



# Mt. Everest Expedition (southside)

## Conquer the Roof of the World with Altitude Experts

Himalayan Dreams, Crafted by Experts...





### **Brief History of the Mountain and Its Significance**

Standing tall at 8,848.86 meters (29,031.7 feet), Mount Everest is the highest peak on Earth and an enduring symbol of human endurance and exploration. Known as Sagarmatha in Nepali, meaning "Goddess of the Sky," and Chomolungma in Tibetan, meaning "Mother Goddess of the World," the mountain holds spiritual significance for the local communities.

Mount Everest was first surveyed in the mid-19th century by the Great Trigonometric Survey of India, which identified it as the tallest mountain in the world in 1856. It was named after Sir George Everest, the surveyor general of India.

The mountain gained worldwide fame on May 29, 1953, when Sir Edmund Hillary of New Zealand and Tenzing Norgay Sherpa of Nepal successfully reached its summit via the South Col route. Their triumph not only marked a monumental achievement in mountaineering history but also highlighted the indomitable spirit of the Sherpa people, who have since become integral to Himalayan expeditions.

### **Why Climbing Everest is a Life-Changing Experience**

Climbing Mount Everest is more than reaching the highest point on Earth—it's a test of physical and mental endurance. The journey demands preparation, determination, and courage to face extreme conditions. Summitting Everest is a transformative achievement, offering insights into resilience and humility while connecting with the Sherpa culture and the Himalayas' magnificence. The experience leaves lasting memories, inspiring climbers to pursue greater dreams.



## Notable Facts

- **Height:** 8,848.86 meters (29,031.7 feet).
- **Location:** Lies on the border between Nepal and Tibet (China), with its southern approach in Nepal and the northern approach in Tibet.
- **First Ascent:** Achieved by Sir Edmund Hillary and Tenzing Norgay Sherpa on May 29, 1953.
- **Climbing Routes:** The two most popular routes are the South Col Route (Nepal) and the North Col Route (Tibet).
- **Temperature Extremes:** Winter temperatures can drop to  $-60^{\circ}\text{C}$  ( $-76^{\circ}\text{F}$ ), while summit winds can exceed 200 km/h (124 mph).
- **Challenges:** Includes the infamous Khumbu Icefall, Death Zone above 8,000 meters, and unpredictable weather.

## Overview

At Altitude Experts Trips & Expedition, we offer an exclusive and thrilling Mt. Everest (8848.86m) Southside Expedition that takes you on a life-changing journey to the top of the world. This 60-day adventure is carefully designed for climbers who seek the ultimate challenge of reaching Everest's summit via the iconic South Col route in Nepal. Our expert team of guides and experienced Sherpas ensures your safety, while providing personalized support throughout the expedition. With thorough acclimatization, high-altitude safety measures, and luxurious base camp amenities, we aim to deliver an unforgettable experience in the majestic Himalayas. Spring is the ideal season for this challenging and rewarding journey, where you'll not only conquer Everest but also create lasting memories and connections with Sherpa culture.

- |                                       |                                 |
|---------------------------------------|---------------------------------|
| • <b>Duration:</b> 60 Days            | • <b>Route:</b> Southeast Ridge |
| • <b>Max Altitude:</b> 8848.86 meters | • <b>Group size:</b> 2-15       |
| • <b>Best Season:</b> Spring          | • <b>Country:</b> Nepal         |
| • <b>Difficulty:</b> Extreme          |                                 |





## **Itinerary**

**Day 1: Arrival in Kathmandu/transfer to hotel**

**Day 2: Sightseeing around the Valley**

**Day 3: Gear Checking and Final Preparation**

**Day 4: Flight to Lukla and Trek to Phakding**

**Day 5: Trek to Namche Bazaar, 6-7 hours' walk**

**Day 7: Trek to Tengboche**

**Day 8: Trek to Dingboche (4,410m), 6-7 hours' walk**

**Day 9: Acclimatization Day/hike to Nangkarchhang view point**

**Day 10: Trek to Lobuche**

**Day 11: Trek to Everest BC**

**Day 12-54: Climbing Period**

**Phase 1: Puja ceremony & Training**

**Phase 2: Acclimatization rotation on the Mountain.**

**Rotation 1: Lobuche Peak Climbing**

**Rotation 2: Touch camp 7000 masl/ 22900ft, 7-8hrs.**

**Phase 3: Summit rotation**

**Day 55: trek back to pangboche / Heli out from basecamp**

**Day 57: Trek back to Lukla**

**Day 59: Leisure day**

**Day 60: International Departure**



## Inclusion

- Royalty and all government taxes
- Icefall route fee.
- HRA affiliated fee for staff.
- 4 Nights' accommodation in Kathmandu on a bed and breakfast basis
- Round-trip airfare to Lukla from Kathmandu
- All meals and accommodation during the trek.
- One house-shaped comfortable tent for one client with a thick mattress and pillow at base camp.
- High-quality food, unlimited tea, coffee and chocolate cooked by an experienced chef in our own kitchen.
- Comfortable toilet tent with toilet seat and hot shower tent.
- High-quality food and tents for higher camps.
- At Camp II, you can enjoy high-quality food, unlimited tea, and coffee cooked by an experienced chef in our own kitchen.
- Dining, kitchen, store, and toilet tents at Camp II.
- Highly experienced high-altitude climbing guide with a ratio of 1:1.
- Eight bottles of oxygen for clients and four bottles for the climbing guide.
- Radio communication between upper camp and base camp
- Sat phone in case of emergency carry by your guide.
- First aid and medical kit carried by guide.
- Low altitude porter during your trek to the base camp
- Group gears (ropes, snow bars, rock pitons) for route setting
- Insurance for climbing guide and low altitude staff (kitchen staff, porters, cooks)
- Equipment allowance, wages, and allowance for climbing guide and staff.
- Certificate from the Government of Nepal
- All ground transport during the scheduled plans
- Cargo sling fees to transport loads to base camp and higher camps.
- Emergency medical oxygen at base camp and higher camps.
- All group equipment: cooking gear, fuel, stoves, high-altitude foods, etc.
- Power supply for charging your devices. Unlock an extraordinary adventure with our comprehensive package that covers everything you need for an unforgettable experience!



## Exclusion

- Wire Transfer fee if applicable
- Personal insurance policy
- HELI rescue and medical insurance
- Tips for staff and summit bonus for climbing guide (minimum \$1500)
- International flights to and from Nepal
- Lunch and dinner in Kathmandu during your stay
- Personal climbing gears
- Internet charges during the trek and at the base camp
- Personal communication expenses.
- Bottled water, shield-packed drinks like Coke, and any alcoholic beverages.

### **\*\*Personal Insurance Policy\*\***

- HELI rescue and medical insurance
- Tips for staff and a minimum summit bonus of \$1,500 for the climbing guide
- International flights to and from Nepal
- Lunch and dinner in Kathmandu during your stay
- Personal climbing gear
- Internet charges during the trek and at the base camp
- Personal communication expenses
- Bottled water, packaged drinks (like Coke), and alcoholic beverages.



## **Risk factors of climbing Everest**

**1. Khumbu Icefall:** Because of the deep crevasses, unstable ice blocks, and seracs fall, Khumbu Icefall is considered the most dangerous section of the Mt. Everest Expedition. It is located at the head of the Khumbu Glacier and the foot of the Western Cwm, which lies at 5486 meters on the south side of Mt. Everest, not far above Base Camp and southwest of the summit.

The risk of Khumbu ice fall:

a) **Falling in Crevasse:** Falling on the crevasse is the most common danger while climbing Everest. Because of the rapid flow of Glaciers down, it makes a large number of deep crevasses. Climbers are usually connected with the fixed line while moving the thlcefallcefall, and crevasses are crossed with the help of a ladder bridge. This ensures that the rope will prevent them from falling into the crevasse if they accidentally step on a weak snow bridge or slip off a ladder. However, many accidents of falling in crevasses occur when climbers are not correctly connected to the rope.

b) **Collapses within sections of the Icefall:** Another hazard of icefall is the risk of being hit by collapsing ice structures. Icefall contains huge ice blocks, which can fall over as the icefall shifts, or an entire section can collapse, although this event is not very common.

c) **Avalanches and serac falls:** Avalanches caused by serac falling from the west shoulder of Everest have resulted in significant casualties and are considered one of the most dangerous threats. After 16 sherpas died of serac fall in 2014, the experienced team of Icefall doctors shifted the route more between Khumbu Icefall and Nuptse to avoid the risk of falling serac from the west shoulder. This route is safer than before despite some steep and challenging sections.

**2. High Altitude sickness, HAPE/HACE:** High altitude sickness is the most common hazard for climbers on Everest. It is caused by the body's lack of oxygen and proper acclimatization in the mountains. Mostly, high-altitude sickness can be seen above 2500 meters above sea level. High altitude Pulmonary Edema is a fatal form of severe high-altitude illness. HAPE is a form of noncardiogenic pulmonary edema that occurs secondary to hypoxia. It is a severe case of AMS, and it affects your lungs and causes death. High-Altitude Cerebral Edema is a rare but life-threatening altitude disease and is also a severe case of Acute Mountain Sickness (AMS). It is caused by leaky capillaries in the brain, which causes fluid accumulation and brain swelling.

**3. Lack of Oxygen / running out of oxygen:** While climbing Everest, we must spend more than 20 hours above 8000 meters, which is known as the death zone. The common error made by climbing guides on Everest is not calculating the supplemental oxygen bottle based on their clients' phases, which causes climbers' deaths by running out of oxygen.



## Altitude Experts' Comprehensive Safety Protocol: Expert Training, Precautions, and Emergency Preparedness for a Successful Everest Expedition

a) Precautions that our experienced guides team suggested to protect themselves in Khumbu Icefalls:

- Avoid being in the icefalls when the sun heats the ice, causing them to move.
- Always stay connected to the fixed rope, even while crossing ladders.
- Limit stops to just a few minutes at any splicefall.
- Move as quickly as you can.
- Follow the instructions given by your Guide.
- Icefall Doctors are a highly experienced team of sherpas who are responsible for creating and maintaining the route. Follow strictly the instructions given by those Icefall Doctors and respect them.

Our experienced and well-trained guide team will train you at base camp about the fixed line, using climbing gear, crossing ladders, and more. Our guides will accompany you all the way and help you with each step to ensure your safety.

b) Our team is well-trained in mountain medicines and wilderness first aid. We are very concerned about our team's safety, so we are well-preplanned for all kinds of hazards that can occur in the mountains. In each camp, we take bottles of supplemental oxygen in case of emergency with us, and we are well-equipped with necessary medicines and safety gear. Our basecamp crews will always keep an eye on you and be prepared to evacuate as soon as possible if necessary. We designed the best rotation that suits all levels of people who live at sea level and want to acclimate well to the mountain.

c) We provide eight bottles of supplemental oxygen for the summit rotation. You will use a bottle from Camp 2, and our experienced guides are also well-trained in calculating oxygen. We will put two bottles ready at the last camp for emergency use.

Our team is prepared and well-planned to avoid any hazards, and we promise to make our clients' trips safe and successful.





## Essential Information for Your Everest Expedition with Altitude Experts

### An Adventure, Not a Luxury Tour:

This is an experience of a lifetime, not a luxury tour. Accommodation during the expedition is on a twin-share basis. While you'll enjoy comfortable rooms with attached bathrooms in Kathmandu and Namche Bazaar, the lodges along the trail offer more Spartan accommodations with breathtaking Himalayan views. Local teahouses provide hot showers, internet, and charging facilities for a small fee during the trek to Everest Base Camp.

At Base Camp, you'll be provided with a single tent for your comfort. Above Base Camp, you'll share VE25 standard tents, designed to withstand the harsh mountain environment and ensure safety and warmth in high-altitude conditions.

### Savor Fresh Himalayan Cuisine:

Along the trek, enjoy the unique flavors of fresh Himalayan food. Embrace the local cuisine at the teahouses and immerse yourself in a culinary adventure amidst the majestic mountains. At Base Camp and Camp 2, our expert chefs will prepare delicious, freshly cooked meals to keep you fueled for the journey. For higher camps, we provide ready-to-eat dehydrated food packets for convenience and sustenance.

### Cost of Goods:

Due to the logistical challenges of transportation, goods in the region can be more expensive, sometimes up to 50% higher than in Kathmandu. This is because supplies are brought in through cargo flights to Lukla, followed by mule or porter transport.

### Physical Fitness:

A moderate level of fitness is required for this trek. We prioritize your well-being and ensure proper acclimatization throughout the journey. Staying hydrated and limiting alcohol consumption will also aid in adjusting to the altitude.

### Unpredictable Weather:

The weather in the Himalayas can be unpredictable. Domestic flights to and from Lukla may experience delays or cancellations due to weather, which could affect your itinerary. This is a rare occurrence but is possible even during the best trekking seasons.

### Climbing Activities and Flexibility:

All climbing activities are planned based on the best available weather forecast, but factors such as weather, fixed lines, and avalanche risks may require adjustments to the schedule. We encourage flexibility to ensure a safe and successful trek.

### Extra Time in Nepal:

We recommend allowing an extra day or two in Nepal after your expedition. This buffer provides flexibility in case of unexpected delays and gives you the opportunity to explore more of Nepal's adventures, such as rafting, safaris, and cultural experiences, enhancing your overall trip.

### Hydration:

Maintaining proper hydration is essential at high altitudes. We will ensure that clean drinking water is available at Base Camp and Camp 2.

However, it's important to stay mindful of your hydration levels, especially in higher camps. Regularly drinking water will aid in acclimatization and overall well-being during the climb.



## Climbing Helmet

## Headlamp

## Sky Goggles

## BACKPACK

## Summit downsuit

## Handwear

- Down mittens Gloves
- Insulated shell Gloves
- Softshell Gloves
- Liner gloves

## Climbing Harness

Safety cord, Ascender (Jumar),  
Descender (ATC/FIGURE 8),  
Locking and Non locking Binnies

## Footwear

- High altitude mountaineering boot
- camp boot
- Trekking boot
- Woolen/ synthetic socks
- Linner socks

## Crampons

## Headwear

- Woolen hat
- Sun cap
- Balaclava
- Buff/neck gaiter

## Upper Body

- Thermal top base layer
- Fleece jacket
- Sun hoodie
- Gore tex Jacket
- Down jacket
- Tshirts
- long sleeves shirt
- wind breaker jacket

## Lower body

- Thermal base layer
- Short underwear
- Hardshell pant
- Softshell Pant
- Down pant
- Trekking Pant

# Gear List



| Categories     | Item                          | Quantity   | Description  |
|----------------|-------------------------------|------------|--|
| Technical Gear | Climbing Helmet               | 1          | Lightweight, durable climbing helmet for head protection.  |
|                | Climbing Harness              | 1          | Adjustable alpine harness with gear loops for high-altitude climbing.  |
|                | Carabiners (Locking)          | 3-4        | Lightweight, locking carabiners for rope security and belaying.  |
|                | Crampons                      | 1 pair     | Lightweight technical crampons suitable for ice, mixed, and snow.  |
|                | Ice Axe                       | 1          | Lightweight ice axe for self-arrest and climbing.  |
|                | Ascender                      | 1          | For ascending fixed lines.   |
|                | Descender (Figure-8)          | 1          | Essential for rappelling on steep terrain.   |
|                | Trekking Pole                 | 1 pair     | Collapsible skiing/trekking poles.   |
|                | Auxiliary Cord (6mm diameter) | 4-6 meters | For prusiking and other climbing rigging purposes, connect the safety device to your harness using a secure knot or carabiner.   |
| Footwear       | Expedition Boots              | 1 pair     | Triple-layer 8000er mountaineering boots.  |
|                | Camp Boots                    | 1 pair     |  |
|                | Down Booties                  | 1 pair     | Lightweight insulated booties for camp use and rest days.  |
|                | Trekking Boots                | 1 pair     | For any approaches along dry trails, it's essential to prioritize lightweight shoes that offer high comfort, ample room in the toe box, and excellent support. Street or city-style shoes are not acceptable substitutes for proper hiking footwear. |
|                | Socks                         | 4-5 pairs  | High-quality merino wool or synthetic blend for warmth and breathability.  |
|                | Liner socks                   | 4 pairs    | Pack four pairs of smooth, thin, non-cotton socks to serve as liner socks, which should be worn beneath your wool or synthetic socks.  |
| Clothing       | Short underwear               | 3-4 pairs  | Only synthetic or wool fabrics are permitted—no cotton! Bring comfortable athletic styles that suit your needs and preferences, such as boxers, briefs, or sports bras.  |



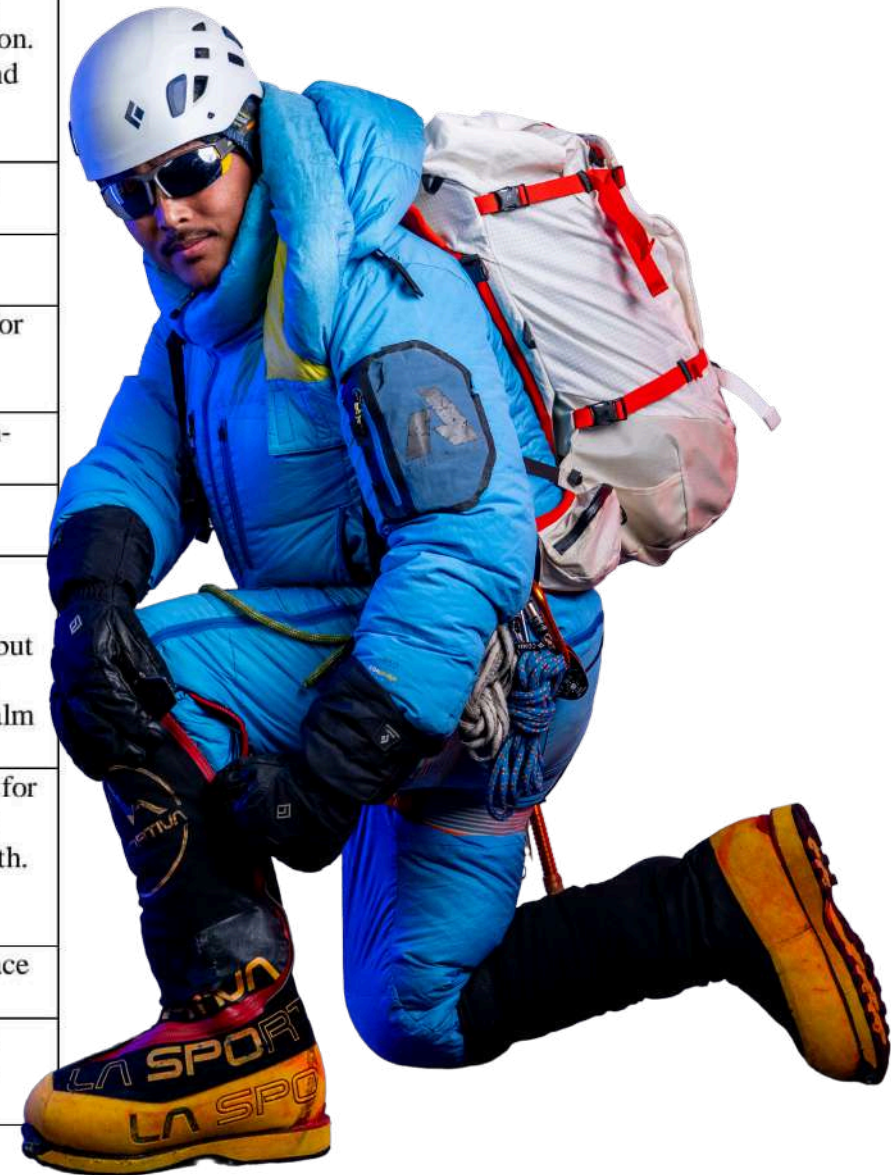


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|--|---------------------------|-----------|--|
|  | Base Layer (Top & Bottom) | 3-4 pairs | High-quality merino wool or moisture-wicking synthetic base layers. Keeps dry and warm   |
|  | Long sleeve Sun shirt     | 1         | This item must be made from a non-cotton material, such as merino wool or polyester. Light-colored, hooded sun shirts are highly recommended for sun protection and are commonly worn by guides during most climbs.  |
|  | Softshell Pant            | 1         | Choose stretchy, comfortable, non-insulated softshell pants that fit well with or without your base layer. Please be aware that "zip-off" style trekking pants are too lightweight to qualify as softshell pants.  |
|  | Trekking Pants            | 2-3       | lightweight nylon trekking pants. We recommend styles that are straightforward, made from synthetic fabrics, and include pockets for convenience. While zip-off models are not mandatory, some people prefer them.   |
|  | Hardshell Pant            | 1         | Choose non-insulated, fully waterproof shell pants that fit comfortably over your base layer and softshell pants. Full-length, separating side zippers are typically required.   |
|  | Softshell Jacket          | 1         | This breathable jacket, which is resistant to wind and weather, is an essential component of a mountaineering layering system. We recommend a hooded design. It should fit comfortably over both your midlayer and base layer tops.                            |
|  | Mid layer Top             | 1         | A midweight, form-fitting fleece layer is ideal for wearing over base layers. Hoods are optional but recommended. Grid fleeces typically offer the best warmth-to-weight ratio. Additionally, lightweight puffy jackets can also serve as effective midlayers. |
|  | Hardshell Jacket          | 1         | You will need a non-insulated, fully waterproof shell jacket with a hood. We suggest using a durable three-layer fabric. Options like Gore-Tex Pro Shell or similar  |





|                  |                              |         |   |
|------------------|------------------------------|---------|---|
|                  |                              |         | eVent fabric provide excellent durability and long-lasting weather protection. This jacket should fit comfortably over your base layer, midlayer, softshell, and possibly a lightweight insulated layer. It is essential that the hood is compatible with a helmet.                     |
|                  | Lightweight Insulated Jacket | 1       | Your lightweight insulated jacket can be used either as an additional layer or on its own for insulation when suitable. It can feature either down or synthetic insulation. Down is typically more compressible and lighter, while synthetic insulation maintains warmth even when wet. |
|                  | Insulated Jacket (Down)      | 1       | Expedition-grade puffy down jacket for basecamp .   |
|                  | Insulated pant (down)        | 1       | Expedition-grade puffy down pant for basecamp .   |
|                  | Down suit                    | 1       | Expedition-grade down suit (8000m+) for extreme cold, windproof and water-resistant   |
| <b>Hand wear</b> | Down Mittens                 | 1 pair  | Expedition-grade down mittens for high-altitude extreme cold.   |
|                  | Glove Liners                 | 2 pairs | Lightweight merino or synthetic glove liners for dexterity and added warmth.  |
|                  | Insulated shell Gloves       | 1 pair  | Gloves with a waterproof shell and removable insulated liners are ideal for conditions too cold for softshell gloves but not cold enough for expedition mittens. Look for models with a tough leather palm for added durability.  |
|                  | Softshell Glove              | 1 pair  | Moderately insulated gloves are perfect for situations where mittens are too hot and liner gloves don't provide enough warmth. A leather palm design is highly recommended for improved durability.   |
| <b>Headwear</b>  | Balaclava                    | 1       | Windproof, fleece-lined balaclava for face and neck protection.   |
|                  | Buff                         | 2-3     | Essential for any outdoor adventure, the UV Buff is a versatile alternative to the bandana, offering a wide range of uses.  |





|                            |                                 |     |   |
|----------------------------|---------------------------------|-----|---|
|                            | Sun hat                         | 1-2 | Any style of lightweight hat for shading the head will work well. Baseball caps and sombrero-style sun hats are the most common.  |
|                            | Woolen / synthetic Hat          | 1-2 | A non-cotton wool or synthetic hat that covers the head and ears comfortably.   |
|                            | Sunglasses (UV Protection)      | 1   | Category 4 UV protection sunglasses for snow glare and high UV exposure (e.g., Julbo Explorer 2.0).   |
|                            | Ski Goggles (with anti-fog)     | 1   | Anti-fog goggles for high-wind and snowy conditions (e.g., Julbo Aerospace).  |
|                            | Headlamp (with extra batteries) | 1   | Powerful headlamp (300+ lumens) with extra batteries.   |
| <b>Personal Equipments</b> | Sleeping Bag (High Altitude)    | 1   | Rated to -40°C, down-filled for extreme cold, high camp usage   |
|                            | Sleeping Bag (Low Altitude)     | 1   | Rated to -20°C, down-filled for basecamp use  |
|                            | Sleeping Pad (Foam)             | 1   | A full-length, modern inflatable sleeping pad is recommended. Older-style three-quarter length pads have been superseded by ultralight full-length pads. We recommend bringing a valve repair/body patch kit.   |
|                            | Inflatable sleeping pad         | 1   | This pad should be either 3/4 or body length.   |
|                            | Water Bottles (Insulated)       | 2   | Insulated bottles (e.g., Nalgene) with bottle covers to prevent freezing.(BPA-FREE)   |
|                            | Pee Bottle                      | 1   | Collapsible or hard-sided 1 liter Nalgene models can work well.   |
|                            | Backpack                        | 1   | A 50-55 liter backpack is recommended for carrying gear comfortably and efficiently.  |
|                            | Thermos                         | 1   | We highly recommend bringing a stainless steel, vacuum-sealed thermos with an airtight and thermal cup lid, especially for those who like to drink hot water for hydration during cold mountain days. A one-liter thermos is ideal, and it's better to opt for a wide-mouth design, as narrow-mouthed ones can be harder to fill. |
|                            | Mug                             | 1   | To be used for drinking tea and water at higher camps.  |



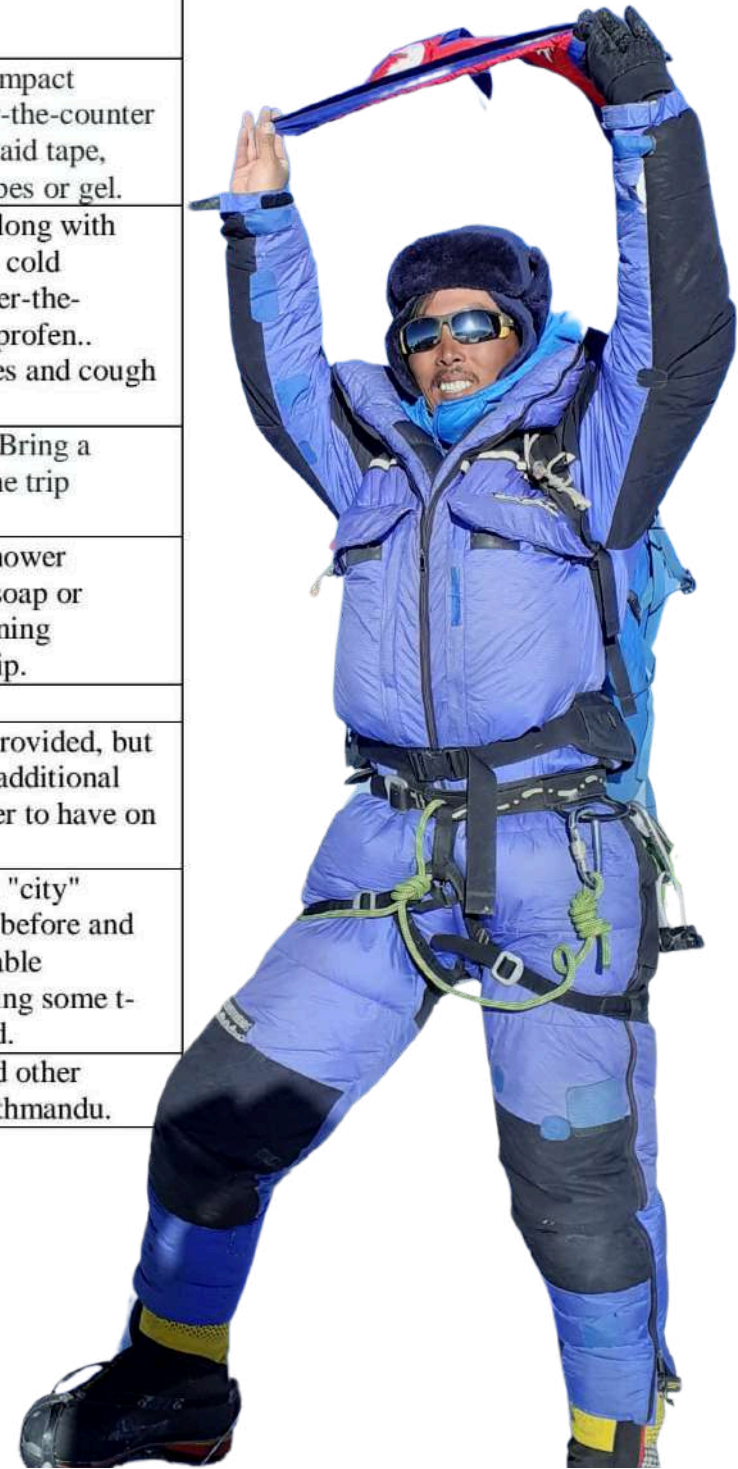


|  |                                |     |   |
|--|--------------------------------|-----|---|
|  | Bowl                           | 1   | A packable bowl is essential. Bowls with lids, such as Tupperware, are convenient, but lidless or flatter, deep plate-style models also work well.  |
|  | Spoon                          | 1   | One durable hard plastic or anodized metal spoon. Longer spoon stems can be helpful for eating while wearing gloves.  |
|  | Knife                          | 1   | Medium-sized. Keep it simple and light.   |
|  | Large Duffel bag               | 2-3 | To store and transport all your gear, a waterproof option is highly recommended.  |
|  | 0.5 L. Water bottle (Optional) | 1   | 0.5L "baby" Nalgene bottle can be used instead of a traditional mug. Its leak-proof lid allows you to store it in your pocket or jacket, helping to keep both the bottle and you warmer. Bottles should have a wide mouth and be made of co-polyester (BPA-free plastic). |
|  | Solar Panel+ Power bank        | 1   | Bring a small portable solar panel and power bank to charge personal items, like a cell phone, on longer trips without power access   |
|  | Toiletry Bag                   | 1   | Pack toilet paper (in a plastic bag), hand sanitizer, toothbrush, toothpaste, floss, wet wipes, and personal medications. Select quantities based on your trip length. Female climbers should also bring sufficient feminine hygiene products for the duration.           |
|  | Water treatments               |     | Carry a SteriPEN or enough water treatment tablets for safe drinking water for your trek to basecamp. Carry a SteriPEN or enough water treatment tablets for safe drinking water.   |
|  | Sunscreen (High SPF)           |     | High SPF 50+ sunscreen to protect from intense UV rays at high altitude.  |
|  | Lip guard                      |     | Several tubes of SPF30+ Lips cream.   |
|  | Running Shoes                  | 1   | Lightweight, comfortable running or walking shoes are recommended for off-mountain use and pre-and-post trip travel. In some situations, these may also serve as approach shoes.  |





|                             |                             |            |  |
|-----------------------------|-----------------------------|------------|--|
|                             | Camera and extra batteries  |            |  |
|                             | Personal First Aid Kit      |            | Basic medical supplies in a compact package. We recommend over-the-counter pain relievers, Moleskin, first-aid tape, Band-Aids, and anti-septic wipes or gel.  |
|                             | Medications & Prescriptions |            | Bring personal prescriptions along with Diamox (125mg), Immodium, cold medicines, and a variety of over-the-counter pain relievers like Ibuprofen.. Additionally, pack hard candies and cough drops for the cold, dry air. |
|                             | Hand Sanitizer              |            | Alcohol-based hand cleaners. Bring a small amount appropriate to the trip duration.  |
|                             | Shower gear                 |            | A compact, packable towel, shower sandals, and a small bottle of soap or shampoo are great for maintaining personal hygiene during the trip.   |
|                             | Hand and Toe Warmer         | 3 set each |  |
|                             | Snacks                      |            | All meals for the trip will be provided, but be sure to pack any snacks or additional food and drink items you prefer to have on hand while climbing!  |
| <b>Pre &amp; Post Climb</b> | City Cloths                 |            | We recommend packing clean "city" clothing for travel and for use before and after the trip. Bring a comfortable assortment of clothing, including some t-shirts, for added peace of mind.                                 |
|                             | Small Duffel bag            | 1          | To storage your city cloths and other unnecessary belongings in Kathmandu.   |





A high-altitude mountain climbing scene. Several climbers are visible on a snowy ridge. The climber in the foreground is wearing a yellow and black suit. Other climbers are further up the ridge, some in red gear. The background features jagged, snow-covered mountain peaks under a clear sky. The text "Our Team" is overlaid in the center in a large, orange, serif font.

# Our Team





### **Lhakpa Tenzing Sherpa**

#### **Office administration**

With over 15 years of experience in Nepal's trekking and mountaineering industry, Mr. Lhakpa Tenzing Sherpa specializes in managing expedition logistics and administration for Everest and other iconic trails. As a Director at Altitude Experts Trips & Expedition, he oversees permits, itineraries, and coordination with stakeholders, ensuring seamless operations. Combining his deep field expertise with exceptional organizational skills, Mr. Sherpa plays a vital role in delivering safe, professional, and unforgettable adventures.



### **Ngima Tenzing Sherpa**

#### **Exped manager/Guide**

Born and raised in the Khumbu region, Ngima Tenzing Sherpa embodies the spirit of mountaineering and Sherpa heritage. With summits of iconic peaks like Everest, Manaslu, and Ama Dablam, he is renowned for his expertise and leadership. As an expedition manager and guide, he is dedicated to helping climbers achieve their dreams while ensuring safety and success in the mountains.



### **Pasang Tendi Sherpa**

#### **Exped Leader/ Guide**

With over 18 years of experience and 31 successful summits on 8,000-meter peaks, Pasang Tendi Sherpa is a renowned expedition leader and guide. Having conquered all 14 of the world's highest mountains, he combines unmatched expertise and leadership to help climbers achieve their dreams safely and successfully in the Himalayas.





# Altitude Experts

**Trips & Expeditions Pvt.Ltd.**

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