

# MOUNT EVEREST CLIMB PREPARATION

Action	Tasks
Physical Condition	<p>Get body ready for the 29,035-foot climb to Everest's summit — really, really ready.</p> <p>Depending on your current level of fitness, think about starting a workout and hike-training routine several months to three years before you depart.</p> <p>To build muscle and cardiovascular strength (you'll need that as oxygen levels drop by nearly 70 percent from sea level) run, walk, bike, swim or hike for at least 45 minutes to an hour a day, four to six days a week. Carry a weighted pack to build endurance — you can start at five pounds and build until you're able to ascend 3,500 feet carrying 15-20kg in less than three hours.</p>
Save up	<p>Airline tickets to Kathmandu, \$4,000 to \$10,000 for climbing permit, guided trip 20,000 – 50,000. Training Course 3,000 Food 3000 Insurance 3,000 -7,000 Gear 2000 Miscellaneous 10000</p>
Technical and practical knowledge Training Course	<p>Glacier Travel and use of ladders Rope/Belay techniques Crevasse rescue Route finding Self arrest Rappelling Pacing oneself at altitude Safe climbing in crowds Use of crampons on ladders Fixing ropes and traveling on fixed lines. Building high altitude camps do's and don'ts. Boiling water at altitude, fuel and stove alterations for high altitude climbing. Food preparations, do's and don't of cooking and packing at altitude.</p>

<p>Evaluate subjective/objective hazards</p> <p>Training Course</p>	<p>Rock Fall          Glacier conditions          Critical decision-making          Group experience          White out navigation          Mountain weather conditions general          AMS- Acute mountain sickness: Signs, symptoms and treatment.          Safe travel on trails and routes with yaks and zomo's and including unique rules of the trail in sherpa land.</p>
<p>Himalayan specific:</p>	<p>Use of oxygen          High altitude gear evaluations and care          Sherpa, culture, customs and their role on an expedition          Everest Mountain Weather          Nepalese Liaison Officers and Chinese Liaison Officers and their roles          Permits, restrictions, environmental issues, procedures and waste disposal.          Communications, language barriers, sat phones, hand radios.          Religious considerations of the region.          Health management          High altitude helicopter rescue and protocol          To yak or not to yak spiritual rescue protocol          Expedition logistics, permits, liaisons etc.          Ice-Fall doctors and their role on Everest.          Team negotiations with regards to shared rope and fixing routes on the mountains.          Negotiating shared camp space with other expeditions in the region.          Negotiating summit bid time slots with other expeditions in the region.</p>
<p>Stock up/Purchase/Rent</p>	<p>Plastic, frost-proof clubbing boots          Thermal base layers (two sets)          Down pants and parka with a hood          Half a dozen pairs of socks          Bandanas, a face mask and balaclava, two wool or fleece hats, sun visor          Two pairs each of synthetic gloves and Gore-Tex mitts          Glacier glasses          Sleeping bag rated to -300 degrees Fahrenheit          Backpack and day pack          Harness          Jumar (a.k.a., ascender)          Ice ax          Crampons          Headlamp</p>

	<p>Carabiners Rappel device Ski poles Altimeter Crampons Oxygen canisters (five to seven — usually provided by a guide)</p>
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