Coffee (sach)	120	Cash & Carry	9.25	271.55
Chocolate Drink (sach)	50	Cash & Carry	8.39	263.16
Chocolate Bars	48	Cash & Carry	11.44	251.72
Instant Spud	15 Pkts	Cash & Carry	9.62	242.10
(2 portion)				
Dried Pasta	6 Kg	ELM		
Cup-a-Soup	60 pkts	Cash & Carry	7.85	234.25
Tins Tuna	36	Cash & Carry	14.87	219.38
Tins Sardines/mackrel	30	Cash & Carry	14.25	205.13
Cheese Spread	15 x 8 portion box	Cash & Carry	6.32	198.81
Sweets (Locketts)	24 Tubes	Cash & Carry	17.18	181.63
Mixed Nuts	72 Pkts	Cash & Carry	20.37	161.26
Sugar (sach)	250	Cash & Carry	3.59	157.67
Marmite (sach)	48	Cash & Carry	8.18	149.49
Tom Sauce (sach)	48	Cash & Carry	2.19	147.30
HP Sauce (sach)	48	Cash & Carry	3.80	143.50
Mustard (sach)	48	Cash & Carry	4.30	139.20
Noodles (pckts)	12	Cash & Carry	1.90	137.30

### Food Purchased in Pakistan

ITEM	QUANTITY	ITEM	QUANTITY
Sugar	1 Kg	Apples	8 Kg
Lentils	3 Kg	Spices (assorted)	1 Kg
Salt	1 Kg	Wash up Liquid	1 Gall
Rice	4 Kg	Cooking Oil	1Gall
Potatoes	25 Kg	Pans (assorted)	3
Flour	8 Kg	Kerosene	10 Galls
Eggs	10 Doz	Stoves (Paraffin)	1
Fres Veg various	15 Kg	Big Kettle	1
		Pressure Lanterns	1
		Mantles	10



## Appendix 2 Contd....

### Food - Calories per ounce

Alpen	100
Redibrek	115
Sugar	112
Milk Powder	93
Drinking Chocolate/Ovaltine/Horlicks	128
Beef Stock	100
Chocolate	140
Boiled Sweets	100
Toffee	100
Crunchie Bars	100
Dried Soup	50
DeHy Meals	62
Rice	102
Potato Powder	25
Dried Peas	24
Dried Apple/Apricot	25
Rich Fruit Cake	150
Cheese Spread	120
Savoury Biscuits	123
Sweet Biscuits	158
Meat Pate	80
Sardines	84
Dates	70
Figs	61
Peanuts	171
Raisins	70
Dried Egg	165
Jam	176
Condensed Milk	88
Coffee Mate	115

- For sustained effort above 12000ft :- 6000 - 6500 calories per day are required.
- Remember the vegetarians !
- It is better to have nice tasty food that will actually get eaten than less tasty high calorie stuff that will not !
- We took mainly 'boil in the bag' meals. These were much heavier than available dehydrated foods but proved extremely palatable and well worth the weight penalty.
- The dehydrated meals which we did take were awful and almost exclusively ignored in favour of the 'boil in the bag' rations.
- Dried Pulses proved virtually impossible to cook in an open pan and highlighted the necessity for a pressure cooker which we had neglected to purchase!
- The chocolate bars which we purchased were supplemented by a large number which Steve obtained from a friend who was a Mars rep. Most were eaten by local children around base camp which made us very popular. We used about 100 bars ourselves.
- Hot Chocolate proved more popular than coffee. In future we would reverse the quantities of these items.



### Equipment Notes

- We took two full racks including a lot of rock pegs very little of which was needed on the route we attempted. However if a different route was chosen this type of gear may well be needed.
- Ice stakes, of which we had about 10 proved invaluable on the face and were supplemented by a number of Deadmen which were not used and proved, as always, a nuisance to carry. We felt that we should have had quite a few more ice stakes.
- Ropes were all 50 & 60 meter lengths and with 5 between the six of us we felt that we had plenty for most eventualities.
- We had 6 tents of which 2 were the superb Vaude Base Camp and one was a 'one person' single hoop with belay sleeves and heavy duty guys and poles. The other 3 were 2/3 person mountain tents of various makes. We all felt that we could have done with at least one more 2/3 person tent which we could have left at the grassy shoulder camp to facilitate movement from base camp to the high camp. Another tent may have been required on the col.
- The decision to take 3 radios proved to be a good one and although their range was limited to about 2 miles and line of sight they proved invaluable. For future trips we will attempt to obtain more sophisticated communications equipment. A number of our mountaineering decisions may well have been different if we had been able to communicate between base camp and the high camp.
- Technical ice tools were invaluable as were ski poles for load carrying.
- Had we spent more time actually on the glacier, wands would have been essential to mark crevasses etc.



## Medical Supplies

### Creams

Canestan - for fungal infections	x 4 tubes
Savlon Antiseptic	x 3 tubes
Anusol	x 6 tubes
Caladryl	x 4 tubes
Acyclovir - for lip infections (Herpese)	x 4 tubes

### Tablets etc

Piriton	x 300
Bradasol lozenges	x 100
Strepsil Lozenges	x 100
Immodium	x 300
Lomitol	x 200
Paracetamol 500 mg tablets	x 200
Ibuprofen 400 mg tablets	x 200
Coproxamol	x 100
Temgesic 200 microgram tablets	x 100
Diorylate	x 50 sachets
Cystamen	x 40 sachets

### Eye drops

Predsol-N	x 1 squeeze bottles
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### Antibiotics

Augmentin (Co-amoxiclav) 375mg tablets	x 100 (broad spectrum)
Ciprofloxacin 500mg tablets	x 300 (Gut infections)

### Pulmonary Oedema

Nifedepine 10 mg tablets	x 100
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### Cerebral Oedema

Dexamethazone 4mg tablets	x 100
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### Sleeping Difficulties

Temazepam 10mg tablets	x 100
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- We purchased all our drugs in Islamabad at a fraction of the price they would have cost us in the UK. This was possible for us because Mike arrived in Pakistan ahead of the main party.
- If parties visiting in future can arrange it, the purchase of drugs (across the counter at any chemist) can be a major cost saver.
- We had very little in the way of medical problems but spent a considerable amount of time treating local people for various minor complaints. To this end we would, in future, take many more eye drops and creams for skin complaints.
- We left all our remaining drugs with the clinic in Nomal at the end of our visit as we felt that here they would be correctly used for the benefit of the greatest number of people.



## **Appendix 5**

### **Things We Wish We'd Had With Us**

Cokie made notes in her diary of items that we had either forgotten to bring from the U.K. or had neglected to purchase in Pakistan.

For what it's worth here they are :-

- Plastic boxes, in various sizes, for storing foodstuffs
- Large plastic bin liners
- More mats for sitting around on - rush mats can be bought cheaply in Gilgit
- Walking boots - the boulder scree was hard work in either trainers or plastic boots
- Vaseline - for greasing stove parts and medical purposes
- Entrenching tool - the spade bought in Gilgit was hopeless and heavy
- Pressure cooker !
- Face cloth - hard to get a decent wash without one
- Large plastic bowl for washing
- Small plastic tube for siphoning melt water on glacier
- Wands to mark route across glacier

## **Appendix 6**

### **Weather**

The weather was mixed with cloud and a little snow arriving on what appeared to be a fairly regular 4 day cycle.

Our late season visit meant that the temperatures were much lower than in July and August which contributed significantly to climbing safety on the glacier and the face.

At 4500m we experienced night time temperatures as low as minus 25 degrees and daytime temperatures were consistently below freezing.



**BUDGET DETAILS**  
**(Assumes 5 people traveling from UK)**  
 (Exchange Rate £1.00 - 86 Rs/-)

<u>Details</u>	<u>Cost(£)</u>	<u>Notes</u>
<b><u>TRAVEL/FREIGHT</u></b>		
Flight @ £526.00/hd via PIA. (Manchester - Islamabad return)	2630.00	Mike will meet us in Islam
Freight of stores to Pak.	Free	300 Kg Free via PIA
Internal flight @ 1200 Rs/- return (Islamabad - Gilgit)	85.00	
3 x Jeeps(Gilgit - Naltar)	42.00	
24 Porters @ 180 Rs/- per day (Dhomal - Bishgari)	75.00	1 day + 1/2 day for return
Camp guard/cook @ 160 Rs/- per day	15.00	8 days
Cargo Jeep (Bishgari - Gilgit)	52.00	
<b><u>Sub Total</u></b>	<b><u>2899.00</u></b>	
<b><u>ACCOMODATION/MEALS</u></b>		
Islamabad 3 nights (inc meals)	80.00	Twin rooms - Paradise Hotel
Gilgit 4 nights (inc meals)	147.00	Twin rooms - Mir's Lodge
<b><u>Sub Total</u></b>	<b><u>227.00</u></b>	
<b><u>FOOD/STORES</u></b>		
Food purchased in UK	463.00	Lwt mountain food & sweets
Food & stores in Pakistan	40.00	Bulk foods, potatoes rice etc
Propane/Butane 36 x £4.85	208.00	From Remote Locn Serv (including transport to Gilgit)
Pegs, deadmen, slings, batteries etc	380.00	From Allcord & Cotswold
<b><u>Sub Total</u></b>	<b><u>1091.00</u></b>	
<b><u>INSURANCE/PERMITS</u></b>		
From BMC @ £100.00/hd	500.00	Mike will sort own.
<b><u>Sub Total</u></b>	<b><u>500.00</u></b>	
<b><u>MEDICAL SUPPLIES</u></b>		
Sterile & Dental kits	20.00	
Drugs & bandages etc	200.00	
<b><u>Sub Total</u></b>	<b><u>220.00</u></b>	
<b>SUB TOTAL</b>	<b>4937.00</b>	
<b>CONTINGENCIES</b>	<b><u>200.00</u></b>	
<b>TOTAL</b>	<b>5137.00</b>	
<b>LESS GRANTS</b>	<b><u>1050.00</u></b>	
<b><u>GRAND TOTAL</u></b>	<b><u>£4087.00</u></b>	