



VIP EVEREST EXPEDITION-NEPAL [8848.86M.]

Mt. Everest Expedition is a lifetime mountaineering experience that allows you to stand at the highest point in the world.

PRICE PER PERSON
\$210,000.00 USD

TRIP FACTS:

PEAK NAME MT. EVEREST (SAGARMATHA)	SERVICE VIP SERVICE (FULL BOARD)	COUNTRY NEPAL
DURATION 49 DAYS	ROUTE S-COL; SE-RIDGE	GRADE HARD DIFFICULT
RANGE MAHALANGUR	BEST SEASON SPRING	MAX ELEVATION 8848.86 M
WALKING PER DAY 3-5 HOURS	NATURE 5* HOTEL + LODGE + TENT	GROUP SIZE 1-5 PAX
ARRIVAL 07 APRIL 2024	DEPARTURE TO LUKLA 10 APRIL 2024	TRIP ENDS 25 MAY 2024



REQUIRED EXPERIENCE:

Experience in mountaineering (6000 m. /7000 m. /8000 m.) is recommended and required to sign up for this expedition.

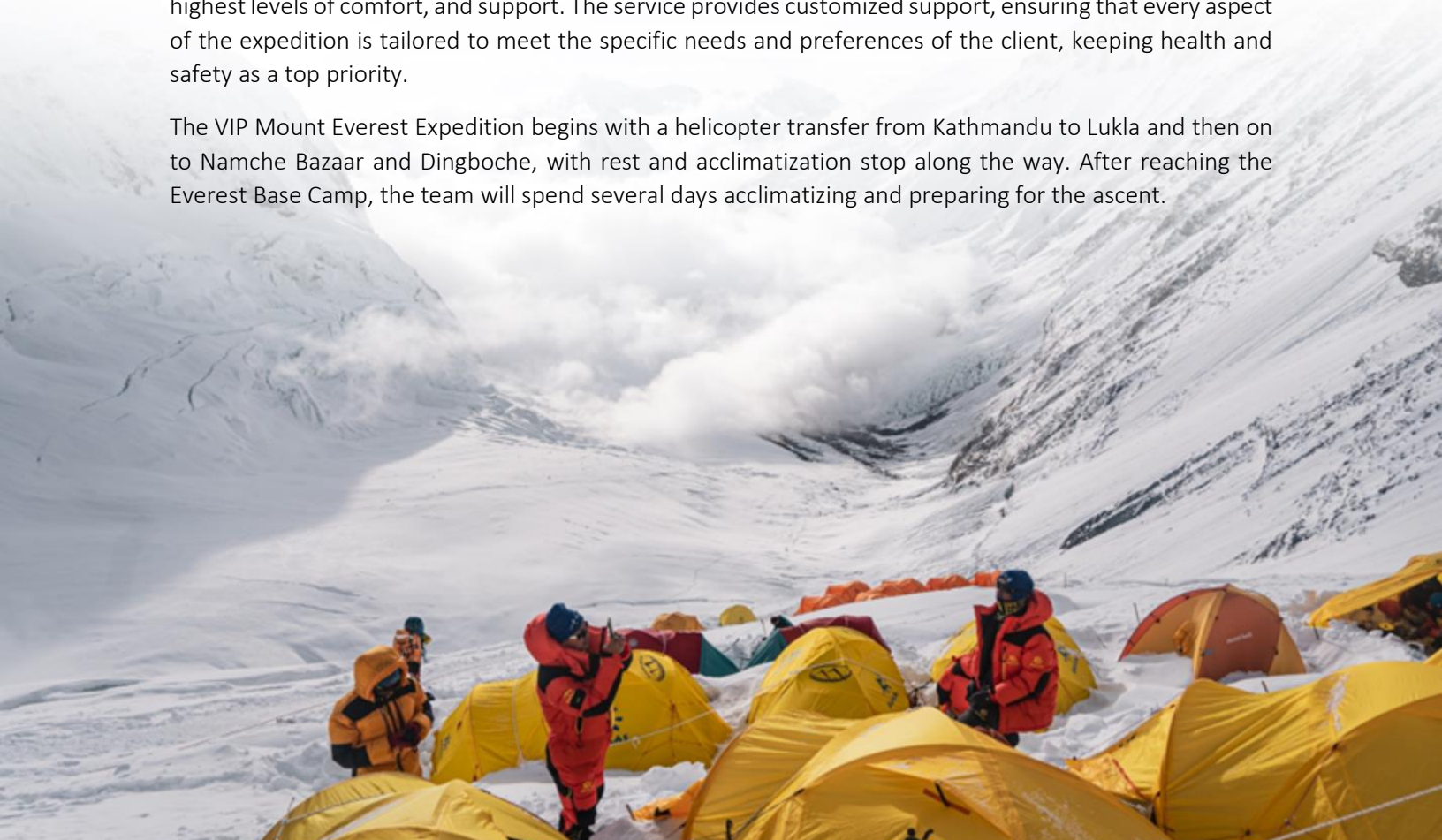
OVERVIEW:

The Seven Summit Treks VIP Mt. Everest Expedition Service is a comprehensive package designed for those seeking to summit Mt. Everest in the utmost comfort and convenience.

Climbing Mt. Everest is indeed a lifetime experience and one of the most challenging and rewarding adventures that a person can undertake. Mt. Everest is the highest mountain in the world and is located in the Himalayas, on the border between Nepal and China. Mt. Everest, also known as The Sagarmatha in Nepali is the highest peak on the earth with an altitude of 8848.86m.

The VIP Mt. Everest Expedition Service offered by Seven Summit Treks is an exclusive package that caters to those who wish to conquer the world's highest mountain with a blend of adventure and luxury. This service is designed for those who want to experience the thrill of climbing Mt. Everest while enjoying the highest levels of comfort, and support. The service provides customized support, ensuring that every aspect of the expedition is tailored to meet the specific needs and preferences of the client, keeping health and safety as a top priority.

The VIP Mount Everest Expedition begins with a helicopter transfer from Kathmandu to Lukla and then on to Namche Bazaar and Dingboche, with rest and acclimatization stop along the way. After reaching the Everest Base Camp, the team will spend several days acclimatizing and preparing for the ascent.





TRAINING AT BASECAMP:

At the Everest Basecamp, the team will be in the capable hands of a UIAGM (International Union of Alpine Guide Associations) certified guide, who will host a comprehensive training session on the essential skills required for the climb. This training will include lessons on ice wall climbing, ladder crossing, and other techniques that will be required for the ascent. The training sessions will be an opportunity for the team to practice these skills in a controlled environment, under the guidance of experienced professionals.

The team will have the opportunity to learn about the proper use of equipment, such as crampons and ice axes, and will be taught the best techniques for ascending steep ice and snow-covered slopes. The ladder crossing training will help the team to become comfortable with the fixed ropes and ladders that will be used to cross difficult sections of the mountain.

The training sessions will be intense, but they are also designed to be fun and engaging, helping the team to bond and build confidence in their abilities. The UIAGM guide will also provide valuable advice and tips to help the team prepare for the climb, and will answer any questions they may have. Overall, the training sessions will be an important part of the team's preparation for the climb and will help to ensure their success and safety on the mountain.





ACCLIMATIZATION AT LOBUCHE:

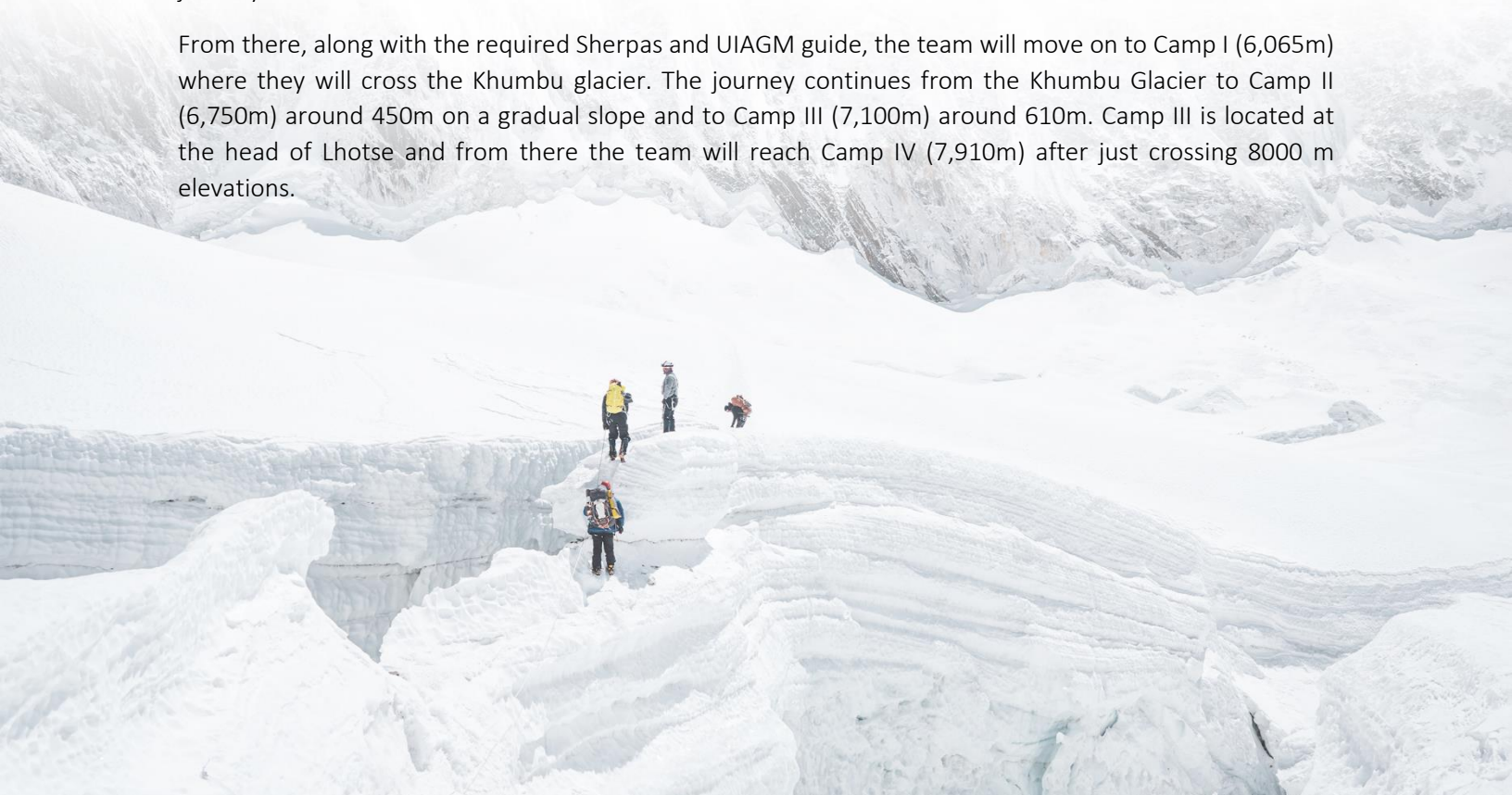
After the completion of Training at EBC, the team will approach the summit of Lobuche Peak (6119m). The climb to the summit of Lobuche Peak (6119m) is an important acclimatization process that prepares the team for the final ascent of Mount Everest.

During the climb, the team will gain valuable experience in navigating high-altitude terrain and will be able to test their physical and mental abilities. The ascent of Lobuche Peak is also an opportunity for the team to get to know their Sherpa guides, who will play a critical role in ensuring their safety and success on the mountain, after its completion, the team returns to Everest basecamp. In addition to acclimatization, the team will spend several days at the Everest Basecamp preparing for the ascent. During their time at base camp, the team will have the opportunity to get to know their entire Sherpa team, including their lead guide, assistant guides, and support staff. This is an important bonding experience that helps to build trust and camaraderie among the team members, which will be crucial during the climb.

PREPARATION, BASECAMP, AND HIGH-ALTITUDE ACTIVITIES:

In the Everest basecamp, the team will also perform the Pooja Ceremony, a traditional Hindu ritual that pays respect to the gods and requests their blessings for a safe and successful climb. The Pooja Ceremony is an important part of the expedition and is considered to be good luck for the team. It is a touching moment that helps to bring the team together and provides a sense of reverence for the mountain and the journey ahead.

From there, along with the required Sherpas and UIAGM guide, the team will move on to Camp I (6,065m) where they will cross the Khumbu glacier. The journey continues from the Khumbu Glacier to Camp II (6,750m) around 450m on a gradual slope and to Camp III (7,100m) around 610m. Camp III is located at the head of Lhotse and from there the team will reach Camp IV (7,910m) after just crossing 8000 m elevations.



FINAL SUMMIT PUSH:

The final ascent to the summit of Mount Everest (8,848m) will commence between 9 – 11 PM once the team reaches Camp IV. The ascent will take several hours and will involve navigating through challenging terrain, including the famous Hillary Step. Reaching the summit is a physically and mentally demanding task, but the breathtaking views from the top make it all worth it. Upon reaching the summit, the team will spend a short time taking in the views and capturing the moment before beginning the descent back to Camp IV. The descent will also take several hours and requires just as much focus and determination as the ascent. Once back at Camp IV, the team will rest and recover before starting the journey back down the mountain to lower elevations. This epic journey to the top of the world will be a once-in-a-lifetime experience that the team will cherish forever. During the entire expedition, you will be guided by a UIAGM-certified guide, ensuring a safe and successful climb. The VIP Mt. Everest Expedition Service also includes airbus support from Heli Everest (B3e Model) providing added safety and convenience during the climb.

The package includes state-of-the-art equipment and gear, as well as full board service and supplies, ensuring that climbers have access to everything they need to make the most of their expedition. This premium offering provides climbers with the excitement of climbing Mt. Everest and the comfort and convenience of a VIP service. Whether you are an experienced climber or a first-timer for 8000er, this package offers an opportunity to make memories that will last a lifetime.

" We await to serve you our service and share our experience with you "





HIGHLIGHTS OF THE VIP EVEREST EXPED.

1. 07 April 2024 - 25 May 2024
2. A climb to the top of the world
3. 1 Climber: 1 UIAGM Guide
4. 4 Experienced Climbing Sherpa
5. One Personal Photo/Videographer
6. All Climbing Gear and Equipment
7. 15 Bottles of Oxygen
8. Full Board Service
9. Lobuche Peak Climb – as a part of acclimatization
10. Single Climbing Permit
11. Heli ride to & from Basecamp
12. Experience the Khumbu Icefall climb
13. Stunning views from the Summit
14. Experience the natural beauty of the Himalayas
15. Experience the unique culture of the region
16. Explore the diverse Flora & Fauna

WHY CLIMB MT. EVEREST WITH SEVEN SUMMIT TREKS?

- Highly qualified, professional, friendly, and experienced climbing Sherpa guide, Kitchen staff, and Basecamp Manager.
- Well-equipped with climbing equipment and logistic support for base camp and higher camps.
- Safety is a top priority for us, and we take every step to minimize risks and ensure the well-being of our clients.
- We offer a variety of itineraries to suit different abilities and interests, so you can choose the option that best meets your needs.
- Hi-tech in weather forecast and communication
- Easy Helicopter charter service when needed
- 1 UIAGM guide to each member



ITINERARY:

DAYS	ITINERARY	DATE	MEALS	BOARD
1	Arrival in Kathmandu and transfer to the 5-star hotel - 1350m.	07 APR	B/L/D	Hotel
2	Gear Checking and Preparation -1350m.	08 APR	B/L/D	Hotel
3	Briefing at Ministry of Tourism -1350m.	09 APR	B/L/D	Hotel
4	Fly to Lukla by Helicopter (B3e) -2850m.	10 APR	B/L/D	Lodge
5	Rest in Lukla (Short Acclimatization Hike) -2850m.	11 APR	B/L/D	Lodge
6	Fly to Namche Bazaar by Helicopter (B3e) -3440m.	12 APR	B/L/D	Lodge
7	Full Rest in Namche Bazaar -3440m.	13 APR	B/L/D	Lodge
8	Hike to Everest View hotel: Overnight -3880m.	14 APR	B/L/D	Hotel
9	Fly from Everest View hotel to Dingboche (B3e) -4240m.	15 APR	B/L/D	Lodge
10	Rest in Dingboche (Chhukung Hike) - 4240m.	16 APR	B/L/D	Lodge
11	Rest in Dingboche (Acclimatization Hike to Nangkartshang Peak) - 4240m.	17 APR	B/L/D	Lodge
12	Trek from Dingboche to Lobuche - 4940m.	18 APR	B/L/D	Lodge
13	Trek from Lobuche to Gorekshep - 5150m.	19 APR	B/L/D	Lodge
14	Trek from Gorekshep to EBC (Seven Summit Basecamp) - 5400m.	20 APR	B/L/D	Tent
15-18	Rest in Basecamp (Full Rest) -5400m.	21-24 APR	B/L/D	Tent
19	Descend back to Lobuche	25 APR	B/L/D	Lodge
20	Hike from Lobuche to Lobuche High Camp - 5400m	26 APR	FULL BOARD HIGH CAMP	
21	High Camp to Lobuche Peak Summit (6119m) and back to Lobuche	27 APR	FULL BOARD HIGH CAMP	
22	Trek from Lobuche to Everest Basecamp	28 APR	B/L/D	Tent
23	Acclimatization at Everest Basecamp (Rest Day)	29 APR	B/L/D	Tent
24	Ladder training at basecamp (Equipment Use) -5400m.	30 APR	B/L/D	Tent
25	Khumbu Icefall Training (Halfway to Khumbu Icefall - Ice climbing and ladder training) -5500m.	01 MAY	B/L/D	Tent
26	Rest day and Puja at basecamp -5400m.	02 MAY	B/L/D	Tent



27	Ascent to Camp I: Overnight in Camp I -6100m.	03 MAY	FULL BOARD HIGH CAMP
28	Ascent to Camp II: Overnight in Camp II -6750m.	04 MAY	FULL BOARD HIGH CAMP
29	Ascent from Camp II - Touch Camp III - Lhotse Wall and return to Camp II -7000m.	05 MAY	FULL BOARD HIGH CAMP
30	Descent from Camp II to the base camp -5400m.	06 MAY	B/L/D Tent
31	Fly by helicopter from EBC to Kathmandu OR Rest in Basecamp (Full Rest) -1350m.	07 MAY	B/L/D Hotel
32-34	Rest in Kathmandu OR Rest in Basecamp (Full Rest) -1350m.	08-10 MAY	B/L/D Hotel
35	Fly from Kathmandu to EBC by Helicopter OR Rest in Basecamp (Full Rest) -5400m.	11 MAY	B/L/D Tent
36-37	Rest at Basecamp (Full Rest) -5400m.	12-13 MAY	B/L/D Tent
38-39	Contingency days at basecamp due to weather window - 5400m.	14-15 MAY	B/L/D Tent
40	Ascent to Camp II: Overnight in Camp II -6750m.	16 MAY	FULL BOARD HIGH CAMP
41	Rest in Camp II: Overnight in Camp II -6750m.	17 MAY	FULL BOARD HIGH CAMP
42	Ascent to Camp III: Overnight in Camp III -7100m.	18 MAY	FULL BOARD HIGH CAMP
43	Ascent from Camp III to South Col (Camp IV) and Same day evening 7-8 PM start for final Summit Push-7900m.	19 MAY	FULL BOARD HIGH CAMP
44	Camp IV to Summit (8848.86m, 11 AM) and Descend back to Camp IV or Camp II ** -7900m./6750m.	20 MAY	FULL BOARD HIGH CAMP
45	Fly by Helicopter from Camp II to the base camp Contingency days applies here -5400m.	21 MAY	B/L/D Tent
46	Rest at Basecamp and Pack up	22 MAY	B/L/D Tent
47	Fly to Kathmandu (5 Star Hotel) from Basecamp touching helicopter flight to Pheriche and Lukla	23 MAY	B/L/D Hotel
48	Leisure day / Flight booking duration	24 MAY	B/L/D Hotel
49	Fly back to Homeland	25 MAY	B/L/D

B= Breakfast, L= Lunch and D= Dinner.

Note: The itinerary can be shortened to 40 days based on the weather conditions and the time frame of the participants.



COST INCLUDES:

- 1. ARRIVAL & DEPARTURE:** Airport - Hotel transfers – Airport (Pick Up and Drop), by private vehicle.
- 2. HOTEL ACCOMMODATION IN KATHMANDU:** 5 - 10 nights hotel in Kathmandu (5-star category) - single room on Full Board Plan (Inclusive Breakfast, Lunch, and Dinner).
- 3. WELCOME DINNER:** One Welcome Dinner in a tourist standard restaurant in Kathmandu with Office Staff.
- 4. CARGO CLEARANCE:** Assistance for cargo clearance in Nepal's Customs.
- 5. PERMIT:** Single Climbing Permit of each member from the Nepal Government to climb Mt. Everest.
- 6. PERMITS:** Expedition Royalty and permit of Lobuche Peak from NMA, Sagarmatha National Park permit, TIMS CARD & Pasang Lhamu Rural Municipality Entry Permit and fee.
- 7. ICEFALL FEE:** Khumbu Icefall climbing charge to (SPCC) Sagarmatha Pollution Control Committee.
- 8. LIAISON OFFICER:** 1 Government Liaison officer with full equipment, Daily salary, and insurance.
- 9. GARBAGE MANAGEMENT:** Stool Shipment Transfer & Garbage Deposit fees.
- 10. MEMBER INSURANCE:** Travel and high-altitude insurance, accident, medical & emergency evacuation for the climbing member.
- 11. INSURANCE:** Medical & Emergency rescue Insurance for all involved Nepalese staff, Sherpas and UIAGM Guide during the trek and expedition.
- 12. DUFFLE BAG:** Two Seven Summit Treks' Duffle Bag.
- 13. MEDICAL CHECKUP:** A medical checkup in Kathmandu before the expedition to ensure that the member is fit to climb and identifies any potential health risks.
- 14. MEMBER TRANSPORTATION:** All Helicopter flights as per the Itinerary. From Kathmandu - Lukla - Namche, Namche - Dingboche, During the expedition return to Kathmandu and after Expedition from Everest BC to Kathmandu.
- 15. HIGH ALTITUDE FLIGHT:** Helicopter charter flight from Camp II to Basecamp while descending from the Summit.
- 16. REST IN KATHMANDU:** Helicopter flight from Everest base camp - Kathmandu - Everest Base camp via Namche **(1 time) if required. Full Board accommodation at 5 Star hotel in Kathmandu.**
- 17. EXPEDITION STUFFS TRANSPORTATION:** All necessary expedition equipment transportation for all Members and Staff from Kathmandu to Lukla (by air cargo) and Base camp (by Porters / Yak) – While returning: Base camp to Lukla (by porters / Yak) and Lukla to Kathmandu (by air cargo). Based on the condition, different transportation variants may adopt.
- 18. TREKKING LOGISTIC:** All necessary logistic management during the trek along with a



- UIAGM guide and private cook, who will cook food for a member. Overnight stay at upgraded lodges (attached restroom) and member's all personal belongings will be carried by porters or helicopter.
19. **PHOTOGRAPHER / VIDEOGRAPHER:** One Personal Photo / Videographer during the entire trip, including a filming permit.
 20. **MEMBER LUGGAGE:** Up to 200 Kg of member's luggage during the trek carried by porters and helicopter.
 21. **MEMBER PERSONAL EQUIPMENT:** Clothing, Packing Items, Bags, Personal Medical kits, and all kinds of Personal Trekking / Climbing Gear.
 22. **FOOD AND LODGING:** 3 meals (no limit) a day (breakfast, lunch, and dinner; including tea and coffee) along with accessible accommodation at Hotel/Lodge during the trek and at the Basecamp. Hygienic and fresh green vegetables, fresh meat, fruits, soft drinks, and juice will be served regularly during the entire expedition using helicopter flights. Well-managed base camp set up for members & Staff.
 23. **DRINKING:** Hot water, tea, coffee, beer, wine, etc. during the trek and the Expedition is of no limit.
 24. **PORTER:** Porters per member up to the basecamp and from the basecamp (both ways).
 25. **BASE CAMP STAFF:** Experienced and well-trained Base Camp Cook & kitchen Helpers as required.
 26. **PRIVATE COOK:** A private cook is provided during the entire expedition, preparing a variety of European, Continental, Asian, and Chinese meals for the members during both the trek and expedition.
 27. **STAFF SALARY AND ALLOWANCE:** All Nepalese staff & porter's daily wages, salary, equipment, food & clothing.
 28. **BASE CAMP TENT:** Each member will have an individual box tent in Base Camp.
 29. **BASE CAMP EQUIPMENT:** Single Box Tent, foam mattresses and pillow per member, 1 Dining Tent, 1 Kitchen Tent, 1 Communication tent, 1 Toilet & 1 Shower Tent, 1 Staffs Tent, 1 Tent for Nepalese base camp staff, Store tent, Tables & chairs & all necessary cooking gears.
 30. **WHITE DOME TENT:** One White Big Dome luxury tent, for dining, coffee station, and relaxation.
 31. **COFFEE/SPARKLING WATER/ALL BEVERAGE:** All kinds of hot and cold beverages will be served during the trek and at the base camp.
 32. **BAKERY AND BAR AT BASE CAMP:** Bakery and bar for the team members of Seven Summit Treks.
 33. **HEATER:** Heater at base camp in each tent for members.
 34. **SOLAR/GENERATOR/LIGHT:** 1 Solar panel and Generator for lights at base camp, battery charge, for laptop and other electronic devices.
 35. **TELEVISION:** One 42" television set with satellite dish home antenna at the base camp with DVD player and projector set.



36. **TRAINING:** Oxygen, Mask Regulator, Ice wall, and Ladder training at basecamp by UIAGM Guide.
37. **LOBUCHE PEAK CLIMB:** All necessary arrangements for climbing Lobuche peak.
38. **DOCTOR:** One Medical Doctor at basecamp along with a comprehensive medical kit for the member.
39. **UIAGM GUIDE:** 1 UIAGM guide will be with you from Kathmandu – Basecamp – High Camps – Summit – Basecamp - Kathmandu all the time for your Guidance.
40. **HIGH ALTITUDE CLIMBING SHERPA:** 4 veterans and government-licensed climbing Sherpa per member, during the entire climb from Basecamp to the summit and back, and on each rotation. They will be helping in each step during the ascent and carrying all the member belongings, Oxygen Bottles, and necessary stuff for high camps till to the summit and back to the base camp.
41. **ASSISTANCE:** Climbing Sherpa to assist in carrying your gear to the high camps.
42. **UIAGM AND CLIMBING SHERPA SALARY & ALLOWANCE:** Climbing Sherpa's Salary, Equipment, Food, and Clothing.
43. **BONUS:** Carry Bonus of Sherpas and Route Fixing Charges.
44. **NEW OXYGEN CYLINDERS AND MASK REGULATOR FOR MEMBER:** 15 Bottles of (4 Liters) Oxygen to members and 2 sets of tested brand-new masks and regulators.
45. **OXYGEN AND MASK REGULATOR FOR SHERPAS:** 5 Bottles of Oxygen to each climbing Sherpa and to UIAGM guide and 1 set of masks and regulators to each of them.
46. **HIGH CAMP SERVICE (INFRASTRUCTURE AND LOGISTICS):** High Altitude Tent, Necessary cooking EPI gas, cooking pot, High food for a member, Sherpa, and other crews at (C1) (C2) (C3) and (C4). Group climbing gears, fixed and dynamic rope during the climbing period as required.
47. **HIGH CAMP KITCHEN AND DINING:** Member will have Mountain Hardware Space Station Kitchen and Dining Tent at Camp II.
48. **HIGH ALTITUDE TENT:** Members will share tents in high camps (2 members: 1 tent).
49. **ROPE FIXING TEAM:** The Team of Experienced Sherpas (from the Expedition Operators Association of Nepal) Will Fix the Route to The Summit of Everest (No Extra Charge Will Be Applied to Members).
50. **SPECIAL CARE BY DIRECTORS:** Guidance and instruction by **Mingma Sherpa 1ST** South Asian to climb all 8000m. peak, **Chhang Dawa Sherpa** all 8000er summiteer and **Tashi Lakpa Sherpa** Multiple Everest Summiteer, and many more 8000 M Mountain Summiteer.
51. **GAMOW BAG:** 1 Rescue sled (Gamow bag) for an emergency.
52. **RESCUE TEAM:** A team of Sherpa at Camp II and Camp IV, for emergency and rescue purposes.
53. **UNLIMITED INTERNET SERVICE:** THURAYA IP+ or Available Internet service at base camp and Camp II on an unlimited uses basis.
54. **SATELLITE PHONE TO CALL:** Provision of a Satellite Phone to call family, friends, and Relatives 1 hour a day.

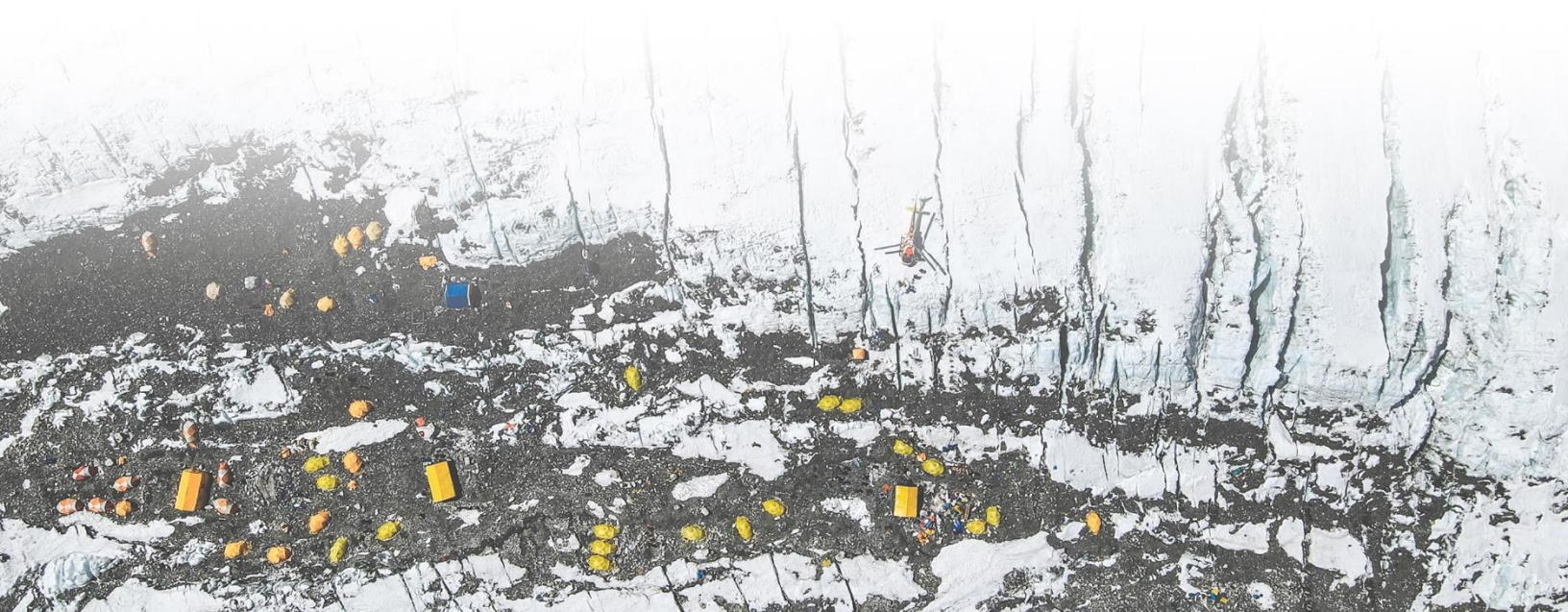


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- 55. **WALKIE-TALKIE:** Walkie-Talkie for communicating from Base Camp to Mountain and Mountain to Base Camp.
 - 56. **PERMIT:** Satellite Phone/walkie-talkie permit for all members and staff.
 - 57. **WEATHER FORECASTER:** Weather forecast report from Meteotest, Bern (Switzerland), and Local weather report from Nepal Government during the entire expedition.
 - 58. **12 HOURS HELI SERVICE:** In case of need we have our Helicopter as the priority for your safety, all day.
 - 59. **RELAXATION TENT:** Personal relaxation tent at Basecamp for members, a serene space where individuals can engage in yoga, meditation, head and foot massage, reading, and other calming activities.
 - 60. **SUMMIT BONUS:** Summit bonus for UIAGM Guide, climbing Sherpa, and all tips for basecamp and high camp staff are included.
 - 61. **CERTIFICATE:** Everest and Lobuche peak climbing certificate issued by MoCTCA and NMA (after climbing Mt. Everest and Lobuche successfully).

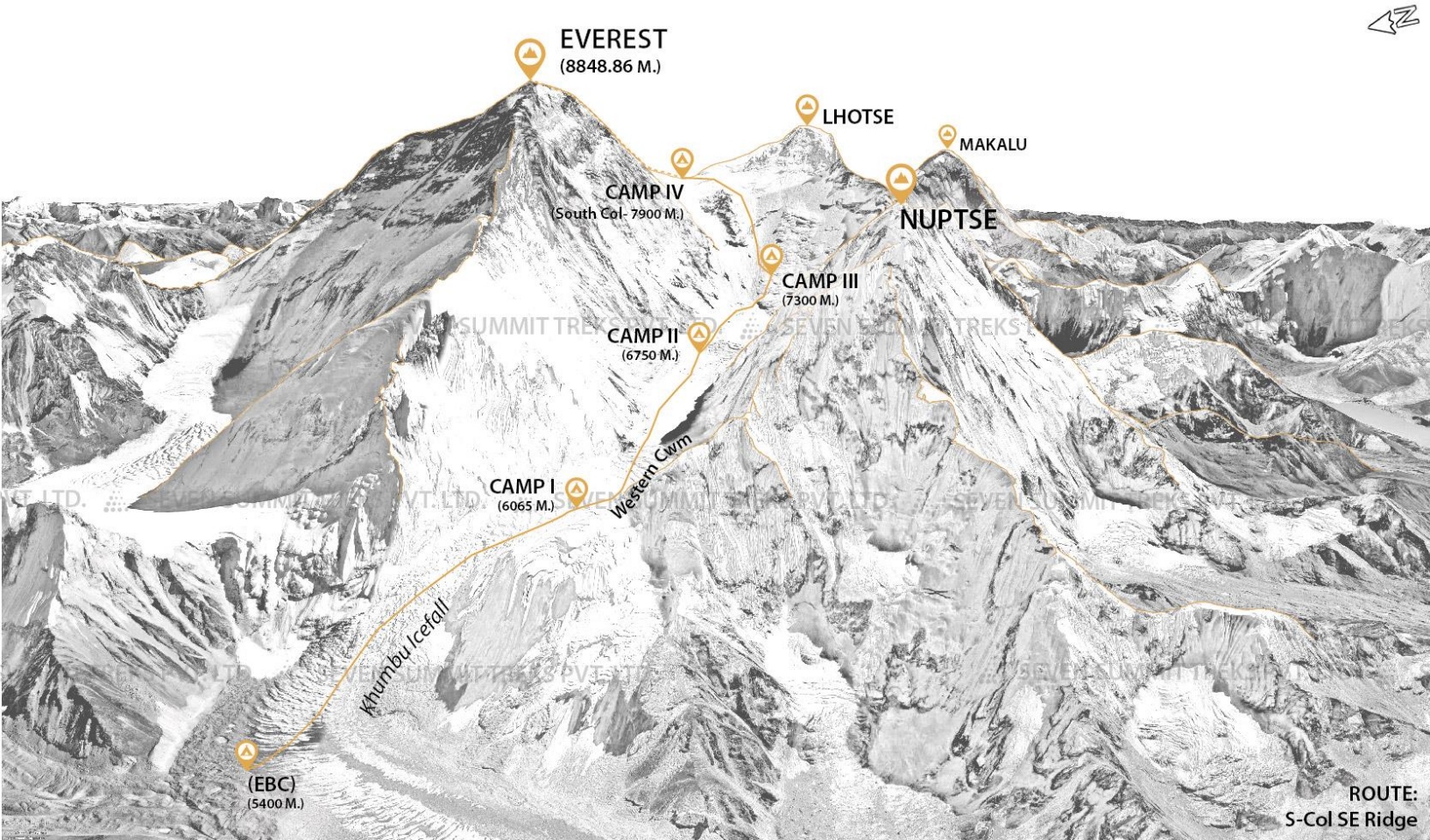
****NOTE: ALL EXPEDITION STUFFS AND EQUIPMENT HAVE TO BE RETURNED AFTER THE EXPEDITION.**

COST EXCLUDES:

- 1. **AIR FARE:** International flight airfare (from and to Kathmandu).



ROUTE MAP:



All Reserved @ Seven Summit Treks!!

Base camp (5,400m/17,717ft): A scenic flight to Lukla and a further trek will lead you to the basecamp of Mt. Everest Basecamp (5,400m). The trek to basecamp with great views of the Everest Himalayan range of Mt. Pumori, Nuptse, and Khumbu Ice fall with a warm morning and delightful evening full of light where you will be awaited by our best Sherpa team. At EBC, there will be a large number of groups besides this, Seven Summit has the best setup of basecamp. You will be spending about 45 days at base camp. Each member will get a separate member tent and dining (sharing), kitchen, shower, communication, and toilet tents. Before we climb the mountain, we make a big puja ceremony at basecamp for good luck and safe climbing. Seven summits will have frequent helicopter charters to EBC and every single charter brings lots of fresh vegetables, fresh meat, and beverages.



Camp I (6,065m/19,898ft): Once you reached EBC, your personal climbing Sherpa or team leader will review the base and advance training at basecamp. You will cross the Khumbu Icefall. This Ice fall is 2,000ft of moving ice. For the best acclimatization, once the rope is fixed by the Sherpa team you will climb to camp I which lies at an altitude of 6,065m. In this section of climbing, you will encounter mixed terrain with few crevasses and ice on the section of the glacier. This will take you about 4-5 hours of climbing. We will have frequent rotations on camp I and back to base camp.

Camp II (6,750m/22,146ft): Camp II lies at an altitude of 6,750m. The climbing from camp I to camp II is an intermediate ice section with a few mixed climbing sections. In this section of the climb, some rock parts and glaciers, and in the middle of the glacier is a bit technical but there will be a fixed rope. At camp II, there will be SST's fixed dining camp with a kitchen facility so this will be the most night spent nights after base camp.

Camp III (7,300m/23,950ft): Climbing from camp II to camp III is also climbing from Lhotse face to CIII. The Lhotse face is steep and the ice part is harder but the route is fixed with rope and the angles can range from 30 to 45 degrees. It's a long climbing Sherpa and with fixed rope will be there for safe climbing. You will have twice an overnight stay at camp III before the summit attempt for best acclimatization.

South Col./Camp IV (7,900m/15,919ft): From South col, you will have a great view of Mt. Everest in the north and Mt. Lhotse in the south covered with loose rock. South col of Mt. Everest last camp. Climbing to camp IV is a short distance but there are some rocky sections and need to be careful while climbing up to Camp IV because of the altitude the oxygen levels are low. There are two rock sections to navigate before camp 4: The Yellow Band, an inter-layer of marble, phyllite, semi schist rock, and the Geneva Spur, an anvil-shaped rib of black stone. Both of these areas are set up with fixed ropes.

Summit (8848.86m/29,032ft): The most important day is summit day. It is the main goal for all climbers. It's a day that climbers dream about. So, most of the climbers begin their summit push at late night and will walk to the summit for about 7 to 8 hours and will reach the summit about 6/7 am (morning). There is a Balcony, the very famous Hilary Step, and the south summit of Mt. Everest before reaching the central panel. The Summit of Mt. Everest is stunning. You will be on

top of the world. You will be mesmerized by the beautiful view of different 8000m peaks. On the same day after taking some pictures, you will walk down to camp III or camp II, which will take about 5 to 6 hours. descending from the summit is also a difficult part of this expedition so safety descent is also an important part of summit day. Seven Summit Treks will have one climbing Sherpa with one member from camp IV to summit day and till back to basecamp. The SST guide will carry an oxygen cylinder for members and himself. For the safe summit of Mt. Everest SST will always have a guideline of the best weather forecast, communication, and back support from the basecamp leader. Rope fixing up to the summit is the major duty of our climbing Sherpa so we highly admire our Sherpa to fix ropes, and make all the effort to get the group to reach the summit of Mt. Everest.



EQUIPMENT LIST: (The Company will purchase the listed equipment for the members, and the purchasing cost is included in the package cost.)

TRAVEL DOCUMENTS

- ☐ VALID PASSPORT
- ☐ CREDIT/DEBIT CARD
- ☐ PP SIZE PHOTO (4 PIECES)
- ☐ INSURANCE PAPER AND CONTACT ADDRESS
- ☐ FAMILY MEMBERS / COMPANY'S CONTACT ADDRESS

FOOT WEAR

- ☐ SUMMIT BOOT - 8000M.
(KAILAS / LASPORTIVA / MILLET)
- ☐ CLIMBING BOOT - 6000M.
(KAILAS / LASPORTIVA / MILLET)
- ☐ NORMAL SOCKS (5-8 PAIRS)
- ☐ SUMMIT SOCKS/6000 M. SOCKS
(2 PAIRS)
- ☐ TREKKING SHOES (GORE-TEX)
- ☐ LIGHT TREKKING/SPORTS SHOES
- ☐ CAMP BOOTIES (1 PAIR)
- ☐ SLIPPER (1 PAIR)

UPPER BODY

- ☐ THERMAL TOP BASE LAYER (2-3 PCS)
- ☐ FLEECE JACKET (1-2 PCS)
- ☐ GORE-TEX JACKET (1 PCS)
- ☐ WIND PROOF JACKET (1-2 PCS)
- ☐ DOWN JACKET (1-2 PCS)
- ☐ COTTON T-SHIRT (3-5 PCS)

LOWER BODY

- ☐ THERMAL BOTTOM BASE LAYER
(2-3 PCS)
- ☐ FLEECE TROUSER (1-2 PCS)
- ☐ GORE-TEX PANT (1 PCS)
- ☐ MID WEIGHT PANTS (1-2 PCS)
- ☐ LIGHT WEIGHT QUICK DRY TREKKING
PANTS (2-3 PAIRS)
- ☐ GAITERS FOR TREKKING BOOTS
- ☐ DOWN PANTS (1 PCS)
- ☐ UNDER WEAR (4-6 PCS)

HEAD

- ☐ SUN CAP
- ☐ DESERT CAP
- ☐ BALACLAVA
- ☐ FLEECE HAT/ WARM HAT (1-2 PCS)
- ☐ NECK GAITER (2-3 PCS)

HANDS

- ☐ THIN FLEECE GLOVES (2 PAIRS)
- ☐ WIND STOPPER / SCREEN TAP GLOVES
(2 PAIRS)
- ☐ HEAVY GLOVES (GUIDE GLOVES)
- ☐ SUMMIT GLOVES - 8000M.

SLEEPING BAGS

- ☐ SLEEPING BAG -20°C TO -30°C (FOR
BASE CAMP)
- ☐ DOWN SLEEPING BAG -40°C (EXTREME
COMFORT)
- ☐ THERMAREST MATTRESS (CELL FOAM)
- ☐ DOWN MATTRESS (INFLATABLE)
- ☐ SLEEPING BAG LINER
- ☐ INFLATABLE PILLOW

CLIMBING EQUIPMENT

- ☐ CLIMBING HELMET
- ☐ SUMMIT DOWN SUIT - 8000M.
(KAILAS / MARMOT / MOUNTAIN HARDWARE /
NORTH FACE / MILLET)
- ☐ CRAMPONS (FIT WITH BOOT)/PACKING
COVER
- ☐ ICE AXE WITH SPIKE & AXE PROTECTOR
- ☐ HARNESS
- ☐ BELAY DEVICES/ FIGURE OF 8/ ATC
GUIDE
- ☐ JUMAR / ASCENDER
- ☐ LOCK CARABINER (3 PCS)
- ☐ UNLOCK CARABINER (2 PCS)
- ☐ TAPE SLINGS/240 CM
- ☐ SNOW GOGGLE (SUMMIT PURPOSE,
ANTIFOG, POLARIZED, UV PROTECTION)
- ☐ HEAD LIGHT 500-700 LUMENS SPARE
BATTERY (ENERGIZER ULTIMATE
LITHIUM)
- ☐ SATELLITE PHONE WITH CREDIT
(OPTIONAL)
- ☐ WALKING STICK/ TREKKING POLE
- ☐ POCKET KNIFE (SWISS)
- ☐ ALTIMETER WATCH
- ☐ PEE BOTTLE
- ☐ POWER BANK

BAG PACKS

- ☐ RUCKSACKS 35 L - 50 L
- ☐ DUFFLE BAG 120 L-150 L (2 PCS)
- ☐ WATER PROOF STUFF SACKS/DRY BAG-
SMALL/ MEDIUM/ LARGE (3-4 PCS)

SUN STUFFS

- ☐ BANANA BOAT/ NIVEA SUN CREAM (UP
TO -50 SPF)
- ☐ LIP GUARD -30 TO -50 (SPF)
- ☐ SUN GLASSES (UV PROTECTION)
- ☐ GLACIERS GLASSES (UV PROTECTION)
- ☐ MOISTURIZER / LOTION

TOILETRIES (PERSONAL)

- ☐ TOILET PAPER / WET TISSUE
- ☐ TOOTHPASTE & TOOTHBRUSH
- ☐ SOAP
- ☐ SHAMPOO
- ☐ TOWEL
- ☐ GARBAGE BAG

EATING & DRINKING

- ☐ 1 LTR. WATER BOTTLE
- ☐ 1/ 1.5 LTR. THERMOS
- ☐ MUG (OPT.)
- ☐ SPOON/ FORK (OPT.)
- ☐ BOWL (OPT.)

MEDICAL/FIRST AID

- ☐ BRUFEN/IBUPROFENS
- ☐ ANTIBIOTIC, PARACETAMOL
- ☐ DIAMOX
- ☐ HANDY PLASTER, CRACK BANDAGE
- ☐ TINCTURE IODINE, ONDEM
- ☐ CETIRIZINE, ELECTROLYTE
- ☐ MINIL 10MG (PALPITATION, ANXIETY)
- ☐ CODOPAR (HEADACHE & CHEST PAIN)
- ☐ SALBETOL 4MG (BREATHLESS)
- ☐ AZITHROMYCIN 500MG (CHRONIC
TONSILLITIS, FEVER, NOSE, THROAT
INFECTION-MUST TAKE 5 DAYS)
- ☐ FLUPEN 250MG (PREVENT WOUND
INFECTION)
- ☐ ALLEGRA 120/180MG (ALLERGIC
TONSIL)
- ☐ MENSTRUAL PRODUCTS

MISCELLANEOUS

- ☐ NAIL CUTTER
- ☐ UMBRELLA / RAIN COAT
- ☐ HOT WATER BAG
- ☐ TENACIOUS TAPE REPAIR KITS
- ☐ CAMERA
- ☐ GPS TRACKER (RECOMMENDED)
- ☐ HAND & TOE WARMER

INSURANCE:

There is a fine line between adventure and blatant risk. Mountaineering is an adventure trip that carries an intrinsic danger and the nature of travel implies things don't generally go according to the plan, which is the reason why we require every one of our clients to get acceptable and proper insurance.

Due to unanticipated reasons, for example, injury, family issues, work commitments, etc., clients may need to cancel their trip before the start or during the expedition. Considering these factors, it's better to be prepared for the possibilities.

As mentioned in the Terms and Conditions of Seven Summit Treks, the agency is exempt from being liable for different expenses that may occur in case of different emergencies or unforeseen situations. In addition to that, a foreigner isn't allowed to purchase insurance on Nepali soil. Both

facts point out the requirement of a client to purchase an elaborate travel insurance plan in their place of origin that protects their interest in case of trip cancellation, helicopter evacuation, medical emergencies, other illnesses, lost luggage, theft, disasters, death, and so on.

You are free to pick your insurer however look for an arrangement that covers trip postponement and cancellation, rescue, and covers medical as well. Guarantee it doesn't have limitations on the height you will climb, prohibitions on the exercises you are embracing, or the places you will be visiting. Protect yourself with the right insurance so you can go on your expedition with peace of mind and focus more on your climbing.

Seven Summit Treks will manage and purchase all the insurance policies required for the clients during the expedition.





BOOKING & PAYMENT PROCESS:

If you intend to embark on an adventure through Seven Summit Treks Pvt. Ltd. you are required to book a trip 3 months before the trip. A three months preparation period is necessary to ensure the maximum safety and satisfaction of the clients.

The client must dispense 30% of the total cost, at the time of booking. The advance amount will be used for the necessary booking of hotels, flights, guides, and porters and for receiving approval from governmental authorities. Another 30% of the total charge should be deposited one month after the flight to Nepal. The remaining 40% of the total charge should be paid after you arrive in Nepal, before the start of your adventure.

Name of the Bank	: HIMALAYAN BANK LTD.
Beneficiary Account Holder's Name	: Seven Summit Treks Pvt. Ltd
Beneficiary Account Number (USD \$)	: 01902853840022
Swift Code/BIC	: HIMANPKA
Address	: Thamel, Kathmandu, Nepal
Mobile	: +977 9851111187
Zip Code	: 44600
Email	: info@sevensummittreks.com

After depositing the booking amount to the company's account, we can confirm your registration for our expedition team. You can find all the information about gear lists, itineraries, travel routes, etc. that are required for your expedition on this website which will help you manage everything needed for your expedition.

Once you sign up for the expedition with SST - you will have a free consult with our expert team. We will provide information about personalized strategy, customization, progression planning, expert guidance and coaching, insight, and advice on how to accomplish your adventure goals.

Following the initial application process, you will then:

- Send us your passport copy - during booking.
- Send us your arrival/departure travel details- before your arrival.

Please find the details about our payments, cancellation, and refund policies [here](#).



SEVEN SUMMIT TREKS

WWW.SEVENSUMMITTREKS.COM
info@sevensummittreks.com

VIP EVEREST EXPEDITION-SOUTH (NEPAL)

EXPEDITION ON THE WEB:

For expedition dates, and all the latest information

[VIP EVEREST EXPED.](#)

For all expedition inquiries and bookings

info@sevensummittreks.com

FOLLOW US:



@SEVENSUMMITTREKS

