

## Ama Dablam Expedition

30 Days in Nepal / Skill Level: Advanced



Oct. 7 - Nov 5, 2023

*Land Costs **\$18,550** - includes  
experienced western guide*

\*All costs included with the exception of alcohol, in-town meals

**Difficulty Level:** Advanced- Must be able to climb rock, ice, and mixed terrain, often with an alpine pack on your back. You should be comfortable with camp craft in high-altitude camps and be able to perform at a high level for multiple days in a row at altitude.

### Overview

No mountain in the world captures an alpinist's imagination quite like 22,525 foot (6,866 meter) Ama Dablam. It stands alone in the Solu Khumbu (Everest) Valley, towering almost 10,000 feet (3,050 meters) over the famous Sherpa villages of Thyangboche and Pangboche. With no easy route to its summit, climbing Ama Dablam is reserved for dedicated alpinists with exemplary skills and experience extending far beyond high altitude trekking. The ideal climber will have solid multi-pitch climbing experience on rock and ice and across technical terrain while wearing a pack. They will be self-sufficient in high alpine camps and comfortable spending days at a time on exposed terrain.

This expedition represents a culmination of Alpenglw Expeditions' teaching system and mission. On Ama Dablam, we expect each climber to take responsibility for their own success -- and their teammates'. Team members will assist in setting camps, carrying loads, cooking, and melting snow in high camps. A successful summit is well-earned and serves as an ideal stepping stone to increasingly independent expeditions on bigger Himalayan peaks.

On this expedition we will climb the Southwest Ridge, the first route of the mountain's ascent. It was initially climbed in 1961 and features incredibly varied terrain. The route requires implementation of all types of climbing skills, including both rock and ice. The terrain from Camp 1 moving upwards is extremely exposed and technical.

From Base Camp to Camp 1, we will climb a long, moderate morainal ridge, enjoying excellent views of our entire route.

On the way from Camp 1 to 2 we will encounter the route's crux rock climbing sections. There are interesting technical traverses, countless easy fifth class moves, and some short, harder pitches of up to 5.8 climbing. You will free climb this entire section, using fixed ropes only to protect yourself. This is not a jug-hauling route!

Camp 2 to 2.7 offers the route's most challenging ice climbing, with sustained pitches of steep ice and mixed terrain. The final section into Camp 2.7 is the famed mushroom ridge, a mostly horizontal traverse across cornices tenuously stuck to a knife-edge ridge.

From Camp 2.7 to the summit the route lessens slightly in technical difficulty. We will climb straightforward 50-70 degree ice and snow around the hanging glacier (the Dablam) and then up the summit face.

An expedition to Ama Dablam will test all of your mountaineering skills and a successful summit is an illustrious feat. Climbing this peak provides a true taste of Himalayan expedition life. The best Sherpa staff in the Khumbu will support you on your journey. After an 8-day trek through the villages of the Everest Valley, we will partake in a full Puja blessing ceremony, and then settle into life in a very comfortable basecamp. Amenities include a cook, heated dining tent, individual sleeping tents, and



a private bathroom tent with shower. We have found these comforts essential for maintaining a well-rested and strong team of climbers. We pride ourselves on a record of safety and success. Beware of operators who offer Ama Dablam climbs with less support!

Our Ama Dablam expedition will be guided by one or more of Alpenglows AMGA certified lead guides. AMGA (American Mountain Guides Association) certification is the most prestigious in the world, attained only by the most experienced and dedicated guides. Our guides have been climbing in Nepal for more than a decade, and have led dozens of expeditions to Himalayan peaks (including 9 successful summits of Ama Dablam). Their knowledge of Sherpa culture as well as the mountains, combined with their passion for teaching mountaineering skills to others, guarantees that your experience will be one to remember.



Our climber to guide ratio is 4:1, and our climber to sherpa ratio is 1:1. This ensures that you have unparalleled support carrying loads, fixing ropes, and building camps. These guides climb with Alpenglows team members every day throughout the season. The Sherpa also spend lots of time climbing with us and will accompany our summit push.

All of our guides and Sherpa have summited Ama Dablam and other Himalayan peaks countless times. This maximizes your safety and opportunity for success on Ama Dablam.

We combine our western guides' and Sherpa's experience with the local expertise of one of Nepal's best logistics operators, and the services of our good friend and local sirdar/guide, Dorji Sonam Sherpa. Dorji hails from the beautiful town of Phortse, and along with at least 6 ascents of Ama Dablam, he has summited Everest 15 times. His management of our local staff, knowledge of the Khumbu, and friendly personality will be essential in ensuring that you stay healthy, strong, and enjoy each component of this experience.

Ama Dablam Itinerary	
Day 1	<b>Arrive in Kathmandu, Nepal (4,600 feet / 1400m).</b> We transfer to our hotel, and begin the process of getting over jetlag.
Day 2	<b>Explore Kathmandu.</b> Today we explore some of Kathmandu's most famous sites. These include Swyambunath (the Monkey Temple), Pashupati (Nepal's largest Hindu temple), Boudanath (Kathmandu's most important Buddhist temple) and the old city's original central square, Durbar. We also have our first team meeting, and organize our bags for the helicopter flight to Namche.
Day 3	<b>Fly from Kathmandu (4,600' / 1400m) to Lukla (9,000' / 2743m), 45 minutes. Trek Lukla to Monjo (9,300' / 2835m), 4-5 hours.</b> One of the most beautiful and memorable mountain flights in the world, our 45-minute flight takes us from Kathmandu to Lukla, the town where we begin our trek to base camp. After organizing our yaks and porters we begin our hike to the town of Monjo. The trail is excellent, and after descending to the town of Phakding, climbs easily from the river and across our first suspension bridges up to our lodge in Monjo.

Day 4	<p><b>Trek Monjo (9,300' / 2835m) to Namche Bazaar (11,300' / 3444m), 3-4 hours.</b> The walk begins with a couple of thrilling suspension bridges and wanders along the banks of the raging Dudh Khosi River, before climbing steeply up a 2,000 foot (610 meter) hill into Namche Bazaar. This hill is the first of our challenging climbs. Along the way we are rewarded with our first views of Mt. Everest, and plenty of well- built stone terraces to stop and rest. We have lunch in Namche Bazaar, and spend the afternoon exploring the vibrant town. Namche is the most important town in the Khumbu Valley, and is filled with fun shops, great bakeries, and colorful winding streets. We also visit the local monastery and the Sherpa Museum of Culture and Himalayan Climbing History. The museum's exhibits chronicling sherpa climbing history are not to be missed.</p>
Day 5	<p><b>Trek Namche Bazaar (11,300' / 3444m) to Khumjung (12,400' / 3790m), 1 hour.</b> For acclimatization purposes we spend a second night near Namche Bazaar. After a relaxing morning exploring town and enjoying our first stunning views of Ama Dablam from a viewpoint above town, we have lunch and then take a one-hour walk to Khumjung and our sirdar's (lead sherpa's) home. We spend the night with Phurba Tashi and his family in his comfortable lodge, and possibly visit the Hillary School in Khumjung, and the Khunde hospital, both projects of Sir Edmund Hillary, and significant centers of Sherpa life.</p>
Day 6	<p><b>Trek Khumjung (12,400' / 3790m) to Phortse (12,450' / 3800m), 3 hours.</b> Phortse is home to most of our sherpa team. It is an incredible mountain town perched on the walls of a massive river valley and sees almost no Western visitors. To get there we set off from Khumjung on small trails, featuring a long stone staircase through vertical rock cliffs that ends at the Mong La, a high pass with striking 360 degree views of Ama Dablam, Thamserku, and Kantegri. From the pass we descend to the river, and then climb easily to Phortse, arriving in time for lunch. We spend the afternoon visiting our sherpa team in their homes, drinking tea and tasting the locally made yak yogurt.</p>
Day 7	<p><b>Trek Phortse (12,450' / 3800m) to Dingboche (14,800' / 4530m), 5-7 hours.</b> We begin today's trek far from other trekkers on the trail from Phortse to upper Pangboche. In Pangboche we visit the oldest monastery and temple in the region and explore its paintings and statues. If we are fortunate, we may also receive blessings from the local lama. Once finished, we continue hiking to Dingboche, a small seasonal town perched at the base of Lhotse's South Face that has incredible views of Ama Dablam's North Ridge.</p>
Day 8	<p><b>Climb of Chukkung Ri (17,600' / 5364m), 6-8 hours round-trip.</b> Chukkung Ri is not glaciated, but provides an excellent way for us to gain additional acclimatization, as well as stunning views of Lhotse's South Face and the huge glaciers filling the Amphu Valley. In the afternoon we return to our lodge in Dingboche in time for a late lunch and some time relaxing in the sun. As needed, this day also makes for a great rest and recuperation day.</p>

Day 9	<b>Trek Dingboche (14,800' / 4530m) to Ama Dablam Base Camp (15,000' / 4570m), 4-5 hours.</b> Today we split with our support trek group. As they head up the valley to Lobuche, we choose a backcountry route away from the tourist trail, traveling through tiny yak herder settlements and over countless moraines as we circle around the base of Ama Dablam. Base camp sits in a beautiful grassy valley immediately at the base of the mountain's West Face, and we arrive there in time for lunch. After lunch we spend the afternoon settling into base camp and getting our gear organized.
Day 10	<b>Acclimatization Climb to Yak Camp (17,000' / 5182m) and return to Base Camp (15,000' / 4570m), 4-6 hours round-trip.</b> After a big breakfast we begin hiking along a morainal ridge with spectacular views of the mountain. We eventually join the beginning of the Southwest Ridge, at this point a large plateau, and follow it thirty minutes or so to our tents. After a quick break and leaving some equipment, we return to base camp.
Day 11	<b>Rest day in Base Camp.</b> We begin our day with a Puja, a Buddhist blessing ceremony. This is a meaningful ritual for our Sherpa prior to the beginning of every expedition, and a special ceremony to take part in. We will spend the rest of the day organizing equipment, eating, taking showers, and visiting other teams from around the world.
Day 12	<b>Rest day in Base Camp.</b> This second rest day is crucial for our bodies to recuperate from many days of trekking at altitude. It is also a busy day. We set up a long and complicated fixed-line practice course on the cliffs and rocks above our base camp. We spend half the day practicing all the skills we will need on the technical sections of Ama Dablam including jumaring vertical lines, technical traverses, rappelling, arm-wrapping, and analyzing anchors and ropes.
Day 13	<b>Climb to Yak Camp (17,000' / 5182m), 3-4 hours.</b> We hike to Yak Camp, this time to sleep for the night.
Day 14	<b>Climb Yak Camp (17,000' / 5182m) to Camp 1 (18,500' / 5639m), 2-4 hours.</b> We pack our gear in Yak Camp and climb up the Southwest Ridge as it turns from a plateau to a true knife-edge. The climb begins on easy sandy trails, but quickly enters a large talus field, where we climb up and over huge granite boulders. The final few hundred feet (200 meters) are on fixed lines up a steep rock slab. The tents of Camp 1 are perched in an incredible airy position on rock platforms at the top of this slab.
Day 15	<b>Acclimatization Climb to Camp 2 (19,500' / 5944m) and return to Camp 1 (18,500' / 5639m), 4-6 hours round-trip.</b> Today we get our first taste of technical climbing on the mountain. We will clip into the fixed ropes and climb to Camp 2, dropping a small load there. The climbing is incredible, with short steps of 5.6-5.8 climbing interspersed with countless fourth to easy fifth class moves. The crux pitch of the climb, the Yellow Tower, is also found here. We return to Camp 1 to sleep.



Day 16	<b>Descend from Camp 1 (18,500' / 5639m) to Base Camp (15,000' / 4570m), 2 hours.</b> We wake up early and have a quick snack and hot drink. The descent from Camp 1 goes slowly down the technical slabs and across the talus, but then very quickly down the good trails from Yak Camp to base camp. We leave any gear we can at Camp 1 and Yak Camp in preparation for our summit bid.
Day 17	<b>Rest Day in Base Camp.</b> We will have earned it!
Day 18	<b>Rest Day in Base Camp.</b> Our bodies need to be 100% before attempting our summit of Ama Dablam. In base camp we eat great food, write emails home, play cards, hydrate, and sit in the sun. At this point we are also carefully analyzing the weather forecasts, choosing our best days to go for the summit.
Day 19	<b>Climb Base Camp (15,000' / 4570m) to Camp 1 (18,500' / 5639m), 4-6 hours.</b> Today is the beginning of our summit push, and we take our time moving to Camp 1, climbing as efficiently as we can to conserve our strength for the upcoming days.
Day 20	<b>Rest Day in Camp 1 (optional).</b>
Day 21	<b>Climb Camp 1 (18,500' / 5639m) to Camp 2.7 (20,800' / 6350m), 5-7 hours.</b> After repeating the fun rock climbing from Camp 1 to Camp 2, we continue on to new terrain. The climb from Camp 2 to Camp 2.7 is mostly ice and mixed climbing, and includes some of the toughest pitches of the whole climb, including the steep and difficult Grey Tower. Just before reaching Camp 2.7 we cross the mushroom ridge, a series of cornices and ice sculptures glued precipitously onto a knife-edge rock ridge. It is a section of climbing you will never forget! We build Camp 2.7 on the Mushroom Ridge in order to avoid any serac (icefall) danger from the Dablam that has endangered the traditional Camp 3 in previous years.
Day 22	<b>Climb Camp 2.7 (20,800' / 6350m) to Summit (22,525' / 6866m), return to Camp 2.7 (7-9 hours round-trip) or Camp 1 (12-15 hours round-trip).</b> The climb from Camp 2.7 to the summit is actually technically easier than anything prior to it. However, we will be dealing with extremely high altitude and cold temperatures. Generally we do not leave camp until daybreak, making things warm enough to climb the steep ice and snow to the summit. The views are staggering; we will be able to see six 8,000-meter peaks, including Everest, Lhotse, and Makalu. Depending on the team's strength we will descend to Camp 2.7, or all the way to Camp 1.
Day 23	<b>Descend to Base Camp (15,000' / 4570m), 2 hours from Camp 1, 5-7 hours from Camp 2.7.</b> Any energy left from the climb and descent will be used to celebrate our summit push and safe return!
Day 24	<b>Rest Day in Base Camp.</b> After our summit push we will need and deserve this rest day. We organize gear, hang out in the sun, and feast on the kitchen's creations.
Day 25	<b>Extra Day.</b> To be used as needed on our climb.

Day 26	<b>Trek from Ama Dablam BC (14,500' / 4420m) to Namche Bazaar (11,300' / 3444m), 6-7 hours.</b> We leave base camp in the morning and hike down the hill to Pangboche. After tea we continue down the valley and through thick rhododendron forests to Thyangboche. Thyangboche is home to the most influential and active monastery in the Khumbu and we will have time for a quick visit and lunch. We then continue walking, with a big drop down to the Dudh Khosi River and a dramatic suspension bridge. After crossing the bridge we climb again to Sanasa, and then contour along hillsides and over small ridges until finally dropping into Namche Bazaar.
Day 27	<b>Trek from Namche Bazaar (11,300' / 3444m) to Lukla (9,000' / 2743m), 5-6 hours.</b> Our final day of walking covers the same ground we spent 2 days climbing on the way in. Now that we are acclimatized we cover the distance easily, and enjoy the many suspension bridges, tumultuous rivers, small towns and monasteries. After lunch in Phakding, the trail climbs a final 600 vertical feet (180 meters) to the airstrip in Lukla, and our final lodge where we spend the night.
Day 28	<b>Fly Lukla (9,000' / 2743m) to Kathmandu.</b> This 45-minute flight begins with one of the most exciting takeoffs in the world. Once airborne the flight offers incredible views of the mountains, the foothills, and finally the city. After landing in Kathmandu we return to our hotel for an afternoon of celebration, great food, and perhaps much needed massages. Night in hotel.
Day 29	<b>Contingency day for flights from Lukla to Kathmandu.</b> Since the flights to and from Lukla are often delayed or cancelled due to bad weather in the mountains, this is an essential extra day. If we arrived back in Kathmandu on time, this day can be used for sightseeing in the city, shopping for souvenirs, or sleeping in and enjoying the fantastic pool at the hotel.
Day 30	<b>Depart Kathmandu for home.</b> After a final group breakfast, return to the airport to catch international flights home.

## Client Expectations and Timeline

90+ Days to Departure	
Reserve Spot	Make your deposit to confirm registration - if you haven't already, head over to our website and click "Reserve Spot" and select your dates. The rest of the process is as easy as buying a book online. Make sure that you select to add an extension if you wish to extend any expedition.
Q&A	Q&A with Alpenglow - time to ask any question about travel, logistics, training and everything in between.
Application	Complete full application including medical questionnaire & travel information.



## 90+ Days to Departure

Reserve Rentals	Reserve rentals if needed within application. For our climbing schools, we have a small rental inventory of boots, ice axes crampons, helmets and harnesses. These are provided at no cost on a first come first serve basis. Please let us know what you plan on renting as soon as possible.
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## Within 90 Days to Departure

Complete Payment	Full Payment will be collected at the 90 day mark. Alpenglow will contact you prior to taking final payment and once you confirm we'll simply move your booking into the final stages. For international trips, a wire transaction is the best way to send payment. We also accept credit cards with transaction fee of 3% or you can pay by check.
Book Travel	We recommend reviewing flight options outside of 90 days and confirming with Alpenglow on travel times. Use us to guide you to the best flight schedules to make travel as easy as possible. Once you book your flights don't forget to share with the Alpenglow office so we pick you up on time from the airport.
Training	This is the hard part. The hours of training you put in directly correlates to your success in the mountains. Train hard and be ready for the adventure of a lifetime!
Equipment	Compile all equipment using the equipment list as a guide.
Purchase Insurance	Purchase travel and rescue insurance. We recommend Global Rescue and Travel Guard. <a href="#">Click here to find links to each.</a>

## General Trip Information

### Payment

1. A 20% deposit is required for all expeditions. Deposits are due upon registration, and can be paid by check made out to "Alpenglow Expeditions, LLC". All payments should be mailed to Alpenglow Expeditions at P.O. Box 3122, Olympic Valley, CA 96146 or sent via wire transfer. If wiring payment, please contact us for bank details and be certain that you are covering ALL fees! We also accept credit cards with transaction fee of 3%. Deposits are non-refundable and non-transferable. This is not a flexible policy. Planning for our trips takes significant time and we have non-refundable costs.
2. Balances are due 90 days before the expedition departs from the United States. Payment should be made as described above.
3. The cost of your trip includes your land costs (excluding in-town meals). This includes:

double occupancy lodging while in town, meals on the mountain, scheduled transportation while in the countries we are visiting, group camping and climbing equipment, individual technical climbing equipment (boots, ice axes, crampons, helmets, harnesses), and western lead guide.

4. The cost of your trip does not include: flights to/from the city where the expedition begins, airport taxes, visas, in-town meals, immunizations, tips for guides or local staff, travel, rescue, or any other type of insurance, hospitalization or evacuation costs, single supplement charges, excess baggage charges, alcohol, or other personal expenses.
5. The costs of delays or changes to itinerary that are beyond the control of Alpenglow Expeditions or its agents are not included.

## **Cancellations**

1. We reserve the right to cancel any trip at any time. Reasons for cancellation might include (but are not limited to) political instability, natural disasters, or inadequate enrollment. If we cancel a trip prior to its start for low enrollment, we fully refund your payments. If we cancel your trip prior to its start due to political instability, natural disasters, or other reasons of that nature, we will refund all but non-recoverable costs. Changes to a trip itinerary made by our guides for any reason do not constitute a cancellation, and no refunds will be made in this case.
2. If you cancel your trip more than 90 days prior to departure, Alpenglow Expeditions will refund your payment minus the non-refundable deposit. 60-89 days prior, Alpenglow Expeditions will refund 50% of your payment. Fewer than 60 days prior, there are no refunds or credits.
3. On any trip, our guides reserve the right to remove any person, for any reason. These reasons generally stem from a person jeopardizing the safety of themselves or another team member. This includes a person who is not physically able to climb at the level necessary for the chosen route. In all these cases, there are no refunds whatsoever, and the client will be responsible for any additional costs incurred in leaving the trip.

## **Flights**

We recommend using Kayak.com as a primary source for finding low-fare airfares.\*\*Please confirm your itinerary with Alpenglow Expeditions before you purchase it.\*\*

## **Insurance**

We require that all participants carry rescue insurance, travel insurance, and health insurance. Your policy numbers must be provided to us prior to leaving the USA. Homeowner/Renter's insurance is also recommended.

- Rescue Insurance- For US citizens, we recommend obtaining rescue insurance through American Alpine Club and upgrading that service via Global Rescue. Visit [www.americanalpineclub.org](http://www.americanalpineclub.org) to become a member and obtain the appropriate level of coverage based on the altitude of the peaks you will be climbing with us. Helicopter rescues in foreign countries, while unlikely, can cost up to \$20,000. International climbers have several options as well for rescue insurance. Our recommendation is Global Rescue as we have had great success with them in the past. Your insurance must not have a mountaineering exclusion and must cover up to your trip's highest altitude. This coverage is very important.
- Travel Insurance- We recommend using [Global Rescue's IMG Signature Travel Insurance](#). Coverage should include lost/damaged baggage, unexpected delays, accident/life, and trip cancellation. Trip cancellation will cover you for non-refundable air

and land costs should you need to cancel your trip due to an emergency. Since our costs are often not refundable, this coverage is very important as well, and should be purchased as soon as possible after registering for an expedition.

- Health Insurance- All members of our teams are required to have current health insurance. This insurance should cover emergency hospitalization abroad as well as domestically.
- Homeowner/Renter's Insurance- While unusual, thefts can occur while overseas. We recommend a policy to cover these losses.

## **Medical**

All of our expeditions and treks are physically demanding. Regardless of the skill level or experience needed, it is essential that you arrive in good physical shape, and prepared to handle extreme conditions, including cold, heat, and long tiring days. Alpenglow Expeditions, LLC and its guides reserve the right to remove any member of our trips at any time if we do not believe they are ready for the rigors of the trip.

Our guides are certified in wilderness medicine, CPR, and are experienced in client care in remote high altitude locations. However, Alpenglow Expeditions, LLC is not a medical facility and Alpenglow Expeditions, LLC assumes no liability regarding medical care.

You are responsible for your own medications, inoculations, and deciding whether you are physically able to participate in an Alpenglow Expeditions trip. You should discuss your participation in this trip, and the dangers involved, with your physician.

Some of the medications you may consider carrying with you include:

1. Tylenol – a simple painkiller for headaches and minor pains.
2. Ibuprofen – mild altitude headaches, along with body aches and pains, are common.
3. A cold and flu remedy of your choice (strong decongestant).
4. Pepto Bismol - for minor stomach upset, best taken in caplet form.
5. Immodium AD – to control diarrhea, when necessary. Again, tablets are preferred.
6. Cough Drops – the air at altitude is very dry, and many climbers develop hacking coughs.
7. A laxative agent of your choice.
8. Dramamine (or equivalent) – an anti-motion sickness agent of your choice as bus/plane rides to our trailheads are often very bumpy.
9. Diamox (Acetazolomide) required – prescription medication often used prophylactically to prevent altitude sickness. You should have a large enough supply to take 250mg/day (best as scored tablets so you can take 125mg twice a day).
10. Z-pack required – a broad spectrum anti-biotic.

Also be sure to discuss vaccinations with your doctor. Often a travel clinic has the most up-to-date information on which shots are necessary for the country you are visiting. Be sure to mention that most of our trips explore only the highlands and capital cities. This might mean that you need fewer immunizations, and anti-malarials are often not necessary. Determine this with your doctor, and refer to your trip itinerary for the exact locations we will be visiting. At the very least, your tetanus shot should be up-to-date and you should have protection against Hepatitis A.

## **Aerobic Conditioning**

We cannot stress enough the importance of being in excellent aerobic condition before arriving on your trip. Arriving fit will increase your safety on the trip and reduce the risk of medical issues. It will also dramatically increase your enjoyment and learning during your trek or expedition. At the minimum, we recommend an exercise regimen that includes a minimum of 3 one-hour workouts per week (biking, running, swimming) along with a few long days hiking as you get close to your departure date. Please call us if you would like to discuss a specific routine to fit your needs.

## **Money**

The countries we visit can still be challenging places to use a credit card or find an ATM. While you may choose to bring these for backup, we recommend you bring enough cash for your planned spending. American dollars are still the easiest way to carry money. Be sure you carry clean, new bills and have some smaller denominations. Carry your money and important documents in a hidden waist pouch under your clothes.

The amount of money you need varies by how many presents you plan on bringing back! In addition to souvenirs and gifts, plan on spending on airport departure taxes, alcohol and snacks, and tips for local staff and your guides.

## **Additional Notes**

- Single Supplement - If you prefer a single room while we are in hotels, please let us know as soon as possible. There will be an additional cost associated for this.
- Cameras – high quality point and shoot digital cameras are an excellent option. We have found that small pocket cameras are much better than big DSLRs for summit days. You need a simple light system, and the new generation of digitals take great photos. A guide favorite is the Sony RX 100.
- Be sure to create a data sheet of all of your essential information – passport, credit card numbers, airline ticket information, visa number (if applicable), etc. This sheet should then be photocopied and scattered amongst your luggage. If any of your documents are stolen, having this information will be essential.
- Rental Equipment - Alpenglow Expeditions offers a limited number of mountaineering boots, crampons, ice axes, helmets, harnesses, carabiners, perlon, and belay devices for use by our clients. There is no additional charge for using this equipment, but please let us know as soon as possible if you intend to use Alpenglow Expeditions' equipment. Check your expedition's equipment list to see what technical climbing equipment is necessary for your climb or trek. Rental gear from Alpenglow is only available for shipment within the US. Rental gear must be taken home by the renter and shipped back to Alpenglow within two weeks of end of trip at the renter's expense.