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# THE BRITISH AMA DABLAM EXPEDITION 1996

## NORTH WEST RIDGE

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### FINAL REPORT

by

CHRIS COMERIE (expedition leader)



### INTRODUCTION

In the post monsoon period of 1994, Mark Bryan, Paul Cleary and myself were involved in an expedition to climb Pumori. It was then that the idea of organising an expedition to climb Ama Dablam was discussed. Not wishing to make an ascent by the south west ridge (the normal route) we decided to take the opportunity of reconnoitring the north side of the mountain. Our initial interest was in the north ridge, but on our return to the U.K. research revealed that the North West Ridge had been attempted but with no success. The attraction of pioneering new ground was very appealing, therefore deciding that this would be our chosen objective.

We decided on a team of five climbers and over the preceding months recruited George Armstrong and Ian Hey.

A visit to the Alpine Club library and contact with other sources revealed very little information. After my interview with the Mount Everest Foundation screening committee in March 1996, Lindsay Griffin suggested I contact the Dutch Alpine club for information relating to a recent attempt by a Dutch Expedition. This I subsequently did but never received a reply. However shortly after this, Ian Hey who was on a climbing tour of America, paid a visit to Boulder Colorado and contacted Ed Webster who with Paul Teare had achieved the highest point so far reached on the ridge in 1994. Ed invited Ian round for dinner and very kindly gave us lots of useful information which enabled us to more accurately plan our ascent.

## THE PROPOSED PLAN

We decided to travel to Nepal 29 September 1996 to enable us to reach base camp by mid October. This date was chosen to avoid the possibility of heavy monsoon snow deposits on which promised to be a technically difficult route. Because of the medium height of Ama Dablam 6856m we considered this low enough to avoid the onset of high altitude winter winds which can render the higher peaks in the area unclimbable.

The **North West Ridge** can be roughly broken down into three distinct sections. The clearly defined lower rock ridge bristling with towers, leading up from our proposed base camp to point 6100m, a roughly horizontal section of knife edge snow and ice arete some 1½km in length, and finally the north west face eventually leading to the summit.

It was decided to walk in to base camp from Jiri to aid acclimatisation and fitness. The plan was then to try and establish a high camp as closely as possible to point 6100m. This we planned to achieve by fixing rope and a maximum of two interim camps to enable us to ferry equipment and supplies up to this point, and thus achieving further acclimatisation in the process. We anticipated that the horizontal section could take some working at and the proposed high camp would enable us to retreat for food and rest to maintain a sustained assault and progression of a route across this difficult ground. Once a route was established to within striking distance of the upper face it was intended to make a continuous lightweight style ascent to the summit, then use the normal route as a means of descent.

We were to be in Nepal for a total of nine weeks. Our itinerary included one month with a possibility of a few days extension to carry out the proposed climb.

## THE EXPEDITION

The team met in Kathmandu **30 September** 1996, Paul Cleary, George Armstrong, Ian Hey and myself travelling from the U.K. and Mark Bryan a Scott currently residing in New Zealand travelled directly from there. We immediately made contact with our agent Lakpa Tenje Sherpa of Sherpa Excursions (P) Ltd who had been handling affairs in Nepal on our behalf. Lakpa was a new contact, who came recommended through various individuals from both the U.K. and Nepal.

The following three days were spent obtaining the necessary permits from the Ministry and purchasing supplies and equipment to supplement that imported from the U.K. On the **4 October** we travelled by bus to Jiri. We used our own private transport to carry all of our porters trekking staff and sirdar, plus a small amount of personal equipment. The bulk of the equipment was flown to Lukla to be collected on route. Our liaison officer also joined us in Lukla.

The next twelve days were spent trekking to Dingboche via Lukla and Namche. The weather at first was pretty lousy with pouring rain for the first two days making it difficult under foot, causing everyone to slide around in the mud. We each carried a 15/20kg load with the intention of increasing our fitness (and toughening us up!). It is possible to reach base camp from the previous overnight stop of Tengpoche in one day, but we deliberately delayed our arrival to aid acclimatisation and allow plenty of daylight hours to find and establish a suitable camp site.

Our total number of staff employed varied depending on our requirements for the particular part of the trek we were travelling at the time. We had a permanent staff of nine which included the sirdar, cook, kitchen boys and Sherpa guides. The number of porters varied depending on the requirements, for example we used more animals above Namche thus requiring less human labour. A regular crew of porters were supplemented up to a maximum total

number of twenty eight for the section of trek between Lukla and Namche.

The team remained in good health with the exception of minor colds or flu. There were two incidents relating to the health of the staff which are covered in detail later in the report.

On the **17 October** the expedition headed briefly up the Chukhung valley to cross over to the south side of the river by a small wooden bridge and reached base camp after a two hour trek up steep grass covered slopes above Dingboche. Camp was made on the west side of the large glacial lake at the foot of the North West Ridge **4688m** in a series of grassy hollows surrounded by boulders. This large lake provided an unlimited amount of clean fresh water although the level dropped dramatically during our stay prompting us to wonder if it was going to last. A smaller lake was situated a little lower down the hill further West of camp.

We were the only team attempting the north west ridge and had base camp to ourselves.

We constructed a covered five star latrine of approximately a cubic metre with careful attention given to detail for health and environmental purposes. The staff were instructed to segregate all waste glass, tins, paper and plastic for removal from the site after the expedition. Degradable vegetable matter was deposited in a prepared pit which was later covered.

The **18 October** was spent sorting the gear, improving camp and reconnoitring the route by a traverse across the foot of the north face on the Duwo Glacier. An unpleasant excursion over unstable rubble and large blocks.

On the morning of **19 October** all five members made a carry to a distinctive col on the ridge crest and established **Camp I** at **5300**. On the lower slopes a grass covered spur descends due north from the N.W. ridge before turning N.W. to base camp. This is ascended by it's crest to a point

where the grass gives way to boulders and broken rock. A rising traverse left avoids the steepening rock ridge crest before a short descent to the foot of a huge boulder slope which leads directly to the col on the sky line. The boulders were ascended on the right where they abut the now vertical walls of the ridge. The passage was awkward because of snow cover and boulders which frequently moved when ones weight came fully to bear. The vertical wall of the ridge crest was followed until reaching a level section where we then traversed further left over more boulders before the final steepening snow slope leading directly to the col. This is all easy ground without the need to rope up. The tent was erected on a partially dilapidated tent platform from a previous expedition which we subsequently repaired and improved. This site is an excellent camp with plenty of room for resting and storage. We camped just below the crest to avoid the prevailing wind hitting the ridge from the valley extending south west towards Namche. After erecting the tent and constructing gear and food dumps among nearby boulders we returned to base camp.

The point at which we were to eventually establish **Camp.II. 5500m** was reached **24 October**, the tent being erected just below the crest of the north side of the ridge on a dug out snow platform on **27 October** in the absence of a more suitable site higher up. The route up to **Camp.II** gradually increased in difficulty necessitating the fixing of ropes. From **Camp.I.** at the col loose and broken rock terraces trending upwards to the left led to snow covered slabs. Although easy angled at around  $45^{\circ}$  they proved problematical because of seemingly compact granite covered in snow the consistency of sugar with a powder topping. This caused one's crampons to skid off the underlying rock because of the difficulty in finding suitable cracks or weaknesses. After some re-routing we took a direct line straight up to a large block from which a diagonal abseil regained the line of the ridge. Some old tat and a peg was found here indicating that others before us had drawn the same conclusion. This covering of snow was to

continue to hamper us throughout the climb and was eventually to be the biggest single contributing factor to our failure. We were now at the foot of the first pinnacle which we traversed on the left over easy ground to regain the ridge crest of snow. A large niche at the start of the crest served as a good gear dump and resting place protected by an overhanging roof. The crest was followed for around fifty metres before descending slightly left onto heavily snowed up slopes rearing into steep black granite buttress's below the first Gendarme. From the snow crest an old fixed rope could be seen taking a most improbable line directly up the bare rock ridge crest, terminating in a wild exposed position above roofs on the S.W. face. The buttress was climbed by an obvious line of weakness terminating in a steep corner characterised by a detached block forming a layback crack (depending on how ethical one felt). The initial exit onto the final snow slope of the ridge crest had to be dug out to find suitable axe and crampon placements. This characterised all the pitches from here on which were plastered in unstable snow making progress painfully slow. The exposed tent platform was dug just to the right and below the point on which we emerged onto the exposed ridge. Despite using a small two man tent, one corner unavoidably projected out over the face. Life was very cramped when all five of us were in residence. Bivouacs were necessary and a small one man hole / ledge had to be cut into the snow to increase our living area. With room for one in the cooking area outside the tent and room for one more actually on the rock ridge crest behind the Gendarme we managed a cramped existence which eventually with passing time became quite squalid. This was the highest camp made. The possibilities of finding a suitable site higher up the route were small because of the continuous steep ground covered in appalling snow conditions.

During the period of time establishing camp 2 the weather deteriorated. There was snow fall and poor visibility between **23 - 26 October** which also covered base camp.

The snow was continuous but light which enabled us to keep the route clear each day. From camp 2 the snow ridge crest was then followed for a short distance before again being forced onto the north side and into steep deep snow. The south face of the ridge for most of it's length is vertical or overhanging rock forcing one onto the north side. Many pitches now follow just below the ridge crest until an exposed section of snow arete at around fifty degrees leads up to the overhanging wall of the **second Gendarme**. A slight deviation to either side of the initial footsteps made caused a collapse in the snow. In one such incident Paul Cleary found himself dangling at the bottom of a V of fixed rope when he did just that and took a fall down the north face whilst descending this section. By-pass of the second Gendarme required a short abseil left for 6m to enable a step round the foot of the rock onto the snow slopes below further steep buttresses. Here we made the mistake of climbing back to the ridge crest only to be stopped by an unconsolidated snow mushroom and delicate snow arete with little means of protection and terrific exposure.

The climbing to the ridge crest included a long pitch of aid which with the other pitches had to be stripped back to the toe of the Gendarme. To avoid this section we traversed out from the toe horizontally over difficult steep unconsolidated snow flutings to access a couloir we had seen from above. On entering the Couloir we found our first and only ice on the whole route which gave good climbing for three pitches gradually steepening from sixty degrees to a difficult and near vertical fourth pitch of loose rock plastered in soft snow.

Back on the snow arete we were "shaken but not stirred". It was in the couloir that we found the evidence of Ed Webster and Paul Teare's retreat. Ed had informed us that they had rapped down a couloir and this was it. From the description he gave we had reached their high point. We continued on for another three or four pitches onto the top of a huge Gendarme, rather like a big

projecting fin of rock set at an angle to the ridge which renders it invisible when viewed from the ridge below. We had reached our **high point of 5800m on 6 November.**

We spent three days on or just below this point trying to find a safe way of abseiling off to one side or the other. A small square cut chimney goes off to the right just one pitch from the top but is filled with what looked like loose projecting sharp blocks which were maybe unstable. It was difficult to see around or down from the top of the Gendarme because of huge amounts of overhanging granulated snow which prevented one from getting anywhere near the edge. The rock had also deteriorated into loose blocks similar to that found in the last pitch of the couloir, making it very difficult to find good anchors. The situation had become very dangerous resorting to the need to aid up the crud on snow stakes on the last pitch and also cross a very exposed section of snow arete which shook when one passed over it. A fall would have been potentially fatal for the leader and for anyone else on the upper part of the route because of the now marginal placements of the anchors, sudden loading would probably have ripped most of the gear. It was now the **7 November** and we had been on the route for twenty days of strenuous climbing with little rest. We concluded that to continue would be dangerous and yield little in the way of further progress. We therefore felt it unjustified and decided to retreat.

The upper pitches were stripped as we retreated and the remainder of the route cleared of gear and rubbish over the next four days. By the **12 November** all was removed from the mountain except a handful of tat, pegs and wires which were left insitu as abseil points.

During the later days of the gear removal George Armstrong and Ian Hey attempted the large couloir at the junction of the north face of the N.W. ridge and the main N.W. face. They left on the afternoon of **11**

**November** and cut a bivouac ledge on the right of the couloir at approximately **5200m.**

After an uncomfortable night of being forced off the ledge by the ever mounting pressure of spindrift filling the gap between them and the back of the ledge, they continued climbing on good ice to a height of **5500m.** Unfortunately they were 'bombed' by falling ice and Ian Hey sustained a hit on the arm without serious injury. However this incident prompted retreat back to base camp the same day **12 November.** There was no more activity on the mountain after this date. Base camp was cleared and left on **14 November.** The team trekked back to Lukla and flew back to Kathmandu **17 November.** A further three days were required before all expedition business was concluded on **20 November.**

**Note: The recent ascent of the N.W. face by the Slovenians used this couloir to access the upper part of the face. See Mountain Info, High Magazine October 1996.**

## CLIMBING SUMMARY

The team had a total of twenty five days on the route. None of these days were lost either by bad weather or for rest. A continuous rotation of two at the front with one carrying further equipment and supplies from behind meant that the two remaining members could return to base camp for food and rest. Quite often only one member would be at base whilst the remaining four would be on the mountain. On only one occasion did all five members spend a night in base camp. The average duration of a rest at base was normally restricted to one night.

The following improvements would have assisted the attempt:

**Radios:** A source of radio supply could not be found or afforded. It was therefore

necessary to communicate back to base camp by a code of torch flashes. This proved a little unreliable and impossible in poor visibility. Being able to direct the lead climbers from the valley would have possibly saved some time.

**Rope:** We underestimated the amount of fixed rope required but were able to supplement our supply by purchasing a further 200m from the Austrian expedition who had just successfully climbed the mountain by the north ridge. Despite this extra we were still short.

Neither of these improvements would have made a significant difference to the eventual outcome. The main problem was too much unconsolidated snow making progress very slow and in parts dangerous. We were further hampered by the intense cold by predominantly climbing out of the sun on the north face of the ridge. This attributed to the sugar snow conditions and froze the team through. No frost bite injuries were received but we came close in some instances. We were also attacked by ravens which tore apart both tents at camp I and II despite removing unsealed food to a nearby stash. Some items were removed by the birds and never seen again. This presented itself as more of an irritation than a problem.

From our position at 5800m we could clearly see the upper part of the ridge right up to point 6100m. We estimated that we had a further 150 vertical metres of difficult mixed ground to cover to reach these upper slopes where the difficulties should ease off considerably. This upper section was completely covered in snow giving a slightly rounded reasonably angled ridge crest. This next section of mixed ground will probably have to be climbed on the south side of the ridge which may yield some ice and better climbing conditions. It's my opinion that point 6100m will be climbed by this route in the future given more favourable conditions, indeed I have to say that we would in all probability have done so in these circumstances. We know the upper face

goes by past ascents in the same vicinity. The big question mark is the horizontal snow and ice arete between point 6100 and the south west face. Certainly the last section before joining the seracs of the S.W. face looks potentially very difficult. From our observations it looks knife edged and perforated with holes which may render it unclimbable.

Finally I would like to round off this climbing summary by saying a little about the team performance.

Team! is the key word. All members worked hard at the route taking an even share in all related tasks in pushing the route out. All individual suggestions were put forward for discussion and decisions were made collectively. Everyone got on well together and gelled into a working unit without the need for any pressure to be exerted on any one individual to pull one's weight.

I thought George Armstrong summed it up by his comment:

"This has been a brilliant expedition, the only thing missing is the summit".

## MEDICAL INCIDENTS AND REPORT

The team remained in good health throughout the expedition with the exception of a few minor illnesses. We made a deliberate attempt to maintain hygiene, coupled with a good healthy diet, consuming huge quantities of food over and above that which one would normally eat to maintain our body weight strength and therefore resistance to infection. We also had an excellent variety of drugs and medical equipment. An oxygen set was kept at base camp in case of emergency.

The expedition had in it's care a Gamow bag for delivery to the hospital at the village of Kunde. This bag had been purchased by donations organised by Dr John Nathan from

Surrey who asked us if we could transport it to Nepal. We called at the hospital on the walk in and was instructed by Dr John Heydon, the resident Doctor in charge, that it should remain in our care until after the expedition in case of emergency. This we did and returned the bag on our trek out.

The following incidents have been read through by the expedition doctor **Dr Paul Cleary** who agreed that they were truthful and accurate.

**10 October:** We noticed during the days trek that one of the porters had a bad cough (much more serious than the usual Khumbu hack) and a rough sounding chest. That evening Paul examined him and several other porters with minor complaints. He suspected his condition could deteriorate and therefore gave him **Amoxycillin**. His condition was monitored over the next few days. He made a complete recovery.

**15 October:** On arrival at the village of Tegnpoche we noticed a young girl porter was very late arriving. Our Sirdar informed us that she was slow, had a headache and had sent a sherpa down to her with garlic soup. We asked that her load be reduced. We then monitored her condition.

**16 October:** The girl seemed much better, and when asked how she felt on arrival at Pangboche she replied well. In fact she arrived at Dingboche, the days destination, ahead of everyone else. That night she became ill with headache and vomiting and could hardly stand un-aided. Paul examined her and diagnosed an advanced stage of altitude sickness. He gave her **Diamox (Acetazolamide) + Co-Codamol** and advised immediate descent. A porter was organised and she was carried down to an approximate reduction in altitude of 500m back to the village of Pangboche accompanied by the Doctor. Her condition improved. The Gamow bag was also carried down in case of emergency.

**17 October:** Paul stayed the night at Pangboche and observed a big improvement in the girls condition, sufficient for her to descend further un-aided with her colleagues.

**29 October:** Ian Hey suffered slight snow blindness after yesterday's climbing despite overcast conditions. Treated with eye drops from the medical kit. Much recovered the next day.

All surplus medical supplies and equipment were donated to the Kunde Hospital and the clinic at Khari Khola the native village of several of our staff.

As previously mentioned in the report some members were on the verge of frost bite. Both Paul Cleary and Mark Bryan lost the feelings in some toes which did not return to normal until some weeks later.

It is also worth noting that the porter who carried down the sick girl suffering from altitude sickness (at a blistering pace) was the same young man who was treated on 10 October for his appalling cough. A good recovery!

Finally a note worth mentioning. On 14 November the day we left base camp we came across a porter slumped in a dokos, the large woven baskets which the porters carry, with a blanket covering his head and upper torso, just outside Dingboche. He was dead. He had suffered acute mountain sickness whilst carrying a load up to Island Peak base camp and died. One of his colleagues was taking a break in carrying him down and had propped him up against the wall whilst still in the basket. A stark reminder of the peril of ignoring the symptoms of acute mountain sickness.

## AGENT AND STAFF

Our agent Lakpa Tenje sherpa and all the Nepalese staff worked hard and provided

good honest excellent service. Our trek and base camp sirdar Mingma Sherpa, although only nineteen years of age but a very mature young man, commanded the respect of all the staff and carried out our instructions fully and efficiently. We enjoyed an excellent relationship with them all getting them involved in various ball games and music. (We had an expedition guitar). Although we made the mistake of showing Dee Pak one of our Sherpa guides three chords, which he practised persistently over a period of weeks driving us all mad.

### TEAM LOBUCHE

We also had a group of trekkers join us at base camp on 10 November. There were eight persons in this group of friends girl friends and wife. They had arrived in Kathmandu on 17 October and had trekked in from Jiri via Namche, Gokyo, Chola - La pass to Lobuche. Four of the Group attempted Lobuche east but retreated at the summit ridge because of similar snow conditions to that which we encountered on Ama Dablam. They reported that it appeared that no one else had been along the ridge to the summit that season. Others also ascended Kala Pattar before the whole group joined us for the trek out.

Although I had organised their trek and permits under the umbrella of the expedition, they were totally independent with their own trekking staff. Each member paid for the trek and climb at cost and were not a commercial exercise intended to raise revenue for the expedition.



Point 6100m

N.W. Face

High point 5800m

Couloir 4 pitches

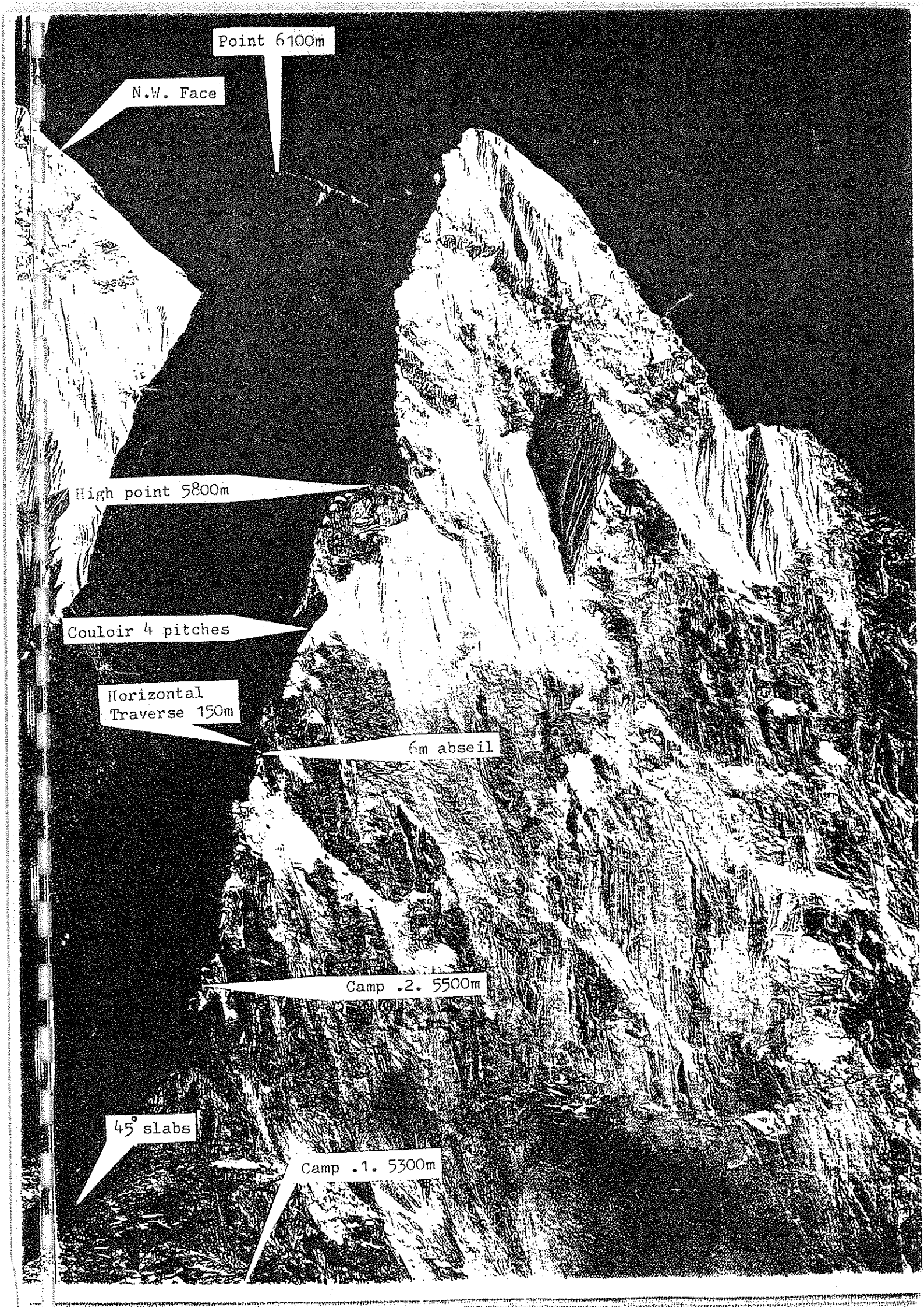
Horizontal  
Traverse 150m

6m abseil

Camp .2. 5500m

45° slabs

Camp .1. 5300m



## EXPEDITION ACCOUNTS TO 31 DECEMBER 1996

U.S. Dollar exchange rate calculated at \$1.528

### INCOME:

M.E.F. grant	700.00
M.C. of S grant	800.00
Foundation. Sport & Art grant	450.00
Cash donations	207.00
Fund raising events and cash introduced by members	2186.08
Bank interest	61.21
Resale of equipment	222.03
	<hr/>
	<b>4626.32</b>

### EXPENSES:

Flights 5 members	2300.00
Peak permit	1309.00
Agents fees including staff	
trek food flights out of Lukla	6872.00
Bank charges	96.00
Insurance 5 members	1055.00
Food purchased U.K.	472.74
Equipment purchased U.K.	499.73
Equipment & expenses New Zealand	85.72
Equipment purchased Nepal	370.65
Other expenses Nepal food tips etc	191.18
Freight costs	779.25
Customs duty	115.18
Commission on money change	70.00
Visa's airport tax Nepal	335.00
Drugs and medical	102.93
Telephone, postage, stationery	147.78
Hotel KTM 8 nights bed only	340.00
	15142.16

### TOTAL DEFICIT

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**£10515.84**

Additional expenses were incurred by members for personal gear, food in Kathmandu, food and drink on the trek.

The deficit was shared equally between the members.

Further projected cost's of £190 are expected to be incurred for tent repairs, photographic duplicating, printing, postage and stationery. An amount has been retained in the bank to cover these costs.

## FOOD AND EQUIPMENT

A total of 250kg of food and equipment were freighted out to Nepal ahead of the team. In addition each member carried a further 50kg which included personal gear making a total of 500kg imported into Nepal. Some further hardware rope and gas were purchased in Kathmandu. The expedition purchased local food for the trek and for our stay at base camp. This was further supplemented with treats from our imported supplies.

The following is a list of equipment actually used on the route.

50	no	pegs	450m	8mm polyprop rope
40	no	wires	300m	10mm static rope
6	no	snow stakes	200m	8mm static rope
6	no	hex's	7	no 9mm dynamic ropes
1	set	friends	1	no Phoenix Phusion tent
2	no	bongs	1	no Wild Country Gemini tent
50m		25mm tape	18	no Epi Gas 250
130	no	karabiners		

In addition the lead climbers had a full rack of gear including friends and a selection of pegs plus all the necessary personal gear. The third tent intended for use on the hill was never required because we were unable to reach it's intended site at around point 6100m.

As previously mentioned in the report we ran out of fixed rope. A further 200/300m of static line would have been sufficient to complete the route of supply to the proposed upper camp. We expected a lot of prusiking over steep ground which prompted our decision to use 10mm static caving rope which in the event proved to be a good one.

Based on previous experience of purchasing gas in Nepal we estimated that we would require 40 No canisters. This was way over the actual requirement, although had we been successful with the ascent further canisters would have been used. However there would still have been a surplus.

We also found that we had an excess of hill food of approximately 25% due to less being consumed at base camp than anticipated. Our cook provided more than adequate amounts of locally purchased food alleviating the need to use the supplies.

The following pages list all the items which made up the freighted load.

## BARREL No 1.

*	15no	450g	Isotonic Drink Mix.
*	84no	70g	Energy Bars.
*	4no	500g	Maccheroni.
*	12no	100g	Super Noodles.
*	15no	85g	Instant Noodles.
*	12no	100g	Concentrated Milk.
*	4no	382g	McDougalls Dehydrated Meals (each pack yields 20x100g portions.)
*	10no	125g	Tins Mackerel.
*	3no	80g	Pesto.
*	2no	283g	Milk Powder.
*	1no	680g	Dried Onions.
*	3no	350g	Instant Potato.
*	5no	198g	Corned Beef.
*	50no	12g	Salad Cream.
*	50no	12g	Tomato Ketchup.
*	20no		Cup a Soups.
*	1no	170g	Italian Seasoning.
*	1no	2kg	Bag Salted Peanuts.
*	1no	1.5kg	Bag Bombay Mix.
*	40no		Choc and Mint Options.
*	1no	3.18kg	Tin Raspberry Jam.
*	1no	1kg	Tin Chocolate Drink.
*	48no		Crunchie Bars.
*	3no	375g	Bags Tropical Mix.
*	24no		Bags M&M's
*	4no	454g	Bottles Syrup.
*	4no	500g	Bags Rasins.
*	35no		Bounty Bars.
*	5no	400g	Bags Hawaiian Crunch.
*	5no	227g	Bags Murry Mints.
*	5no	227g	Bags Fox's Fruits.
*	5no	275g	Bag's Candy.

## BARREL NO 2

* 15no	450g	Isotonic Drink Mix.
* 84no	70g	Energy Bars.
* 3no	500g	Maccheroni.
* 12no	100g	SuperNoodles.
* 15no	85g	Instant Noodles.
* 12no	100g	Concentrated Milk.
* 4no	382g	McDougalls Dehydrated Meals (each pack yields 20x100g portions.)
* 10no	125g	Tins Mackerel.
* 3no	80g	Pesto.
* 3no	283g	Five Pints Milk Powder.
* 3no	350g	Instant Potato.
* 5no	198g	Corned Beef.
* 50no	12g	Salad Cream.
* 50no	12g	Tomato Ketchup.
* 50no	12g	Tartare Sauce.
* 20no		Cup of Soups.
* 1no	2kg	Bag Salted Peanuts.
* 1no	1.5kg	Bag Bombay Mix.
* 1no	1.8kg	Bag Fruit and Nut Mix.
* 40no		Choc and Mint Options.
* 1 no	3.18kg	Tin Blackcurrent Jam.
* 1 no	500g	Coffee.
* 23 no		Bars Fruit and Nut.
* 3no	375g	Bags Tropical Mix.
* 4no	454g	Bottles Syrup.
* 4no	500g	Bags Rasins.
* 5no	400g	Hawaiian Crunch.
* 36no		Yorkie Bars.
* 80no		Caramel Bars.
* 4 no	120g	Bags White Chocolate Delight.
16no		Snickers Bars.
15no		Picnic Bars.

### BARREL NO: 3. (BLACK)

	300M	10.5mm	Static Rope.
*	100M	9mm	Climbing Rope.
*	50M	26mm	Tape.
*	1no		Vango Odyssey 300 Tent.
*	1no		Ortough Snow Shovel.
*	1no		Stainless Steel Pan Set & Mug.
*	1no		Dead Boy.
*	1no		Aluminium Windguard.
*	1no		Knife & Fork Set.
*	9no		Titanium Ice Screws.
*	1no		Drive in Ice Scroob.
*	2no		Titanium Pegs.
*	2no		Steel Pegs.
*	1no		Stitch Plate.
*			Assorted Tat and Tape.
*	3no	375g	Bags Tropical Mix.
*	1no	454g	Syrup.
*	32no		Snicker Bars.
*	48no		Twix Bars.
*	32no		Picnic Bars.
*	48no		Mars Bars.

### BARREL NO 4.

*	5no	500mg	Paracetamol Tablets.
*	2no	400mg bottles	Relcofen.
*	2no	10ml drops	Otrivine Antistin.
*	5no	Tablets	Threadworm Treatment.
*	100no	Tablets	Senna Laxative.
*	6no	Sachets	Cystitis Relief.
*	48no	Tablets	Tagamet.
*	2no	30g tubes	Betadine Antiseptic Ointment.
*	100no	Tablets	Co-codamol tablets.

* 2no	15g tubes	Bonjela.
* 2no	Sprays	Vick Ultra Chloraseptic.
* 2 no	Tablets	Migralane.
* 2no	Sprays	Betadine Dry Powder Spray.
* 14no	Tablets	Hayfever Antihistamine Tablets.
* 4no	15g tubes	Hydrocortisone Ointment.
* 3no	20g tubes	Antifungal Cream.
* 10no	x12 capsule packets	Diareze.
* 12no	x24 lozenge packets	Strepsils.
* 1no	x24 lozenge packets	Dequacaine.
* 18no	75ml tubes	E45 Sun Block, Factor 25.
* 17no	100ml tubes	E45 Sun Block, Factor 15.
* 36no	tubes	E45 Lip Care.
* 3no	360ml cans	Preservative Free Sterile Saline Solution.
* 2no	200ml bottles	Calamine lotion.
* 8no	15g tubes	Daktarin Cream.
* 5 no	20g tubes	Canesten.
* 5 no	x20 sachet boxes	Dioralyte.
* 4no	packets	Kwells.
* 4no	20g tubes	Xylocaine.
* 4no	25g tubes	Haemorrhoid Ointment.
* 2no	x60 tablet boxes	Gaviscon Tablets.
* 10no	2g tubes	Zovirax.
* 2no	5g tubes	Golden Eye Ointment.
* 2no	10ml bottles	Golden Eye Drops
* 2no	250ml bottles	Surgical Spirit B.P.
* 2no	100ml bottles	Codiene Linctus B.P.
* 2no	125g tubes	Zinc & Castor Oil Cream.
* 2no	50g tubes	Magnesium Sulphate Paste B.P.
* 1no	x100 tablet bottle	Dispersible Asprin.
* 2no	500g tubes	Emulsifying Ointment B.P.
* 3no	x90 tablet bottles	Multi Vitamins
* 3no	1.2kg	Cheesecake Mix.
* 3no	340g	Angel Whirl.
* 6no	jars	Peanut Butter.
* 10no	Packets	Hob Nob Biscuits.
* 48no	bars	Old Jamaica Chocolate.

- \* 24no bars Bournville Plain Chocolate.
- \* 1no Knee Support.
- \* 1no P.V.C. Tarpaulin Sheet.
- \* 1no tube Araldite Adhesive.
- \* 1no tube Superglue Adhesive.
- \* 1no tube Multipurpose Adhesive.
- \* 3no Gas Lighters.
- \* 1no roll Gaffa Tape.
- \* 1no roll Cling film.
- \* 4no Pan Scourers.
- \* 30no Refuse Sacks.
- \* 5no Multi purpose Clips.
- \* 4no Sweat Shirts.
- \* 4no Mail Bags.
- \* 1no Tool Kit Plus selection of repair items.

#### **BARREL NO: 5.**

- \* 2no Haemacel Intravenous Fluid.
- \* 10no Normal Saline Intravenous Fluid.
- \* 11no Intravenous Cannules.
- \* 2no Intravenous Giving Sets.
- \* 4no Guedel Airways.
- \* 1no Laerdal Mask.
- \* 2no Oxygen Masks & Tubing.
- \* 1no Chest Drain Set.
- \* 1no Chest Trocar.
- \* 1no Cervical Splint.
- \* 1no Spinal Splint.
- \* 3no Limb Splints.
- \* 1no Catheter & Drainage bag.
- \* 1no Space Blanket.
- \* 5no Silk Suture Material.
- \* 7no Ethilon Suture Material.
- \* 5no Prolene Suture Material.
- \* 3no Suturing Instruments.



## **BARREL NO 6**

- 1no Res-Q-Vac manual suction device. (2parts)
- 1no Space Blankets.
- 4no SAM Flexible Splint.
- 1no Oxygen Tubing.
- 6no One Litres Bags Normal Saline.
- 30no Breast Pads (for Eye pads).
- 1no Manual Respirator.

## **SEPARATE PACKAGE.**

- 3no Rigid Cervical Collars.
- 1no Hare Body Splint.

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### **Grants and Donations**

The Mount Everest Foundation  
The Mountaineering Council of Scotland / Scottish Sports Council  
The Foundation for Sport and the Arts  
Dr Ken Stewart of Stirling

### **Equipment Donations**

**Boots Health Care International.** Provided medical supplies, sun creams, Isotonic drinks, energy bars, all free of charge.

**Boots the Chemists.** Provided process paid film (2520 frames) all free of charge.

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**Rab.** Sheffield. - down filled clothing, sleeping bags

**Ray-Ban.** Bausch & Lomb. USA & Ireland. - sun glasses

**Wild Trak.** Newcastle upon Tyne - ropes, batteries.

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**Stoke Farm.** Severn Trent Water. Nottingham - projection equipment

**Ibstock Building Products Ltd** - production of final report

**Lee Glass & Glazing.** Nottingham - gifts for fund raising event

**Jon Nichols Fine Art.** Nottingham - free service for fund raising

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