



# MANASLU Expedition

2nd Sept – 14th Oct, 2024



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## Climb the World's 8th highest mountain. Join our team and challenge yourself to the next level

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Standing as a relatively isolated 8000m peak in Nepal's central mountain region, Manaslu (8,163m) is the world's 8th highest mountain. Like Cho Oyu, it's a good mountain to test extreme high altitude climbing before taking on the Everest challenge. Manaslu is largely a non-technical climb when compared to other 8000m peaks, however, its avalanche-prone slopes mean that careful climbing is required throughout the expedition.

Usually Manaslu expeditions start as a true sea to summit adventure by trekking in from an altitude of 530m through subtropical forests. This expedition will instead bypass the hot and long approach with a helicopter fly in close to base camp. We will summit Manaslu via the North-West ridge by placing four high camps above base camp. The most technical section is through the icefall between Camps 1 and 2, with some potential for serac fall in certain conditions. The remainder of the route is relatively straight forward, with increasing steep sections from Camp 3 to the summit.

This expedition requires excellent fitness and prior experience of a Himalayan expedition, preferably with a prior 7000m climb. You must have extensive climbing skills and should be able to carry at least 20kg, demonstrate strong endurance both physically and mentally.



### > About Everest One

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Everest One is known as one of the most exciting and credible Australian trekking and climbing companies. already recognized around the world for the premium adventures we offer in Nepal, Africa, South America and Australia. We are excited to host high altitude treks and mountain climbs for individuals, groups, and charities.

We pride ourselves on truly personalized service, not only with our professional high-altitude mountaineering guides on every trip but also support in the lead up to our adventures. We are extremely proud of the loyal customer base we have built around referrals, return guests and most importantly, trust and friendship.

> Your adventure begins here

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**This expedition requires excellent fitness, stamina,  
and prior mountaineering experience.  
You should be able to demonstrate strong endurance,  
both physically and mentally.**

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## > Expedition Breakdown

### **Approach (4 days)**

From Kathmandu we will helicopter into Samagaon (3525m), a Bhotia village at the base of Manaslu. We will spend 3 nights in Samagaon and do local day trips to acclimatise our bodies for the climb ahead. The trek up to base camp is a steep 1000m climb up the glacier moraine.

### **Base camp (approx. 1 week)**

Manaslu base camp (BC) is comfortable and well-equipped. It will be your home for the next month or so. Each climber will have their own individual tent with comfortable mattress, extra blankets, and a carpeted floor. We will gather in our warm triple-skin heated and carpeted dining room for meals, and a separate, similarly outfitted communication and meeting tent with full internet facilities.

Here you can chill with fellow climbers, watch movies, check email, and stay in touch with home. In addition, it has become a climbing tradition in the Himalayas for all groups to conduct a small Buddhist ceremony (Puja) to offer thanks to the mountain, and to ask it for safe passage through its environment. As we get ready, we will alternately rest and climb, giving ourselves the preparation necessary for the best chance of success.

### **Climb (approx. 3 weeks spent above base camp)**

After we settle in at base camp, we will proceed with checking and testing all of our climbing equipment before our first rotation through the higher camps. Our rotations will include spending nights progressively higher on the mountain as we climb and familiarize ourselves with the route. Meanwhile, our Sherpas will set up and stock higher camps (C1-C3) with essential supplies needed for the next month of climbing.

Once we are well-acclimatised and our camps are set, we will take some extra time to rest up at base camp, before going for the summit! After the climb, we will descend to Samagaon and fly out back to Kathmandu.

## > Quick Trip Notes

**Country** >> Nepal

**Trip** >> MANASLU Expedition

**Date** >> 2nd Sept to 14th Oct, 2024

**Grade** >> Excellent fitness and prior experience of a Himalayan climb is required.

**Highest altitude** >> 8,163m

**Trip Duration** >> 42 days

**Activities** >> Climbing

**Visa Requirements** >> Tourist visas can be obtained directly at the immigration department of Tribhuvan International Airport in Kathmandu. Bring at least 2 passport sized photos and USD 60 cash for a 90-day tourist visa. You can also prearrange a visa from your nearest Nepalese consulate.

**Vaccinations** >> Nepal is a developing country so some travel vaccines are advised. Obtain these at least 2-6 months before arrival to ensure good immunity. Typhoid, Hepatitis A, Hepatitis B and Japanese Encephalitis are recommended. Please seek medical advice for other recommended vaccinations.

**Covid-19** >> You must be fully vaccinated and be able to show proof of same. Further details to be provided closer to departure date.

**Travel Insurance** >> Compulsory

## > Trip Overview

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## Leaders don't force people to follow, they invite them on a journey and lead them to achieve their goals

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> Allan Cohrs  
Expedition Manager



As a guide in the Himalayas, Africa, South America and Australia and the owner of Everest One, Allan delivers a personalized service, focused on providing a safe, professional experience for his clients.

Sharing time with Allan in the mountains is a common theme most of our guests comment on and part of the reason why so many of our clients keep coming back. He is down to earth, humble, approachable, discreet, professional, caring and wants you to succeed, but also help you create unforgettable memories along the way.

He has guided in all corners of the globe with over 30 high altitude climbs in the Himalayas including Mt Everest (8850m), Lhotse (8516m), Cho Oyu (8200m), Manaslu (8163m), Baruntse (7162m) and Ama Dablam (6812m), along with 10 climbs of Mera Peak (6476m), 9 climbs of Lobuche East and Island Peak and numerous other 6000m+ climbs including Aconcagua, the highest peak in South America and 14 successful summits of Mt Kilimanjaro.

Together with expert guides and climbers (all with 8000m summits) under his leadership and Everest One banner, Allan encourages and motivates his clients with a positive mindset to believe in themselves, dig deeper when the journey seems to get tougher, ultimately aiming to lead them to the summit, but most importantly prioritizing on everyone's safety and well being from start to finish.

### Sherpa Culture

Known as “Eastern People” in Tibet, Sherpas were nomads who migrated and settled in the Solukhumbu region around 500 years ago from Tibet. Their culture (i.e. dialect, dress and food) is similar to Tibetan, which is in stark contrast to the Hindu ethnic groups that are the majority in Nepal.

With a culture deeply rooted in Buddhism, Sherpas have a strong respect for the mountains and its spirits. First employed as high altitude porters on early Himalayan mountaineering expeditions, Sherpas are now by their own rights, well regarded accomplished climbers.

### Team Safety and Trek Support

This trek reaches a maximum altitude of 8163m at Manaslu Summit. As such, you may experience some effects of high altitude e.g. headaches, increased breathing, disturbed sleep as your body adapts.

The trek schedule has been designed to allow for proper acclimatisation. However, everyone responds to high altitude differently - walk slow, drink plenty of water (5L/day), listen to your body and alert your guide if you are feeling unwell.

Your guide will be carrying a well stocked first aid kit along the trail. It will contain commonly used medication including ibuprofen and general antibiotics. It is easy to stay healthy and avoid bacterial/parasitic infections by eating from hygienic venues, and avoiding salad (raw) and unpeeled fruits.

> Your trip leaders

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## Experience at the highest level delivered with calmness, careful planning and your safety in mind

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### > Phunuru Sherpa Expedition Leader



Phunuru Sherpa is from the village of Phortse, famous for producing some of the finest Sherpa guides in Nepal. He has been working as an Expedition Leader for more than 15 years, and is focused on safety, careful planning, leading a strong team and providing exemplary support and attention to clients.

He is a highly experienced, senior head guide (Sirdar), having led 42 expeditions above 8000m. Some of his achievements include summits of the following mountains:

Current world record holder with 19 summits of Cho Oyu (8201m) in Tibet, 16x Everest (8848m), 3x Lhotse (8516m), 4x Manaslu (8163m), 1x Shishapangma (8027m), 19x Ama Dablam (6812m).

Phunuru was the first Nepalese climbing Ranger in the USA, having worked in 11 different National Parks in the States. He holds the record of 6 summits of Denali, the highest peak in the USA.

He has reached the summit of Aconcagua, the highest peak in South America 4 times, along with Kilimanjaro, the highest peak in Africa an incredible 23 times.

Phunuru is a lead instructor and Educational Director of the Khumbu Climbing Center in Phortse. He is also certified in Long Line Rescue and Wilderness First Aid.

## Our Sherpa Team

Our handpicked team of high altitude climbers are some of the most experienced and professional guides on the mountain.

Without having a strong, reliable climbing and support team around you, your chances of success are heavily reduced.

This approach adopted by Everest One gives you the confidence and assurance to move forward and chase your dreams.

Our Expedition Leader, Phunuru Sherpa has led 42 expeditions above 8000m, having scaled Everest an incredible 16 times, and is the current world record holder with 19 summits of Cho Oyu (8201m), along with numerous climbs of other 8000m peaks including Lhotse x3, Manaslu x3 and Shishapangma.

Phunuru has been a Lead Instructor for over 17 years and is also the Education Director at the Khumbu Climbing Centre.

The remainder of our team, made up of 4 High Altitude Sherpa guides have worked on 134 expeditions above 8000m, with a combined total of 42 summits of Everest, 22 of Manaslu and numerous other 8000m peaks including Makalu, K2, Broad Peak, Lhotse and Cho Oyu.



## > Your trip leaders



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## Aside from the incredible scenery, this climb lets you gain insights into the Bhotia culture that practice a culture very similar to ancient Tibetan Buddhism

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### > Small Cohesive Team

Manaslu is a big mountain. You'll find a number of large expeditions on the mountain, with as many as 30 climbers and 40 Sherpas in a single team. For a multitude of reasons, that's not our style.

By having a small team of climbers, we are able to move more efficiently on the mountain, have greater flexibility, we have the capacity to allow input from team members regarding decision making and therefore, are able to have a much greater chance to summit as a team.

You'll get to know everyone, both fellow climbers and Sherpas closely throughout the course of the expedition.

With Everest One, we'll have one experienced Sherpa for each climber and they will guide you throughout your rotations. We'll be in this journey together every step of the way and when it comes to summit push time, we'll practically be family!

### > Cost

MANASLU Expedition >> USD\$ 24,950

### > Inclusive:

- 4 nights Kathmandu accommodation
- Airport transfer to hotel and welcome dinner
- All necessary climbing and trekking permits
- Experienced expedition leader and base camp manager
- Government liaison officer
- Helicopter return between Kathmandu and Samagaon
- All meals and accommodation during trek to base camp and return
- Porter service to carry unlimited personal gear to base camp
- Fully serviced powered base camp (including personal tent, heated dining tent and communication tent)
- Pay-per-use full satellite communication system,
- All meals/snacks and hot showers
- ICOM 2-way radio system for all guides to communicate between camps
- All meals and tents above base camp
- 1:1 Sherpa climbing guide
- Maximum oxygen allowance
- Extensive high altitude wilderness first aid kit
- Porters to carry group equipment
- All group climbing equipment
- All other charges for route fixing
- Expedition duffel bag

### > Exclusive:

- International flights to Kathmandu
- Tips and summit bonuses for Sherpa guides
- Tourist visa fees
- Meals in Kathmandu (USD10–15 per meal)
- Aerated and alcoholic beverages
- Personal items (e.g. phone calls, laundry)
- Travel insurance (including early departure and mountain search/rescue)
- Personal climbing gear.



## > MANASLU Expedition: 42 Days

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## Important notes on Health, Sleep, Food, Gear and Climate

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### > Staying Healthy

It's vitally important to protect your health on the Manaslu Expedition, and Everest One Owner and guide, Allan Cohrs, is an experienced climber and leader, having led expeditions on Everest and Lhotse.

He and his team monitor the team's performance, conduct daily oxygen saturation readings and ensure the team members are eating well, hydrated, obtaining quality sleep, sufficient rest and are at full strength during each phase of the climb.

Such knowledge is an invaluable resource, especially higher up on the mountain without an easy access to base camp ER facilities. Our Sherpas are also well-trained in all aspects of hygiene, to ensure that you don't come down with a stomach bug the day before you leave base camp for the summit. Having a smaller team also assists in this regard.

### > Climate

During the trek to base camp in summer, the weather will be hot and humid with periods of monsoon rain. Below Deng, temperatures can reach ~32°C in the day. In base camp, day temperatures can range 10°C–20°C, and it will rain or snow at times. Nights are cool and can drop to –10°C during storms. Above 7000m, temperatures will range from –30°C to –10°C at night.

### > Sleep and Food

In Samagaon you'll sleep in local friendly teahouses. These provide basic accommodation, common toilets and a large common dining hall. Teahouse kitchens cater for international and local tastes, from pizzas/pastas to typical Nepali favourites. Other facilities including showers, internet, battery charging and laundry are sometimes available for an extra cost.

You'll end up spending a fair bit of time in base camp as you rest in between acclimatisation trips and wait for a suitable summit window. We provide a comfortable, healthy environment at base camp so that you can focus on getting prepared for your summit push. We have a dedicated base camp cook who prepares delicious and high-quality meals.

Your Kathmandu accommodation is a mid-range 3.5 star hotel, but we can adjust according to your budget (i.e. budget to 5-star). Note that meals (except for breakfast) in Kathmandu are not included in the cost. Plan for USD10–15 per meal on these days.

### > Gear

Familiarity and comfort using your personal equipment is paramount to summit success. We recommend that you test drive your gear before joining this expedition. Keeping feet and hands warm in reliable gear during storms above 8000m will make or break your Manaslu dreams. Please scroll down to see recommended items on our Gear List page and email us about specific brands or models we know works well on 8000m peaks.



# Detailed Itinerary

## > DAY 1 ARRIVE IN KATHMANDU, NEPAL

Your adventure begins here. An Everest One representative will collect you from the airport. It's a free day to recover from your international flight. Later in the evening, there will be a group briefing and welcome group dinner.

## > DAY 2 EXPLORE KATHMANDU, NEPAL

This is a free day for you to explore the crazy, yet wondrously beautiful city of Kathmandu. Home to five World Heritage sites, Kathmandu is a stunning landscape of handcrafted wooden palaces (durbar or palace squares of Kathmandu, Lalitpur and Bhaktapur) and glorious Buddhist stupas (Swayambu and Boudhanath). It's a city that stimulates all senses, so be prepared because Kathmandu is a city that demands attention.

## > DAY 3 FLY TO SAMAGAON (3525m)

We will catch an early morning flight to Samagaon in the Gorkha district, central Nepal. Samagaon is a small Bhotia village situated at the base of Manaslu. Bhotia people are descendents of Tibet and their buddhist culture is evident throughout the village.

## > DAY 4 - 6 IN SAMAGAON

Although we saved time by the helicopter flight in, we still need to allow some time for our bodies to be fully acclimatised for the major climb. Over the next 3 days, we will undertake day trips around the valley exposing our bodies to higher altitudes.

## > DAY 7 TREK FROM SAMAGAON (3525m) to MANASLU BASE CAMP (4460m) ~3.5 hrs

The hike to Manaslu BC is a steep ascent of approximately 1000m. The trail moves up the ridge and alongside the glacier moraine. We will pass a serene and beautiful glacier lake at the foot of the glacier.

## > DAY 8 - 10 ACCLIMATISATION IN BASE CAMP & PUJA

It's important that we now spend a few days adapting to the high altitude to ensure that our bodies are properly prepared for our climb into 8000m+ heights. During these days, we'll busy ourselves checking our climbing gear and mentally preparing for the climb. From BC, the route can be clearly observed with the summit itself hidden by the East Pinnacle.

Following the Buddhist tradition of our Sherpa guides and of the locals, the local Samagaon lamas will conduct a Puja ceremony to request a safe and successful climb from the mountain spirits.

## > DAY 11 - 20 ROTATION CLIMB FROM BC TO CAMP 1-3

Once our bodies are well acclimatised, we begin our first forays on the mountain with a series of climbs: half way to Camp 1, to Camp 1 overnight, to Camp 1 overnight and Camp 2, then Camp 2 overnight and touch Camp 3.

Between climbs we will return to base camp to allow our bodies to recover and regain strength with increased oxygen. The route between BC and Camp 1 (5500m) is a rock scramble, be wary of loose rock. Depending on conditions, part of the route may be fixed for safety. The most technical section of Manaslu is between Camp 1 and 2 (6400m) that goes up a couloir and through an icefall filled with crevasses and seracs. You must move quickly through this section and be roped up.

Climbing up to Camp 3 (6800m) continues up the slope to seracs located just beneath the North col. The slopes between Camp 3 and Camp 1 are avalanche prone.

## > DAY 21 - 22 REST AT BASE CAMP

It is important to rest at a lower altitude before our final push to Camp 3 and the summit. This allows your muscles to recover with higher oxygen levels and improved nutrition from the base camp kitchen.

Also relax your mind, climbing a mountain is both a physical and mental challenge. Take this time to reset your mind to prepare you for the mental challenges ahead above 8000m.

# Detailed Itinerary

## > DAY 23- 38 CLIMB TO CAMP 4 AND SUMMIT MANASLU!

Finally, when the conditions are right we will progress back up the mountain, sleeping at Camp 1 and 2 or directly to Camp 2 depending on everyone's fitness and acclimatisation. The route from Camp 3 to 4 (7450m) climbs a steep slope beneath seracs until it reaches the North col that connects to the summit on the left. From here we move continuously up the slope towards the summit. It's a slow trudge and the slope progressively gets steeper and winds around seracs to just below the summit plateau.

We'll rest and prepare for our summit push the next day. The day begins early up the long crevassed plateau to steep snow banks, and eventually to the final summit pinnacle which is steep and exposed. From the summit we will drop directly to Camp 2, then to straight to BC.

Congratulations! you have climbed the 8th highest mountain!

## > DAY 39 - 40 REST DAY, PACK AND TREK TO SAMAGAON

A deserved rest at BC to recover from the summit climb before we begin packing up our home away from home. We trek back down the glacier moraine to Samagaon and celebratory beers!

## > DAY 41 HELICOPTER FLIGHT TO KATHMANDU

As we did at the start of our journey, today we are catching a helicopter back down to the hustle and bustle of Kathmandu, where we will catch up for a final group dinner and a few drinks before preparing to head home.

## > DAY 42 DEPART KATHMANDU

Time to depart crazy Kathmandu returning to friends and family back home.



> MANASLU Expedition: detailed itinerary



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# Packing list for MANASLU Expedition

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## Head:

- Baseball cap
- Balaclava (comfortable tight fitting, which covers as much skin as possible)
- Warm polar fleece or wool hat (beanie)
- Glacier glasses (category 4 lens, must wrap around your face well)
- Ski goggles (snug fit with good ventilation and anti-fog)
- Headlamp X 2 (bright LED with powerful beam and plenty of extra batteries)
- Climbing helmet (adjustable, climbing-specific)

## Hands:

- Gloves (snug fitting wind stopper, and a few pairs of thin liners)
- Big Mountain gloves (Gore-Tex with removable liner, warmest available)
- Big Mountain mittens (warm and should fit over your wind stopper gloves, must be able to operate a Jumar wearing them)

## Feet:

- Liner socks (4 pairs)
- Hiking socks (4 pairs)
- Warm mountain socks (4 pairs)
- Down booties
- Base camp shoes (comfortable, waterproof and warm)
- Hiking shoes (good low to midcut, Gore-Tex lined)
- Light-weight mountaineering boots (e.g. leather mountaineering boot for acclimatisation climbs up to Camp 2)
- 8000m mountaineering boots (integrated gaiter, double boot with warm insulation)

## Upper Body:

- Base layers (breathable and moisture wicking, few different weights, e.g. silk weight, midweight and expedition weight)
- Warm jacket (fleece or polarguard)
- Softshell jacket (with wind stopping properties)
- Gore-Tex jacket (breathable waterproof with good hood that fits over a climbing helmet)
- Synthetic fill Jacket (e.g. primaloft)
- Down suit (comfortable fit 8000m down suit made by a well known brand)
- Down jacket (800 fill, lightweight with hood)

## Legs:

- Base layer (breathable and moisture wicking, mid-weight and expedition weight)
- Soft shell pants (comfortable for everyday wear)
- Gore-Tex pants (heavy duty with reinforced crampon patches and waterproof zippers)
- Insulated pants (down or primaloft)
- Shorts (quick dry)

## Other Items:

Normal city clothes, trekking clothes, small personal first aid kit, water bottles, pee bottles, pocket knife, cigarette lighter, pad locks for the duffel, scarf (bandana and buffs), underwear (avoid cotton), Ziplock bags, garbage bags to use as waterproof liner, different size stuff sacks, sunscreen (heavy duty), lip balm, toiletries, snacks to last two months and entertainment items (e.g. music, books, camera, phone with solar power charging system).

## Climbing Gear

- Small day pack for trekking and city use (comfortable, 15–20L)
- Backpack (50–70L, fitted for your back length and internal frame)
- Duffel bags to transport your gear to Nepal
- Sleeping pads (full length, insulated inflatable and closed cell foam pads with repair kit)
- Sleeping bag X 2, –20°C to –40°C rated (800+ goose down fill, correct length for your height, one for base camp and one for higher camp)
- Harness (light weight alpine with belay loop and gear loop)
- Carabineers (4 screw gate and 4 snap gate)
- Belay device (easy to use and lightweight)
- Prussik cord (about 8 meters of 6mm and 5 meters of 4mm)
- Ice Axe (for alpine use and right length for your height)
- Crampons (semi auto with heel bail, good anti-balling system and steel)
- Jumar (large handle to fit your gloved hand)
- Trekking poles (lightweight with good snow basket)

## Travel documents:

- Passport
- Visa (90 days)
- Passport photos
- Copy of your travel insurance and Passport.



**Book Now**

**> Sign Me Up**

**MANASLU Expedition**  
2nd Sept - 14th Oct, 2024

### Personal Details

Please write your name as it appears on your passport.

Mr  Mrs  Ms.  Dr  Other.

First Name: \_\_\_\_\_ Middle Name: \_\_\_\_\_

Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb/Town: \_\_\_\_\_ State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Country: \_\_\_\_\_

Passport Number: \_\_\_\_\_

Nationality: \_\_\_\_\_ Country of Issue: \_\_\_\_\_

Date of Issue: \_\_\_\_\_ Date of Expiry: \_\_\_\_\_

Email: \_\_\_\_\_

Mobile: +61 \_\_\_\_\_

Work Number: +61 \_\_\_\_\_

Home Number: +61 \_\_\_\_\_

### Accommodation

Accommodation is based on twin share. Is there anyone you would like to share with?

Yes  No

Name: \_\_\_\_\_

### Payment Details

**USD\$3000 deposit is required to secure your booking**

Everest One

BSB: 064 000

ACC: 1486 0514

**Credit card facilities also available - please contact us**

## Emergency Contact

Name: \_\_\_\_\_

Relationship to you: \_\_\_\_\_

Mobile: +61 \_\_\_\_\_

Work Number: +61 \_\_\_\_\_

Home Number: +61 \_\_\_\_\_

Email Address: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

## Travel Insurance

Can be completed at a later date

Company Name: \_\_\_\_\_

Membership Number: \_\_\_\_\_

Insurance Cover: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Yes  No

## Passport

Country of issue: \_\_\_\_\_

Nationality in passport: \_\_\_\_\_

Date of issue: \_\_\_\_\_

Date of expiry: \_\_\_\_\_



## Medical & Health Form

Please answer each question below and include details of dates, location and treatment received (as applicable). Please attach a separate page if insufficient space is provided for answers.

You, the participant, acknowledge that you have obtained medical advice as to the suitability of EO's Adventure given your medical status and fitness or that you have given careful consideration to obtaining medical advice but have declined to seek it and accept all risk associated with your decision.

1.	Have you ever suffered any form of cold injury or illness, including frostnip or frostbite? If yes, please describe below:	<input type="checkbox"/> Yes <input type="checkbox"/> No
2.	Have you ever experienced any form of altitude related illness? If yes, please describe below including location, altitude, illness, treatment and recovery.	<input type="checkbox"/> Yes <input type="checkbox"/> No
3.	Describe any major accidents, illnesses, injuries or operations you have had in the last 5 years:	<input type="checkbox"/> Yes <input type="checkbox"/> No
4.	Do you have any problems with or limitations caused by any physical or mental condition that may reasonably impact your participation in the Adventure, including by your back or knees or as a result of any other injury or illness, and including any heart related condition? If yes, please describe below:	<input type="checkbox"/> Yes <input type="checkbox"/> No
5.	Are you on any medication currently and/or do you intend to use medication on the Adventure? <b>If yes</b> , please describe below:	<input type="checkbox"/> Yes <input type="checkbox"/> No
6.	Do you have any allergies or intolerances to food or medication? <b>If yes</b> , please describe below:	<input type="checkbox"/> Yes <input type="checkbox"/> No

7.	Do you wear corrective lenses?	<input type="checkbox"/> Yes <input type="checkbox"/> No
8.	Are you familiar with standard CPR and resuscitation techniques?	<input type="checkbox"/> Yes <input type="checkbox"/> No
9.	Do you have any pre-existing medical conditions that may affect your ability to undertake this Adventure? If yes, please describe:	<input type="checkbox"/> Yes <input type="checkbox"/> No
10.	Is there anything else from a medical perspective that you think EO ought to be informed about?	<input type="checkbox"/> Yes <input type="checkbox"/> No
11.	Do you have any special dietary requirements? <b>Please Note:</b> whilst EO will endeavour to cater to any specific food requirements you may have, you should feel free to carry with you additional food that you consider necessary for your special dietary requirements.	<input type="checkbox"/> Yes <input type="checkbox"/> No
12.	Please indicate your current level of fitness: Excellent                      Good                      Poor	
11.	Please outline your training program:	
13.	Please outline your trekking/mountaineering experience:	

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

PRINT NAME: \_\_\_\_\_

## Terms & Conditions

**1) Booking Form:** By You completing the Booking Form, submitting it to EO, and EO's acceptance of it by written reply, You agree to the terms and conditions contained in this document to the exclusion of all other terms and conditions not in this document, unless they are set out in the Booking Form, and/or otherwise agreed to in writing by You and EO (the parties).

**2) Prior dealings and variations:** Any prior dealings between the parties and the terms and conditions that apply to those dealings do not apply to the Adventure. Any variation of these Terms and Conditions must be agreed in writing by You and EO and, in the case of EO, the signatory must be duly authorized by EO to agree to the relevant variation.

**3) Price:** the price of the Adventure is outlined in the Trip Notes or has otherwise been notified to You in writing. The inclusions for the Adventure are listed in the Trip Notes. The price quoted is in AUD dollars and is payable by cash or direct deposit into EO's nominated bank account. You will be liable for all bank charges that may be levied on direct deposits. Every endeavour will be made by EO not to change the Price. However, if there is a change to the exchange rate or local conditions, EO reserves the right to change the Price.

**4) Timing to Payment:** Unless otherwise agreed in writing, the Price is payable as follows:

a) 30% or nominated deposit at the time You submit the Booking Form to EO; and

b) The balance no later than 60 days prior to the first day of the Adventure, or such other date as EO in its absolute discretion may agree (i.e. Where You book the Adventure closer to the first day of Adventure); or

c) If the Booking Form is submitted to EO within the 90 day period prior to the first day of Adventure, the Price is payable at the time the Booking Form is submitted, or such other date as EO in its absolute discretion may agree.

**5) Transfer:** if You book for this Adventure and decide to transfer to another adventure with EO that is at that time advertised by EO and the start date of that other adventure is not more than 12 months after the start date of this Adventure, then EO will agree to transfer your payment across to the new Adventure provided that your written notice of the change is received no later than 90 days prior to the date that the Adventure You initially booked was due to start or such other date as EO in its absolute discretion may agree.

### **6) Cancellation by You:**

a) Payments made by You for your Adventure are forfeitable or refundable as follows. If You cancel:

- i) 90 days or more prior to the first day of your Adventure – You forfeit your full deposit and any other non-refundable items.
- ii) 60 days or more but less than 90 days prior to the first day of your Adventure – 50% of the Price is refundable or forfeitable.
- iii) Less than 60 days prior to the commencement of your Adventure – 100% of the Price payable by You will be forfeitable (or forfeited, if paid) to EO.
- iv) If You cancel within 60 days, please remember that we have invested your funds in good faith to allow your adventure to proceed and therefore cannot offer You a refund. You can however obtain a credit note which can be transferred to another adventure within 12 months.

b) The Price is quoted as a package and no partial refunds will be made for any services not used or for any early exit by You from the Adventure. If any part of the Price is to be forfeited to EO but has not at the relevant time been paid by You then EO reserves the right to recover that amount from You as a debt due and payable.

c) Depending on the reason for cancellation, you may be able to reclaim these cancellation charges under the terms of your travel insurance policy directly with your insurance provider. Travel Insurance is compulsory and should be obtained at the time You commit to the Adventure.

**7) Cancellation by EO (tour numbers):** EO may cancel the Adventure if EO considers that the number of persons booked on the Adventure is insufficient for EO to run the Adventure. You may not claim any costs, loss or damages (whether direct or indirect) from EO in connection with any cancellation of the Adventure for such reason, including for any time incurred or inconvenience suffered, gear purchases, flights booked or vaccinations obtained. However, all or any part of the Price already paid by You will be refunded to You, less any bank charges or fees incurred at the time You paid the Price.

**8) Cancellation or other changes by EO (other):** in the case of inclement weather, snowy or icy conditions, conditions that EO reasonably considers may make any part of the Adventure unduly risky, or any political military, terrorist threat or due to a variation to or introduction of a government travel warning after the date You book the Adventure, EO reserves the right to change the start date of the Adventure, the end date, the duration, the route, to cancel or postpone or delay the Adventure if EO considers that there may be a risk to the safety of participants, or to a third party providing those services if such conditions exist or may reasonably exist. You acknowledge that in the event of any such change, cancellation, postponement or delay You have no right to claim any costs, loss, damages (whether direct or indirect) or refund from EO. You also acknowledge that EO is not obligated to inform You of any government travel warning that may apply and that You have or have had the opportunity to check any government travel warnings that may be in place.

**9) Warranties and representations:** You warrant and represent to EO that:

a) You are in good health and are mentally and physically fit at the time of booking this Adventure;

b) You have disclosed every matter concerning your health and wellness of which You are aware or ought reasonably be aware and/or expected to know that is relevant to EO permitting You to participate on this Adventure;

c) You will notify EO as soon as You become aware if your health and fitness is adversely affected in any way prior to the start of the Adventure, or during the Adventure so that EO can assess whether to permit You to participate or continue to participate in the Adventure;

d) EO may disclose medical information about You to its consultant doctor (if applicable);

e) You have sought medical advice as to your suitability for this Adventure or, You have elected not to seek medical advice for this purpose and wholly accept the risk of not having obtained such advice;

f) EO has not made any representations to You in connection with the Adventure other than those contained in these Terms and Conditions;

g) You are fully aware that the Adventure involves challenging trekking at high altitudes and You have satisfied yourself that You have the requisite skills and experience necessary for You to participate in the Adventure or You will ensure that You have the requisite skills and experience prior to the day of the Adventure;

h) It may or may not be possible for You to insure yourself in relation to the Adventure, including the high altitude aspects of the Adventure

i) You have made all due and independent enquiries in adventure travel, high altitude trekking and expeditions similar to the Adventure; and

j) During the Adventure, You will follow the instructions of the Guide leading the Adventure, noting that those instructions in many circumstances will relate to the safety and wellbeing of participants in the Adventure.

**10) Adventure Guides:** EO will nominate a suitably experienced Guide to lead your Adventure. However, EO reserves the right at any time to change the nominated Guide and replace that Guide with another suitably experienced Guide. You may not claim any costs, loss, damages (whether direct or indirect) or refund from EO for any change to an Adventure Guide or any other staff engaged by EO for your Adventure.

**11) Exclusion from Adventure (health and fitness):** if for any reason, the Guide, as nominated by EO, considers, in the Guide's absolute discretion, that You should not participate in the Adventure for reasons associated with your health and wellness, despite You having obtained a medical clearance to do so, the Guide may exclude You from the Adventure, either before or during the Adventure. If on such grounds the Guide excludes You from the Adventure before the Adventure commences, then any refund will be in accordance with condition 6 as if You had cancelled during the timeframes stated in that clause. However, if the Guide excludes You from the Adventure on such grounds after the Adventure commences for any reason, no refund of the Price (or part of the Price) will be payable to You except in the absolute discretion of EO.

**12) Exclusion from Adventure (other):** The Guide may, in the Guide's absolute discretion, exclude You from the Adventure if You engage in any illegal act, or the Guide considers that your behaviour is or is reasonably likely to cause danger, distress or nuisance to any other participant on the Adventure, including staff engaged by EO for your Adventure. In connection with such exclusion, You must follow the instructions of the Guide. You will not be entitled to any refund of the Price (or any part of it) in connection with any such exclusion and it is a matter for You to insure for this, if You can, as You may consider appropriate, reasonable, and appropriate or co-verse You for all risks that may apply to You as a participant on the Adventure.



## Terms & Conditions cont...

**13) Information and Trip Notes:** EO provides information and prepares Trip Notes in good faith. EO may make reasonable changes to any Adventure itinerary, services or route having regard to timing of the Adventure or for any reason considered necessary by EO or if it receives advice to do so.

**14) Insurance:** Travel insurance is compulsory for all trips. Insurance for You is not included in the Price. You acknowledge that it is your responsibility to make enquiries about and obtain and maintain appropriate insurance to cover You in connection with the Adventure, if possible. EO may ask You for your insurance details and You must provide those details to EO promptly but EO is not obliged to check that the insurance You obtain is reasonable, appropriate or covers You for all risks that may apply to You as a participant on the Adventure.

**15) Travel documents:** It is your responsibility to obtain the appropriate travel documents for entry to the country where the Adventure is to take place. EO will be responsible for applying for any permits that are relevant to the Adventure, but only to the extent listed as inclusions in the Trip Notes.

**16) Airlines, flights:** EO recommends that You obtain flexible flights for the Adventure as sometimes Adventures can be delayed due to events such as inclement weather and internal flights. You are liable for any costs You may incur in connection with your flights should timing of your Adventure change. You may not claim any costs, loss or damages (whether direct or indirect) from EO in connection with any change to the Adventure or your participation in the Adventure resulting in You incurring additional costs in connection with your flights.

**17) Privacy:** You agree that You:

- permit EO, its agents or assigns to collect personal information from You, or from your medical practitioner, regarding your health and wellness, including any medical conditions You may have or have had previously. You acknowledge that this information may be disclosed to EO representatives in order to ensure your safety and wellbeing in connection with the Adventure, but will not be used by them for any other purpose; and
- will respect the privacy of the Guides and fellow participants in the Adventure and not do anything that is deemed by EO to be an invasion of their privacy.

**18) Image and Likeness:** You grant EO the right to take and use photographs and videos of You and your personal effects in connection to your participation in the Adventure. In consideration for You participating in the Adventure, You authorise EO, its assigns and transferees to copyright, use and publish your image and likeness in print and/or electronically for marketing purposes, and the like.

**19) Force Majeure:** If EO is prevented (directly or indirectly) from performing any of its obligations under its agreement with You by reason of act of god, strikes, trade disputes, breakdowns, interruption of transport, government or political action, acts of war, terrorism, acts or omissions of a third party or for any other cause whatsoever outside of EO's reasonable control, EO will not be liable for any costs, loss or damage You may suffer as a result and EO may cancel the Adventure and condition 8 will apply.

**20) Assumption of Risk:** You acknowledge that:

- Adventure travel, expeditions and trekking holidays are by their nature physically and mentally challenging and carry higher level of risk than a standard holiday, with potential exposure to risk of injury, death and loss to property;
- High altitude trekking is inherently dangerous and, of itself, carries the risk of injury, death and loss to property;
- Standards of accommodation, transport, healthcare, hygiene, safety and service providers are likely not to be as high in the region of the Adventure as in your country of origin;
- your Adventure will likely require You to travel on difficult, challenging and dangerous terrain, at high altitude, in extreme weather conditions, in remote locations with minimal or no telecommunications and with sudden changes to Adventure arrangements, and political stability in the region of the Adventure;
- there are inherent dangers associated with adventure travel, You have considered those dangers and, nevertheless, You have elected to participate in the Adventure and accept all risk associated with your participation in the Adventure, including risk of injury, death, and loss to property; and
- EO is not liable for and You may not make any claim against EO for or in connection with the acts, omissions or negligence of third parties who may provide goods and/or services to EO or to You for the Adventure.

**21) Release and Waiver of Liability:** In consideration for EO accepting your booking on the Adventure and You being permitted by EO to join the Adventure, to the extent permitted by law:

- You indemnify and keep indemnified and release, discharge, waive, hold harmless EO and its officers, employees, agents, licensees, Guides and other representatives of EO from all claims, actions, costs and losses (whether direct or indirect) which may arise out of or occur in connection with the Adventure, whether arising or occurring before, during or after the Adventure, including in relation to any negligence caused or contributed to by any or all of those listed above; and
- You waive any claims You have or may at any time have against EO and its officers and employees and, as You accept the risks associated with your participation in the Adventure, You agree not to make any claim against EO its officers and employees for any personal injury, property loss or any other loss of any kind that You may suffer or incur in connection with the Adventure, whether before, during or after the Adventure.

**22) No waiver:** a party will not be deemed to have waived any of its rights or remedies under these Terms and Conditions or at law by allocating any time or indulgence or by not exercising any right or remedy arising out of any default by the other party.

**23) Australian Consumer Law**

- Under the Australian Consumer Law statutory guarantees apply to the supply of 'recreational services' of the kind offered by the Terms and Conditions. 'Recreational services' is defined as including activities that involve a significant degree of physical exertion or risk undertaken for the purposes of recreation, enjoyment or leisure. These guarantees mean that EO, its officers, servants, agents or assigns as the supplier, is required to ensure that the recreational services it supplies to You are rendered with due care and skill and are fit for their intended purpose.

**b)** Under Australian Consumer Law, EO, its officers, servants, agents or assigns, as supplier, is entitled to ask You to agree that these statutory guarantees will not apply to You. Therefore, please note that if you sign and/or submit this form to EO, You will be agreeing that your rights under EO's agreement with You, if you are killed or injured because the service provided are not rendered in accordance with these statutory guarantees, are excluded, restricted or modified in the way set out in this condition.

**c)** To the extent permitted by law, You hereby exclude, release and forever discharge EO, its officers, servants, agents or assigns for all liability for any and all claim, loss, damage, cost or expense arising from your death or your suffering physical or mental injury or any other condition, occurrence, activity, form of behaviour, course of conduct or state of affairs as specified in Section 139A of the Consumer and Competition Act 2010 (Cth) (except in the case of liability arising from the reckless conduct on the part of EO, its officers, servants, agents or assigns and your participation in the recreational activities which comprise the Adventure.

**24) Jurisdiction and Applicable Law:** Your booking, the Terms and Conditions, and the rights and obligations of the parties in connection with the Adventure, are governed exclusively by the jurisdiction and law of Australia and you and EO submit to the exclusive jurisdiction of the courts of the State of Queensland, Australia.

**25) Definitions:**

- Agreement** or agreement means the Booking Form and these Terms and Conditions, and any variation of them agreed to in writing by the parties
- Guide** means any guide engaged by EO for the Adventure, whether as an employee, contractor or in any other capacity
- Adventure means the adventure** for which You have booked and any trip substituted for that adventure in accordance with these Terms and Conditions
- High altitude trekking and climbing** includes the actions of walking, trekking, backpacking, using ropes, crampons and other climbing equipment and may involve being on challenging terrain such as uneven trails, dirt trails, rock, ice and snow.
- Trip Notes** means the trip notes we have provided to You for the Adventure.
- You or you** means you as the participant in the Adventure and as a party bound by these Terms and Conditions.

**26) Interpretation:** 'include' or 'including' is to be read without limitation.

**27) Severance:** If any part of these Terms and Conditions are found to be illegal, unenforceable or invalid, then the relevant part will be severed unless to do so would cause the Terms and Conditions to be frustrated.

SIGNATURE: \_\_\_\_\_

PRINT NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

**For the benefit of Everest One, in signing this booking form, I acknowledge that I have read, understood and accept the terms and conditions accompanying this booking form.**



[www.everestone.com.au](http://www.everestone.com.au)  
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