



POST EXPEDITION REPORT FOR EXERCISE IMJA TSE 2009.

13 OCT – 14 NOV 2009, HIMALAYAS, NEPAL

25 Nov 09

EXERCISE IMJA TSE 2009 POST EXERCISE REPORT

Background

1. During the post monsoon period of 2009, the Defence Medical Services (DMS) carried out a large scale trekking and climbing expedition to the Everest region of the Himalayas. This was the culmination of two and a half years of work by the expedition leader PONN Robert Wakeford and his team.
2. The aim of the expedition was to take a wide range of DMS personnel (32 in total) from all 3 Services on a journey of personal development and growth as individuals and as members of the armed forces as well as conducting medical research. This was achieved through extensive pre-expedition mountaineering training, and through the successful completion of the expedition in the Everest region of the Himalayas.
3. The expedition had two distinct phases. The first phase focused on novice trekkers, providing all an opportunity to experience high altitude; and the second focused on the more experienced trekkers and climbers in the team climbing Imja Tse (6186M).
4. The expedition was successful in all respects. All members of the expedition reached Gorak Shep, the final high camp of the first trekking phase,. Over the next two days, 29 of the team went on to reach Everest Base Camp (5360m) and Kala Pattar (5643m); an altitude record and significant personal achievement for many of the team. Phase 2 of the exped was an ascent of Imja Tse (Island Peak). The availability of 6 additional high altitude climbing Sherpa's from our support team allowed us to increase the climbing team for Island Peak beyond the original planned 16 to 21. All 21 reached the summit early in the morning of the 5th November 2010.
5. High altitude medical research was a fundamental component on the exercise. This involved measuring physiological changes due to altitude. This research was conducted by the use of dairies and physiological measurements daily and the use of the three rest days planned into the schedule to analyse blood results taken at the end of the previous day's

trekking ascent. The tests looked for hormonal changes which may be important in the acclimatisation progress, highlighting differences between climbers and perhaps predicting acute mountain sickness, a potentially lethal condition. This resulted in some very interesting data which will be submitted, in due course, for publication in a peer reviewed medical journal .

6. The Surgeon General for the UK Armed Forces, Lieutenant General Lillywhite, kindly agreed to be the Expedition Patron.

Expedition Members

7. The team included 32 DMS personnel; 10 doctors, 3 dentists, 2 physiotherapists, 7 nurses and 4 medics, 1 radiographer, 1 pharmacy technician 2 dental technicians, 1 physical training instructor and 1 clerk. Some of the team had broad experience of taking part in Adventurous Training(AT) and held instructor qualifications, while a large proportion were high altitude novices . This exercise provided some challenging and life changing experiences for the whole team, fully meeting the stated aims of AT

Name	Sex	Rank	No	Responsibility	Service
Robert Wakeford	M	PONN	Y003960Y	Expedition Leader	RN
Adrian Mellor	M	Surg. Cdr.	C035201F	Qualified Leader	RN
Andrew Holland	M	CPOPT	D215844K	Qualified Leader	RN
David Hall	M	Surg Cdr(D)	CO36338K	Qualified Leader	RN
Simon Thornhill	M	LDSA	D240670Y	Photographer	RN
Thomas Wardley	M	Lt(QARNNS)	X027027Y		RN
Neilson McCready	M	CPOMT	D233787M		RN
Steven Andrews	M	CPOMT	D257452S	Equipment	RN
Graham Herbert	M	POMA(O)	D248973K		RN
Andrew Gibson	M	Surg. Cdr.	C036706Y		RN
Kevin Shore	M	WO1 (MA)	D177102U	Photographer	RN
James Watson	M	Major	556266	PR	Army
Tracy Currie	F	Cpl	Q1043375		Army
Mark Eldred	M	SSgt	24766518		Army
Karen Hayes	F	Captain	556151		Army
Sally Orange	F	Major	555758		Army
Nick Fisher	M	Captain	559320	Exped Doctor	Army

Rachel Byers	F	Captain	561489		Army
Alun Thomas	M	Lt Col	532765	Qualified Leader	Army
Victoria Pribul	F	Captain	562601		Army
Jude Chambers	M	Cpl	25150790		Army
Alison Allsopp	F	Cpl	Q1036747		Army
Katherine Wheatley	F	Captain	556901		Army
Timothy Hooper	M	Major	548651	Research	Army
Catherine Lunness	F	Captain	559109		Army
Alastair Ahmed	M	Major	556259		Army
Kevin Patrick	M	Major	546352		Army
Claire Bairsto	F	Flt Lt	8701192X		RAF
Alexandra Lester	F	Cpl	T8514041		RAF
Michael Potts	M	Sgt	G8415892	Equipment	RAF
Peter Hodgkinson	M	Flt Lt	8702199X		RAF

Preparatory Training

8. A significant amount of formal and informal pre-expedition training was delivered to develop the whole team, whilst also being tailored to achieve their individual aims.

Outcomes achieved include:

- a. An introduction to the Joint Services Adventurous Training Scheme (JSP 419) and the facilities available to train and carry out adventurous training within the military.
- b. Promote team cohesiveness and personal development.
- c. Preparation of the team to an appropriate level of experience in order to safely carry out the exercise.

9. The project was fully supported by Commandant of the Joint Services Mountain Training Centre, Lt Col Simon Hall RM, who kindly facilitated the access to appropriate adventurous training courses. As a result the following qualifications were achieved by expedition members:

- a. MLT (S) - Mountain Leader Training x 5
- b. JSMEL (S) - Joint Services Mountain Expedition Leader x 3
- c. WMP – Winter Mountain Proficiency x 17

d.	WCP – Winter Climbing Proficiency	x 2
e.	WML -Winter Mountain Leader	x 1
f.	WCI – Winter Climbing Instructor	x 1
g.	AMP - Alpine Mountain Proficiency	x 14
h.	AML (Training) – Alpine Mountain Leader Training	x 2
i.	AMI (Training) – Alpine Mountain Instructor Training	x1

10. A bespoke Personal Development and teambuilding course was held at the Joint School of Adventurous Training. This course was developed and delivered by Sq. Ldr. Mark Lovatt, senior instructor of the centre, and CPOPT Andrew Holland, the expedition training officer. Activities included Myers Briggs personality profiling, desktop exercise, a high ropes course and mountain biking.

11. An expedition first aid course was delivered by Adventure First Aid. Although the expedition was predominantly made up of medical personnel, their knowledge was improved by the practical application of first aid techniques in an outdoor environment.

12. Expedition Itinerary

Month	Date	Exped Day	Advanced Party	Max Altitude	Island Peak Team	Trekking Team
October	13		Depart UK Dep LHR 2125-AUH			
	14		Arr AUH 0725 Dep AUH 1010-Arr KTM 1615			
	15		Kathmandu - Summit Hotel			
	16		Kathmandu - Summit Hotel			
	17	1	Kathmandu - Summit Hotel		Depart UK	Depart UK
	18	2		1300m	Arrive Kathmandu 2015hrs - Summit Hotel	Arrive Kathmandu 2015hrs - Summit Hotel
	19	3		1300m	Kathmandu - Summit Hotel	Kathmandu - Summit Hotel
	20	4		2600m	Kathmandu - Lukla - Phakding	Kathmandu - Lukla - Phakding
	21	5		3400m	Phakding - Namche Bazar	Phakding - Namche Bazar
	22	6		3400m	Namche Bazar (Rest/Research Day)	Namche Bazar (Rest/Research Day)
	23	7		4300m	Namche - Tengboche	Namche - Tengboche
	24	8		4500m	Tengboche - Pheriche	Tengboche - Pheriche
	25	9		4500m	Pheriche (Rest/Research Day)	Pheriche (Rest/Research Day)
	26	10		4900m	Pheriche - Lobuche	Pheriche - Lobuche
	27	11		5150m	Lobuche - Gorak Shep	Lobuche - Gorak Shep
28	12		5545m	Gorak Shep - Everest Base C. - Gorak Shep	Gorak Shep - Everest Base C. - Gorak Shep	
29	13		5150m	Gorak Shep - Kala pattar - Gorak Shep	Gorak Shep - Kala pattar - Gorak Shep	
30	14		5600m	Gorak Shep - Pheriche	Gorak Shep - Pheriche	
31	15		5806m	Pheriche - Chukung	Pheriche - Dingboche	
November	1	16		5100m	Chukung - IP BC	Dingboche - Namche Bazar
	2	17		5000m	IP BC (Training Day)	Namche Bazar – Lukla
	3	18		5000m	Summit	Lukla -Kathmandu
	4	19		6168m	IP BC - Pangboche	Kathmandu
	5	20		5000m	Pangboche - Kenjoma	Kathmandu
	6	21		3985m	Kenjoma - Toktok	Kathmandu
	7	22		3400m	Toktok – Lukla	Kathmandu
	8	23		2600m	Lukla - Kathmandu - Summit Hotel	Kathmandu
	9	24			Summit Hotel	Kathmandu
	10	25			Chitwan National Park	Chitwan National Park
	11	26			Chitwan National Park	Chitwan National Park
	12	27			Chitwan National Park	Chitwan National Park
	13	28			Depart Kathmandu 2140 - AUH	Depart Kathmandu 2140 - AUH
	14	29			Arr AUH 0100 Dep AUH 0235 - Arr LHR 0645	Arr AUH 0100 Dep AUH 0235 - Arr LHR 0645

Expedition Diary found at Annex A.

Publicity

13. A very successful expedition website was launched approximately 12 months before the expedition. This was a commercial website containing all relevant expedition information including the aim, research, team breakdown, guest book, photo gallery, news page, locations, a team only private section and a daily blog page. The necessity of a good website cannot be underestimated. It brings a strong degree of professionalism to the project and was valuable in the pursuit of cooperate sponsorship and professional recognition. The daily updates on the website blog page by the expedition team and the constant supply of new message on the message board, were a great boost to morale for the team on the expedition, as well as friends and family of the team back home. The ability to maintain regular internet contact was achieved through the use of a Panasonic Toughbook on loan from Ultima Computers Ltd, and Thrane & Thrane Explorer 500 Began satellite equipment from NSSL Ltd.

14. Accounts of the expedition will be sent to the JMC Newsletter, Navy News, Soldier magazine and single Service mountaineering club journals. Papers generated from the research will be submitted to the relevant medical journals. Presentations on both the expedition and the research will be delivered to different audiences throughout the military and medical profession.

Finance

15. A breakdown of expedition income and expenses is at Annex B. Kind support from the following companies was greatly appreciated:

- a. Milsys
- b. 1st Dental Lab
- c. Prometheus Medical
- d. Egton Medical
- e. Pattersons
- f. Tees Sight Clinic
- g. MPS
- h. TRIDAC Dental
- i. Ultima Computers Ltd
- j. NSSL Ltd
- k. Bloc Sun Glasses

- I. Birmingham University.
- m. Sheewee

16. The medical research project was deemed of sufficient quality to gain support from the Joint Services Expedition Trust who agreed to a maximum grant of £12,500.

Equipment

17. All technical equipment was obtained from the ATG(A) Land Forces Loan Pool 29 at DSDA Bicester. An initial visit by the expedition leader and the expedition equipment officer 8 months before the expedition, proved beneficial as we established a personal contact with the store manager and found out the correct protocols and time lines for drawing equipment. This resulted in receiving the correct equipment, in good time and fit for purpose.

18. The initial expedition plan was to take 16 of the team to climb Island Peak. However the final situation on the ground allowed us to take an additional 6 members of the team to Island Peak base camp. These additional climbers required harnesses, B2 Boots, crampons, helmets and ice axes. The majority of this additional equipment was supplied by our trekking support company. One pair of climbing boots had to be hired from a tea house in Chukung for NPR450 (£3.75) a day.

Problems Encountered

19. The expedition as a whole went according to plan and within budget. The initial plan for Ex Imja Tse was devised during 2007. This was before the UK was affected by the economic downturn. The change in the economic situation resulted in great difficulty accessing funds from some important, and previously generous, sources. Through hard work from team members we managed to obtain funds from corporate sponsors which went some way to making up this short fall. The late withdrawal of several team members and budgeting in country allowed us to remain within budget.

20. The initial trekking plan was to include the ascent of Pokalde (altitude?) a trekking peak and high pass between Gorak Shep and Island Peak. Prior to the expedition good information on this ascent of this mountain was poor. As a result of discussion with the trekking company, that included several very experienced Himalayan climbing guides, we were advised that the trek to and climbing of Pokalde was physically demanding, over very

rough terrain and also included a section of fixed safety ropes of unknown quality. It was decided, due to these factors and the risk they posed to achieving the main expedition goal, not to include Pokalde and instead focus on the main objective of Island Peak. This gave us an additional spare day in the programme should we have needed it.

Medical Incidents

21. Considering the size of the team, very few medical incidents were experienced. Several cases of sickness and diarrhoea were experienced within the team, some treated with Ciprofloxacin. The team were very diligent with the use of alcohol hand gel and this was felt to have reduced the incidence of stomach upset. On two separate occasions, two different team members were unable to continue up the trail due to sickness and diarrhoea and stayed with an assisting team member for a rest night in a Nepali tea house. The acclimatisation strategy worked well to prevent any significant Acute Mountain Sickness. One of the team had occasion to remain at a lower altitude for an extra day. Several of the expedition members took Acetazolamide (Diamox) tablets.

22. One team member suffered from the extreme cold when ascending Kala Pattar. This caused excruciating pain in their hands. This team member was identified early and escorted back to Gorak Shep where appropriate re-warming took place. Despite this action, the team member suffered from a cold induced urticaria. They were monitored daily and advised to consult their medical officer on return to the UK.

23. On the final section walking back into Lukla at the end of the expedition, a team member suffered a sprained ankle. On arrival into Lukla they were examined by the expedition doctor and one of the physiotherapists, and treated accordingly with an air cast, ICE treatment and anti-inflammatory medication. No further treatment was necessary.

Information for Future Expeditions

24. The time frame for the expedition which included climbing Island Peak proved to be accurate. This was due to the trekking itinerary going entirely to plan and no spare days being required due to sickness or bad weather. The R&R period planned at the end of the expedition proved too long for those in the trekking party as they had several days in Kathmandu waiting for the climbers to return.

25. On arrival in Kathmandu it is mandatory for all expedition leaders to report to the Assistant Military Defence Attaché at the British Embassy. They should ensure they have copies of their team's passports and emergency evacuation insurance. Although military expeditions are considered to be 'on duty' status, the embassy strongly advises all expedition members to carry emergency evacuation insurance to cover high altitude evacuation. There is still a degree of political unrest in Nepal and expedition leaders should obtain the latest information on the current situation from the Foreign and Commonwealth Office when planning their expedition. During the initial visit to the Embassy the Assistant Military Defence Attaché will deliver the most up to date security brief.
26. Satellite telephones are available to be signed out from the Embassy. You are advised to contact the embassy early to book these.
27. Satellite internet communication was made possible through the loan of a Thrane & Thrane Explorer 500 Began from NSSL Ltd. NSSL have dedicated equipment for loan and are particularly interested in supporting military expeditions around the world.
28. A Panasonic Toughbook CF-19 was loaned from Ultima Computers Ltd. This laptop was most suited to this environment and proved to be a great asset in maintaining communication with the UK and the processing of the research data.
29. Overall expedition logistics were supported by Dave Bunting Managing Director of My Peak Potential. He provided a large amount of information that proved invaluable and gave much support including initial team selection, training, expedition planning and execution. His level of experience, professionalism and enthusiasm was a great asset and made a significant contribution to the ultimate success of the project.
30. In country support was provided through My Peak Potential by a local trekking company Himalayan Ecstasy. Again the level of experience, professionalism and enthusiasm demonstrated by this company and its employees was outstanding and would be highly recommended for future expeditions to the region.
31. Internet and satellite phones were available throughout Kathmandu and at every major village on the trail, except at Island Peak base camp. Prices varied but were on

average NPR400 per hour for internet. It is also possible to recharge a wide range of batteries on the trail. The expedition was sponsored by Powertraveller in the form of three Solargorillas and a Powergorrila. This equipment worked well in this mountain environment, particularly when stationary. This equipment was essential in providing power to run the laptop and Began

32. International flights were booked with Etihad Airways, through Laura Kitson at Travel Counsellors PLC. The service provided by this agent was very efficient and accommodating to the expedition's unique requirements. A 30Kg luggage allowance was obtained for the main team, negating the need for an additional weight allowance on the international flight.

33. Advice found on the internet and in most good guide books on the trail up to Gorak Shep and the ascent of Island Peak, proved to be true and accurate. The support from the climbing guides of Himalayan Ecstasy was of enormous value and allowed additional team members to be included in the climbing party. The day before the ascent of Island Peak, fixed rope training was conducted by the qualified leaders and 4 rope teams of either 4 or 5 persons were chosen on the basis of predicted speed over ground and levels of experience. The fixed rope section proved to be a significant bottle neck early in the morning for both ascents and descents, despite our climbing guides fixing an additional new rope.

Summary

34. Exercise Imja Tse was a very successful project in which all the objectives were reached. A number of adventurous training qualifications were gained in the build up to the expedition and a good level of high altitude trekking and climbing experience was attained during the expedition itself. A significant body of medical research into acute mountain sickness was conducted, the results of which will be published in the medical literature in due course.

Robert Wakeford

R Wakeford

PONN (QARNNS)

Expedition Leader Exercise Imja Tse

Annexes:

- A. Expedition Diary
- B. Income and Expenditure
- C. Useful Contacts

Distribution:

Surgeon General

SOAT (Temeraire)

Joint Services Expedition Trust

CO MDHU Derriford

Ex Imja Tse Team

File

**ANNEX A TO
EXERCISE IMJA TSE 2009 POST EXERCISE REPORT
DATED 25 NOV 09**

EXPEDITION DIARY

13-17 Oct 09, Kathmandu

1. The advance party of Robert Wakeford, Timothy Hooper and Kevin Shaw departed the UK on the 13 Oct 09 from London Heathrow. Arrived in Kathmandu on the 14 Oct 09. The next three days was spent dealing with all major administration issues including visiting the Embassy, testing communication equipment and dealing with the final details with the trekking company.

18-20 Oct 09, Kathmandu to Phakding

2. The main team arrived in Kathmandu on the 18 Oct 09. After orientation and initial briefs, the time was spent at the Summit Hotel on the preparation and administration of research, team and personal equipment. Some of the team ventured into the Thamel area of Kathmandu to purchase last minute items. On the morning of the 20 Oct 09 the team moved to the internal airport for the flight to Lukla and then trekked on to Phakding for the first campsite. Team equipment was moved using yaks and porters.

21- 22 Oct 09, Phakding to Namche Bazaar

3. The team moved from Phakding to the Sherpa Museum grounds campsite at Namche Bazaar. The first stage of research took place on arrival at Namche Bazaar. The team attempted to arrive at the campsite in pairs, at 5 minute intervals to allow the taking of blood and vital signs to be recorded. This proved difficult as the exact location of the campsite was not known and some of the team got lost when entering Namche Bazaar. This resulted in a bottle neck at research station in the campsite. This was noted and plans were established to prevent it happening again further up the trail. The team had a planned rest and acclimatization day at Namche Bazaar. Several of the team were feeling unwell due to the altitude. Timothy Hooper and Adrian Mellor spent the day processing blood samples from the night before, while the rest of the team conducted bio impedance measurements to establish body hydration levels and fat content. The afternoon involved an altitude acclimatization walk up to the Everest View Hotel, a climb of some 400m above the camp site.

23-24 Oct 09, Namche bazaar to Pangboche

4. The team moved from Namche to Pangboche. Two team members remained at a lower altitude in a tea house at Phunki Tenga. One was suffering from traveller's diarrhoea and vomiting and the other from a mild case of Acute Mountain Sickness.

24-26 Oct 09, Pangboche to Pheriche

5. The movement from Pangboche to Pheriche ended with another round of research. This time the coordination and the arrival of team members worked well with 5 minute intervals allowing blood to be taken without delay. The team remained in Pheriche for a rest day. This allowed the two team member who stayed behind to catch up with the team. Again blood samples were processed through the day and well into the night as the second portable blood monitor failed. The team all went for an altitude acclimatization walk to higher ground. Several team members were suffering with headaches and feeling nauseated due to the altitude. The Himalayan Rescue Association delivered a lecture on high altitude and a demonstration of the use of a Gamo Bag portable high altitude chamber.

26 – 29 Pheriche – Lobuche – Gorak Shep

6. The team moved from Pheriche to Lobuche without incident. Camping in Lobuche was not pleasant due to the lack of appropriate camping grounds. The area the team had to occupy was surrounded by much rubbish and human waste. Camping around Lobuche should be avoided. Moving from Lobuche to Gorak Shep was a long day however Gorak Shep is a relatively pleasant place with several substantial tea houses. On the 28 Oct 09, 29 of the team trekked to Everest Base Camp, 3 of the team were feeling unwell and remained at Gorak Shep. On returning from Everest Base Camp a final set of bloods were taken for the research. On the 29 Oct 09, 29 of the team trekked up Kala Pattar. The majority of the team left Gorak Shep at around 1400hrs in order to reach the top by sunset. The wind up Kala Pattar was bitterly cold but the view of Everest at sunset was very rewarding.

30 – 31, Gorak Shep - Pheriche

7. The departure from Gorak Shep was a welcome break for the whole team. We were descending back down by 1000m to the relative comfort of Pheriche. Once back in Pheriche, the exped leader, qualified leaders and climbing guides discussed the original

plan of taking the route over Pokalde. Local advice from the climbing guides suggested this would be a great physical effort for little gain so we decided to go around Pokalde and straight up to Chikungu. At this stage of the trek the Sirdar advised us we would have an additional six climbing guides accompanying us up Island Peak. After some dynamic risk assessments it was decided that we could increase the numbers of the team wishing to attempt Island Peak. The exped leader and the senior climbing leader interviewed each member of the team to establish their wishes to continue to Island Peak or return back to Kathmandu. This resulted in 22 of the team wishing to attempt Island Peak and the remaining 10 would return to Kathmandu.

31 Oct 09 – 2 Nov 09, Pheriche – Chukung – Island Peak Base Camp

8. Before the team split, specialist equipment was redistributed between those now climbing and those returning to Kathmandu. The climbers made their way up to Chukung where additional climbing equipment was obtained from the trekking company's own supplies. At Chukung an equipment check was conducted and jumars were rigged up and demonstrated. The next morning the team moved to Island Peak base camp. This is a bleak and barren campsite set in amongst a rocky valley between Island Peak and the Imja Lake. This valley is affected by cold Catabatic winds starting at about 0900hrs every day, providing a significant wind chill. The spare day at Island Peak base camp was used to prepare equipment and the team. Fixed ropes were rigged up on the surrounding slopes and all of the team practiced ascending using jumars and abseiling. The climbing team was split into 4 rope teams to include appropriate instructors and climbing guides. Final rope team briefs were delivered and start time decided. The first team would depart at 0200hrs with the other teams leaving at 10 minute intervals.

31 Oct 09 – 8 Nov 09, Pheriche – Kathmandu (Trekking Team)

9. The trekking team returned to Kathmandu on the 03 Nov 09 without incident. Their earlier than planned return resulted in them having to stay in another hotel in central Kathmandu for two days, then they transferred back to the Summit Hotel. During this time some of the team self funded a two day white water rafting experience and other local sightseeing trips.

03 – 04, Island Peak.

10. The first team stepped off at 0200hrs. The scramble up the mountain to the crampon point was steep and difficult. Once roped up and on the snow, movement was

much swifter. Climbing up the fixed ropes was relatively fast, despite there being several other climbing parties. The first three rope teams had summited and had moved off the ridge by 1000hrs. Descending the fixed ropes was a slow and congested process due to the sheer number of climbers on the ropes. The fourth rope team made slow progress, however they all reached the top. It may be of some benefit to leave at a later time than the traditional early morning start, to avoid the rope congestion and enjoy the summit with fewer additional climbing parties. The whole team returned to base camp tired but safe.

04 – 08 Nov 09

11. The climbing team returned to Kathmandu on the 08 Nov 09 without incident and met up with the trekking team.

09 – 14 Nov 09

12. The remainder of the exped involved equipment administration, a visit back to the Embassy and R&R. The whole team returned back to the UK on the 14 Nov 09. ENDEX.

**ANNEX B TO
EXERCISE IMJA TSE 2009 POST EXERCISE REPORT
DATED 25 NOV 09**

Income and Expenditure

Income

Personal Contributions	24350
JSET	12000
Service/Unit Funds	11808
Commercial Sponsorship	5692
RNAT Fund	7000
JMC	7000
RN Sports Lottery	9600
ATG(A)	8000
RAF Sports Lottery	2620
RNRMMC	2200
BA(G)	650
RAF NS	250
Berlin Inf Brigade	650
CILOR	4659
Total	96479

Expenditure

My Peak Potential	45855
Travel Counsellors (Flights)	23612
Nepal Visa's	875
Insurance	236
Personal Contribution refunds to late withdrawals	3200
Instructor Refund	800
Mountain Equipment Team Fleece's	2117
Accommodation	8476
Expedition admin costs	1534
Internet data bill (NSSL)	230
Equipment purchase and hire	450
In-country travel	209
Food	4659
Sherpa/Crew Bonus	3500
Excess Luggage on Internal flights	326
Replacement of lost equipment	400
Total	96479
Balance	0

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