

IMG EVEREST EXPEDITION

NEPAL | 7 SUMMIT PEAK: ASIA | 29,032' – 8849M



Early morning climbers in the Icefall and on the Lhotse Face (Ang Jangbu Sherpa)

JOIN IMG'S EVEREST EXPEDITION TEAM

Organizing expeditions to Mount Everest is a monumental task that requires meticulous planning and a deep understanding of the unique challenges posed by the world's highest peak. Over four decades of experience has honed our ability to assemble teams that not only have the necessary skills and experience but also share a common ethos and approach to climbing. This commitment to excellence and compatibility is crucial for the safety and success of the expedition, reflecting a profound respect for the mountain and the climbers who take on its slopes.

IMG has long been a leader in innovative climbing programs for the Himalayas. We were one of the very first companies to offer guided programs to Everest (1991), the first company to offer a stand-alone climb to the North Col (1994) and to 8000m (2001). We were one of the first companies to guide Shishapangma (1990) and Cho Oyu (1995), first to guide the Khumbu Icefall as a stand-alone program (2000), first to offer the option of personal Nepalese guides to climbers (2002), first successfully guided climb of Lhotse (2009), first with the Hybrid concept (2010), first to offer an Everest "Express" itinerary (2010), and the first to rappel an alternate route around the Hillary Step (2013).

With over 800 summits of 8000-meter peaks to our credit, [605 of them on Mount Everest](#), we've demonstrated our focus on innovation, meticulous attention to detail, and a commitment to first-class logistics and staffing. Our Everest program sets a high standard in the industry. The emphasis on conducting a top-tier program without cutting corners, all at a fair price, reflects a deep understanding of the needs and expectations of climbers aiming to conquer the world's highest peak. It's clear that your team's efforts are driven by a passion for adventure and a relentless pursuit of improvement.

DATES & PRICES

→Details on Page 3

2025 Everest Expedition:

Classic & Hybrid Everest Climb
Private Everest Climb
Lhotse Climb
Khumbu Icefall to Camp 2/3
Ama Dablam Climb
Mera Peak Climb
Lobuche Climb
Classic Base Camp Treks

QUICK LINKS

[General Information](#)
[Program Itineraries](#)
[Gear Lists](#)
[Frequently Asked Questions](#)

REGISTER

- [IMG Application Package](#)
- Passport copy
- Application Fee

PAYMENT SCHEDULE

→Details on Page 5

Non-refundable application fee is due at registration and applies to program fees. **Installment payment due October 10, 2024. Remaining balance of fees are due December 12, 2024.** Please refer to the application package for payment instructions. Program fees are quoted in US dollars. All fees are quoted and payable in USD. All fees and payments are non-refundable and non-transferable. Payments must be received by IMG on or before the due dates. Failure to remit payments on or before due dates will result in forfeiture of fees paid and loss of program reservation and any discounts. Combined programs require payments for each program.

Register by July 31, 2024 to be eligible for our Early Decision Discount! See page 5.

CONTACT US

(360) 569-2609
Office@MountainGuides.com

THE EXPEDITION ORGANIZATION AND LEADERSHIP

International Mountain Guides (“IMG”) is the oldest and most respected high-altitude climbing service in the world. IMG’s Himalayan mountaineering programs are organized and directed by Eric Simonson and include a group of professionals who are the best in the business. Since 1990, we have conducted over 60 Himalayan 8000-meter expeditions and over 800 IMG team members have summited the world’s classic 8,000-meter peaks, including Everest, Lhotse, Cho Oyu, Manaslu and Shishapangma. Our Everest programs are led by our IMG Senior guides.

IMG leaders are professionals and are great teachers as well as strong climbers. All have done numerous high-altitude expeditions, including the Himalaya. Our clients enjoy the immense benefit of a core group that has climbed together extensively, producing a team that knows how to work well together. We do not think you will find any other Everest climbing or trekking programs that will be led or staffed by persons of the caliber we will field for Everest 2025.

Ang Jangbu Sherpa and the Nepalese Team A veteran of dozens of expeditions and an Everest summiter, Ang Jangbu has worked on every IMG Himalayan program since 1991 and is an immensely popular leader. Ang Jangbu puts together a superb local staff for IMG. We are proud to have a group of Sherpa guides and cooks working for us who are among the best paid, best led, best equipped, and best trained in the business.

IMG Sherpa Guides & Nepalese Staff Most IMG Sherpa Guides are from Phortse and Pangboche. We hire the same great Team every year, we treat them with respect, we pay them well and they like working with our teams. Most of them have been on many climbs with us over the years and many of them have multiple Everest summits. The Senior guides (the ones we assign to climb with our climbers) have solid English language skills, first aid and rescue training, and tremendous 8000m experience. We have a great crew of men and women working for us, and many have been with IMG exclusively for over ten years. It is a tight knit bunch, managed by Ang Jangbu, Phunuru and Ang Pasang. Our enthusiastic cooks do a great job, and our menus are well considered. It makes a difference!

EXPEDITION OVERVIEW

The 2025 IMG climbers and trekkers will travel to Everest Base Camp in separate teams, each led by IMG guides. We will be using helicopters into Lukla. Inclement weather can cause delays with fixed wing flights and by utilizing helicopters, we will have a much better chance of staying on schedule.

Lobuche Base Camp

Our Lobuche Base Camp strategy has been working great for many years, and we will do it again in 2025 for the trekkers and climbers. Three nights of camping at Lobuche BC (with gorgeous day hiking in the area) provides for excellent acclimatization and means our climbers and trekkers will feel good when it’s time for them to move up to Everest Base Camp! We will have our own cook team preparing meals at Lobuche BC to keep our team members healthy.

Everest Base Camps

IMG Base Camp is fully stocked with double wall dining tents with carpets, top notch food (fresh food delivered weekly), propane heated showers, custom weather forecast, internet is available (price TBD). Solar power at Base Camp quietly supports our satellite communications, allowing us to maintain excellent emergency contact capabilities and keep friends and family informed of our progress during the long weeks away from home. IMG will post regular internet dispatches from all of our teams during the expedition. We have multiple generators for backup power on inevitable snowy/cloudy days, and 110v power for charging your electrical devices.

We will have two separate (adjacent) base camps, one for the IMG Climbers, and one for our IMG Nepalese Staff. Each camp will have separate dining, toilet, shower, and kitchen facilities. In between the camps, we have our common meeting facility—the giant Eureka Military MGPTS tent, complete with 70,000 BTU military hazmat tent heater that runs outside the tent and pumps the heated air inside (so no danger of carbon monoxide). This is the place to be if you want to hang out in a carpeted and warm environment, watch movies, read, work on the computer, make a phone call, or just socialize! Wireless internet will be available at Base Camp (price TBD). In our communication tent, we have a VHF radio base station and large antennas that let us talk with the South Col and all the way down to Pheriche. We subscribe our climbers and local staff to the service provided by the HRA Base Camp Medical Clinic, so you have access to unlimited consultation with the HRA doctors.

Food

Nothing is more important to health and morale on a long trip than good food. We have very experienced Lobuche BC, Everest BC, and Everest Camp 2 cook teams. At Base Camp, they bake fresh bread, rolls, cakes, etc. regularly. We receive regular deliveries of fresh fruit, vegetables, and meat to Base Camp in addition to staples purchased in Kathmandu and “goodies” brought from USA. We also include gluten free and vegan options (please advise if you have food issues). Most climbers will spend about two weeks at high altitude (over 6000m/20,000ft) during the course of the trip, when appetites really wane, and life is truly uncomfortable. We assist climbers to choose their high-altitude food items at Base Camp from our food supply tent, so you know exactly what you will

be eating up high. Also, climbers should bring about 10 pounds/5 kg of additional “lunch” snacks which you know you can eat at high altitude, when some people’s appetites become very picky.

Gear

Please review our [Gear List](#) carefully. It is meant to help you compile your personal gear for a high-altitude trek or climb. Most items are required - please consider each item carefully and make sure you understand the function of each piece of equipment before you substitute or delete items. Don’t cut corners on the quality of your gear!

ITINERARIES

Detailed program itineraries are available on our [website](#). Dates are listed starting from the arrival day to Kathmandu to the return day back to Kathmandu from Lukla at the end of the trip.

IMG trek itineraries are longer than most others offered on the market, giving you more time to acclimatize properly. Unlike most other teams, we bring our trekkers to Everest Base Camp where they enjoy a few days as members of the Expedition Team!

NOTE ON END DATES:

- **EBC Classic Trek, Lobuche Climb and Mera Peak** end dates are FIXED, but you should add one contingency day in Kathmandu at the end, before flying home, in case of Lukla flight delay.
- **Everest, Lhotse, C1 & C2 & Ama Dablam Climbs** end dates are FLEXIBLE, depending on weather and conditions.
 - Everest, Lhotse and Ama Dablam Climbers: please note on the itinerary the maximum number of days possible for climbing, we plan to stay at Base Camp for climbing until approximately the end of May. We suggest you make your return plane reservation home for June 1. Normally climbers will reconfirm or change their homeward departure flights when you know exactly when the expedition is going to end for you (contact your travel agent from Everest BC).
 - C2 and C3 Climbers: it would be prudent to add at least one week of contingency days your itinerary.

PROGRAM DETAILS & PRICES

NOTE - prices [include](#) the anticipated 2025 Nepal government permit fee increase

Classic Everest Climb with 1:1 Nepalese Guide \$54,000

March 31, 2025 – May 21, 2025 (plus contingency days through May 31, 2025)

This is the program which the majority of our IMG climbers have done over the years and is perfect for the climber with previous experience on big mountains. This is a complete expedition: no cutting corners, nothing less than the finest support on the mountain and offering you the ultimate flexibility to tailor your schedule to your personal needs. This program is led by IMG Senior guides, and you will be assigned a personal guide when climbing. IMG does not allow members to climb solo. Included is unlimited consultation with the IMG staff, consultation with the docs at the HRA BC Medical clinic, Icefall fees, all expedition food and camp support, communications, stand up tent at EBC, complete trek service, and total expedition logistics from Kathmandu to Kathmandu. On summit bid you will be provided climbing oxygen @ 3 Liters Per Minute starting at Camp 2. Our itinerary includes staying at our custom Lobuche Peak base camp for great acclimatization hiking on the way to Everest BC at the beginning of the expedition, a subsequent ascent of Lobuche for further acclimatization and training prior to the first rotation on Everest, then an extended acclimatization rotation to C3, followed by an optional descent to Pangboche for several days of lower altitude rest, prior to the Everest summit bids. The goal is maximum practice and acclimatization before going high on Everest, for the best possible chance of success.

Hybrid Everest Climb with 1:2 Nepalese Guide + Extra Oxygen \$72,000

March 31, 2025 – May 21, 2025 (plus contingency days through May 31, 2025)

Some of our customers have asked about a higher level of support for climbing Mt. Everest. We have what you are looking for, with our revamped Hybrid Program which combines the oversight of our IMG Senior guides, along with additional support (two guides per climber) and Extra Oxygen (enough for climbing @ 4 liters per minute on the Summit Day). The general itinerary for the Hybrid Program is the same as the Classic climb. You will be assigned your personal guides for the acclimatization rotations and summit attempts. IMG does not allow members to climb solo. With this revamped Hybrid Program, you will have more flexibility than if you were required to follow the schedule of other climbers. This program will give the Hybrid climber maximum flexibility while climbing, maximum support, and a generous amount of oxygen.

Private Everest Climb with 1:1 Senior IMG Guide \$123,000

(Itinerary and details are dependent on schedule & service requested by climber)

For the customer who is not cost sensitive and who wants the optimum support, we assign one of our Senior IMG guides on a 1:1 basis and include our “extra” oxygen option (1 bottle at C2 and 4LPM on summit day during your summit rotation). At Base Camp you will be provided a large standup personal tent with a cot for sleeping and organizing. This is the Cadillac program for the discerning climber who wants the very best. Please [contact our team](#) for more information.

Lhotse Climb \$28,800 (Add to your Everest Climb \$18,500)

March 31, 2025 – May 21, 2025 (plus contingency days through May 31, 2025)

Lhotse climbers accompany Everest and Lobuche climbers to EBC, and for the acclimatization climb of Lobuche Peak. With an itinerary that is similar to the Classic Everest climb, this program is led by IMG Senior guides, and you will be assigned a personal guide when climbing. The Lhotse route follows the Everest route to the South Col (which is a better campsite). From there you traverse into the Lhotse Couloir and then climb directly up to the summit. Lhotse is a stiff climb, more difficult than Cho Oyu. The climbing route will be fixed all the way to the summit, but there is steep ice and rock in the Lhotse Couloir, so you need to be very fit and capable. On summit bid you will be provided a similar amount of oxygen as the Classic Everest climbers. The goal will be to descend to C2 after the summit. IMG has now done nine Lhotse climbs, each successful ('09, '10, '11, '12, '13, '18, '19, '21 and '22).

Khumbu Icefall Climb to Camp 2, \$13,000 / Camp 3, \$15,200

March 31 – May 10, 2025

Our Khumbu Icefall programs are for the climber who wants an up close and personal Everest experience without a summit attempt. All climbers join the Lobuche Peak itinerary with the IMG guide team for instruction and evaluation. Then, you climb the famous Khumbu Icefall and on up the Western Cwm to Camps 1 and 2. Similar to our Classic IMG Everest Climb, this program is led by IMG Senior guides, and you will be assigned a personal guide when climbing. This is real climbing with some risk, so you need to be in good shape and have solid skills with crampons, fixed rope, etc. Camp 3 climbers will be provided oxygen for you to practice with as you climb the Lhotse Face to Camp 3. For the fit and adventurous climber, if you are thinking about coming back to climb Everest someday, this is great practice!

Ama Dablam Climb \$14,495 (Classic) or \$19,995 (Hybrid)

April 2, 2025 – May 3, 2025

This is one of the most famous and beautiful peaks in the world, rising above the Dudh Kosi River valley on the way to Everest Base Camp in Nepal. Our Ama Dablam expedition will utilize the new model we pioneered in 2022, with the team acclimatizing on Mera Peak, and then flying by helicopter direct to Ama Dablam BC. Mera Peak is a fun climb, higher than 21,000 ft, the perfect preparation for Ama Dablam, plus you get to visit the Hinku Valley and see a different part of Nepal! The Classic program is suitable for experienced climbers and will be led by our IMG guides from USA and Nepal. The Hybrid Program includes additional Personal Sherpa to climb with you 1:1, an excellent choice for climbers who would prefer additional support.

Ama Dablam Climb + Everest Classic Climb \$65,500 or Lhotse \$42,000

April 2, 2025 – May 25, 2025 (plus contingency days through May 31, 2025)

For those that want to add an 8000-meter peak after Ama Dablam, why not take on Everest or Lhotse?

Mera Peak Express \$7000

April 4 – 20, 2025

The Mera Peak Express program climbs 21,246ft (6,476m) Mera Peak in less than three weeks, including travel time and contingency days. This program features a fantastic trek and a spectacular climb with world class summit views of five 8000-meter peaks clearly visible (East to West: Kangchenjunga, Makalu, Everest, Lhotse and Cho Oyu). Our trek route to Mera essentially wraps around the south, west, and north sides of the peak to the Mera La (the 17,767ft / 5415m pass which leads to the Hongu Valley). We will practice our crampons and fixed rope technique before we move up to high camp, which will require roping up and using crampons and ice axes to ascend the glacier. The final pitch is a short steep ice step which we will fix with rope, or belay, depending on the conditions.

Lobuche Peak Climb \$6,000

March 24 – April 15, 2025

If you would like to visit Everest Base Camp with Teams 1 or 2 and stay longer and go higher, bring your crampons and ice axe and add a climb of Lobuche Peak (to over 20,000 feet--we stop at the false summit—the last pitch to the real summit is difficult technical climbing). After spending nights at Everest BC for acclimatization, our Lobuche climbers and members of the Guide Team will drop one day back down the valley to climb this beautiful peak, with world class views of Everest from the summit. From the beautiful IMG Lobuche Base Camp tucked up in a side valley from the EBC trek route, the route climbs to a high camp which leads to the summit ridge. The steeper parts of the climb to the ridge are normally fixed with about 500 meters of rope. Lobuche Peak is a perfect objective if you are fit and have Mt. Rainier type skills (ice axe, crampons, and roped glacier travel). We will review the use of fixed ropes for climbers who have not done this before. Afterward, trek back out to Lukla with our crack Nepalese Trekking Team for the flight to Kathmandu.

Classic Everest Base Camp Trek \$4,500 (with Gokyo Extension \$5,800)

March 24 – April 12, 2025 (Gokyo Ext end date April 17, 2025)

The trek to Everest BC is one of the world's classic human powered adventures! We have two trekking departures to Base Camp; each trek accompanies the IMG climbing team and sees all the famous sights on the way up and down the Khumbu Valley. Our

itinerary includes staying in lodges between Lukla and Pheriche, then in our custom Lobuche Peak base camp (for fantastic acclimatization hiking) for several nights prior to moving on up to Everest BC at the beginning of the expedition. Rub shoulders with the climbers and see what a real expedition is like. Climb Kala Pattar, hike up to the base of the Khumbu Icefall and get some photos, then join in with the expedition puja ceremony at Base Camp. You stay overnight at Everest Base Camp as a guest of the expedition; only trekkers associated with expeditions are allowed to stay at EBC. Then, trek back out to Lukla with our crack guide team for the flight to Kathmandu. We have a limited number of positions available on these Classic EBC Treks, accompanying each of our three climbing teams.

For trekkers wishing to extend their trek, we have the **Gokyo Extension Option** which adds **6 days of trekking**. You'll cross two more high passes (Cho La and Renjo La @ 5300+m) and visit the famous Gokyo Valley. What a classic! From the summit of Gokyo Ri you see Cho Oyu (8153m), Gyangchung Kang (7922m), Lhotse (8501m), Makalu (8475 m), Cholatse (6440m), Taweche (6542m), Kantega (6685m), Thamserku (6808m), Lobuche (6145m) and Mt. Everest (8848m).

PAYMENT SCHEDULE

All IMG program fees are quoted and payable in US dollars. All fees and payments are non-refundable and non-transferable. Payments must be received by IMG on or before the due dates noted below. Failure to submit payments on or before these due dates will result in forfeiture of fees paid and loss of program reservation and any discounts.

Due Date	Treks, Lobuche, Mera, C2/C3	Ama Dablam, Lhotse Summit*	Everest Summit*
At Registration	\$1,500 Application Fee	\$5,000 Application Fee	\$10,000 Application Fee
Oct. 10, 2024	\$1,000 Installment	\$2,500 Installment	\$10,000 Installment
Dec 12, 2024	Balance	Balance	Balance

*Combined programs require payments for each program.

LIMITED 2025 EARLY DECISION DISCOUNT OFFER

We are offering the following limited time discount to our 2025 Everest climbers and trekkers who are registered and CONFIRMED on our 2025 Spring Everest programs (meaning, we have received and approved your required forms and your application fee) **prior to July 31, 2024**. The discount will be applied against the final payment due on December 12, 2024, and is contingent on your making all scheduled payments on time.

- Everest Summit Climb - \$1,500
- Lhotse Summit Climb - \$1,000
- Camp 2/Camp 3 - \$750
- Lobuche Peak or Ama Dablam - \$500
- Mera Peak - \$250
- Everest Base Camp Trek - \$200

THE DEAL: Here is what is included and not included in your land cost fee.

Included

- IMG Leadership, IMG Guides & Sherpa Guides, local Sherpa climbers & cook staff
- Airport transfers to/from group hotel in Kathmandu before & after the climb
- Double occupancy hotel room with breakfast in Kathmandu for stated itinerary at beginning of expedition
- Welcome dinner in Kathmandu for members traveling on stated itinerary.
- Helicopter flight to Lukla, fixed wing flight from Lukla to KTM
- All meals once in the Khumbu Valley
- Park and municipality fees, climbing permit fees, liaison officers
- Group equipment (cooking gear & fuel, camp equipment, foam mattress pad at EBC) & dining facilities
- VHF radio & satellite communications systems
- 110v power supply at Base Camp for charging electronics (solar & generator backup)
- Yaks and porters
- Climbing oxygen (Everest, Lhotse and C3 climbers)
- First aid kit, hyperbaric (Gamow) bag, pulse oximeter & emergency medical oxygen, unlimited medical consultation at the HRA EBC Medical Clinic
- Unlimited consultation with IMG leaders
- Base camp accommodation
 - Everest & Lhotse climbers: Standup tent and cot at Base Camp
 - Camp 2 & Camp 3 climbers: Single tent at Base Camp
 - Trekkers & Lobuche Climbers: Double occupancy accommodation at EBC

Not Included

- International round trip airfare/tax/baggage fees/travel expenses to/from Kathmandu
- Nepal visa fee
- Excess baggage charges
- Single Supplement hotel accommodations in hotels/lodges
- Lodging and meals before/after stated itinerary
- Personal gear
- Personal Sherpa and extra oxygen (available for additional fee)
- Tip pool contribution for base camp staff and porters
- Satellite phone charges
- High speed internet available at EBC for additional cost (TBD)
- Personal sundries and beverages
- Early departure expenses, i.e. helicopter
- Costs incurred as a result of delays or events beyond the control of IMG
- Required Travel insurance; Emergency Evacuation & Medical Expense Coverage, hospital or medical costs
- Covid tests (if required for travel); any Covid-related expense resulting in delays or quarantine
- Optional but customary gratuity for IMG staff climbing/trekking with you

THE ODDS & ENDS

Single Supplement

Accommodations are based on double occupancy. A single room in the hotel in Kathmandu and lodges on the trek, and a single tent at Lobuche and Everest BC is available for **\$500** and can be requested on your application package or in writing to IMG. For people **arriving early in Kathmandu**, we reserve your hotel room based on the flight itinerary you send to us, and you can pay for your extra nights direct to our partners in Nepal upon arrival. If your flight to KTM arrives in the middle of the night, we will reserve your room for your early arrival, but it will count as a full night's stay of the prior evening at your expense.

Sleeping Bag Rental

Everest and Lhotse climbers need to bring two sleeping bags, one for Base Camp and one for the higher camps. Our staff will assist you to move your sleeping bag between camps. We have a limited number of minus 20F down sleeping bags for rent for \$200. Please contact us to reserve your sleeping bag rental (subject to availability) before final payment is due in December.

Standup tent at EBC

\$450 - Includes sleeping cot (Included in cost for Everest & Lhotse climbers)

Extra Oxygen

An extra cylinder of oxygen can be provided at the South Summit which enables climbing @ 4LPM on summit day. Cost is \$6000 for 1800 liters. We must know before the expedition; you cannot order "on the spot"!

Required Emergency Evacuation/Rescue/Medical Expense Coverage (Insurance)

We require that you be able to pay for your helicopter evacuation, in case you get sick or injured. For this reason, Travel Insurance (Emergency Medical and Evacuation) is required for your program, a few suggestions are listed on our [website](#). It's important to understand that *you may be required to pay for this upfront, and then file a claim for reimbursement*. Most insurance companies will require that you be hospitalized or evaluated by a doctor before they agree to pay. In case your insurance company does not agree to pay upfront for your evacuation you must have available credit on your Visa or Master Card. (NOTE— credit cards are charged an additional 4% service fee by helicopter companies). Trekkers must have \$5,000 available credit and climbers must have \$10,000 available credit (the average rescue from EBC runs about \$5,000 but if you need to be airlifted from higher than EBC, it will be much more expensive).

When purchasing a Travel Insurance policy, IMG suggests that you cover your trip from door to door – from the day you depart home until the day you return home, to align with your full flight itinerary and your IMG program itinerary (including designated contingency days) in case you are delayed with your departure from Nepal and need to be covered for some event late in the expedition. **It is your responsibility to understand your policy, including coverage details, your dates of coverage and any preauthorization process in the event of evacuation.**

IMG strongly recommends the addition of trip cancellation/interruption coverage due to the IMG refund policy. Coverage should be door to door. Information is on our [website](#).

Flights

Plan to arrive to Nepal on Day 1 of stated itinerary. For the best service and support, we recommend that you work with a knowledgeable travel agent that can assist you quickly should you need help while traveling. Please provide your complete flight

itinerary to us so we can book your hotel reservation and do keep us informed of any changes to your itinerary. If you arrive a day early, we can assist in reserving an additional hotel night for you (at your expense).

Tips

We will collect a tip pool in Kathmandu and ask the trekkers to please contribute \$200, Lobuche/C2/C3/Mera climbers \$300, and Everest/Lhotse/Ama Dablam climbers \$500. We will distribute the tip pool after the trip on behalf of the team as a thank you gift to the many unsung people that make the whole operation run smoothly: the porters, trek staff, cooks and helpers, hotel staff, Kathmandu staff, and others. You may **also** wish to provide additional tips to your local guide and IMG staff (figure 5% of your trip cost if you are looking for a generous number).

Passport & Visa

Your passport must have at least 6 months validity at time of entry to Nepal and one full page required for entry stamp. A tourist visa is required for U.S. citizens to enter Nepal, we'll provide instruction.

Immunizations + Covid

Participants are required to comply with the Covid-19 vaccination and documentation requirements of the destination country or area. For the most up to date information on Covid-19 vaccination requirements and any other immunization requirements, visit the website of your destination country embassy in the USA, [US Embassy website for your destination country](#), the [CDC](#), and [US State Dept Travel pages](#). Requirements are subject to change. Plan to carry a digital copy of your Covid-19 vaccination record with you.

CLIMBER NOTES

For Spring 2025, we are looking forward to our 31st expedition to the world's highest mountain (28 successful, '14 and '15 cancelled due to avalanche/earthquake). We have seen [605 climbers summit Everest with our IMG teams over the years](#). Among IMG clients who reached the South Col, about 85% have gone on to reach the summit. IMG is an international guide service, and we welcome climbers from around the world.

“We support Climbers”

Much has changed since Eric Simonson first went to Everest back in 1982. Now you might have close to 1000 climbers and local guides on the mountain, so you will not be lonely! The negative side of this is that there are an increasing number of climbers on Mt. Everest that do not belong there, or who are poorly supported, so that if they have a problem, it might soon become your problem! To mitigate this, we do a number of things. For example, we want IMG climbers empowered with the freedom and flexibility to leave early and get ahead of slow climbers and slow groups. We want to have in place the manpower and logistics to split our team up if necessary, to beat the traffic jams. If climbers need help, we want to have in place the support and logistics to be able to render assistance without negatively impacting our team members. If you want to climb with a large slow group, we suggest you seek another guide service. We have the logistics to support a variety of summit bid scenarios. Our goal is to provide great infrastructure, support, and flexibility to our climbers with a good fun team.

Nepalese Staff

Most IMG Sherpa Guides are from Phortse and Pangboche. We have a great crew of men and women working for us, and many have been with IMG exclusively for over ten years. It is a tight knit bunch, managed by Ang Jangbu, Phunuru and Ang Pasang. The Senior guides (the ones we assign to climb with our climbers) have solid English language skills, first aid and rescue training, and tremendous 8000m experience.

Prerequisites

If you are going to be a member of IMG Everest expedition, you need to be a solid climber. That means that you are in excellent physical condition, with good technical skills and previous altitude experience. You need to be proficient with crampons, fixed rope, ascenders, rappelling, and have climbed previously to at least 20,000 ft / 6000m and demonstrated your ability to acclimatize normally. Over the course of the Everest expedition (starting with the Lobuche climb and on the acclimatization rotations) we expect you to demonstrate your skills and fitness in order to qualify for the summit bids. The single most important thing that you can do to increase your safety on Mt. Everest is to minimize the time that you spend on the dangerous parts of the climb. This includes the Icefall, on the Lhotse Face, and in the Death Zone (above 26,000ft/8000m).

Guided / Non-Guided / Western-guided / Sherpa-guided

These terms all become pretty confusing these days. The IMG Everest programs are ALL guided expeditions; they are NOT non-guided. Our IMG Everest goal is to meet the needs of our customers with programs that combine the best attributes of both local and western leadership, at competitive prices. There are many different styles of guiding on Everest, and they are not the same. The Classic Everest Climb program offers a 1:1 guide assigned to climb with you and a supply of oxygen that enables you to climb at 3LPM on your summit rotation. Our Hybrid Everest Climb offers the oversight of two guides along with extra oxygen that enables you to climb from Camp 2 to Camp 3 on 3 LPM and from the South Col to the summit on 4 LPM. Our Private Everest Climb offers a 1:1 IMG Senior guide and extra oxygen. Lots of choices depending on what you want, what you need, and what you want to spend! The guides that work for IMG are some of the very best Everest climbers, period. To compare different styles of Everest programs

you need to understand who is going to be actually climbing with you and what support will be available if there is a problem. These are fair questions to ask of any company, and you should be comfortable with the answers you receive.

IMG Everest Strategy

Our IMG guides and staff will work with you to decide on the best strategy for you. We have seen many times that this is not the same for all climbers. It depends on variables like people's health, fitness, acclimatization, aggressiveness, etc. For our IMG climbers, we offer considerable flexibility on the mountain to adapt to your climb, especially down low. We would expect the team to break up into a couple different "rotations" as each climber finds the schedule that works best for themselves. Our IMG Everest climb is NOT a "free for all". You are a member of an expedition team and everything you do on the mountain must fit into the larger picture, especially when it comes to occupation of Camps 3 and 4. Up high it will be especially important that everyone works together and communicate clearly. With IMG, you will always be with a very experienced IMG guide team, and you'll always have other climbers and their guides in the immediate vicinity. You will also have additional IMG guides in position to respond in an emergency. The size and strength of our IMG team means we can offer a high level of support to you at all phases of the expedition.

Trek to Base Camp, Acclimatization and Training

Getting to Base Camp strong and healthy is super important. Our climbing and trek teams will use lodges ("tea houses") for the lower valley where they are of suitable quality, but above Pheriche we use tent camping so we can control our environment better. At Lobuche we camp in our beautiful Lobuche Peak Base Camp facility (with dining tent and cook staff) for several days of prime acclimatization hiking, and then go direct to Everest Base Camp from here (climb Kala Pattar too). Once we get to Base Camp, we will do training on the ice seracs of the lower Khumbu Glacier to check climbers' equipment and review climbing and rescue techniques. Everest & Lhotse climbers enjoy large standup tent accommodation with a cot. Then, we are back down to Lobuche Peak, an attractive 20,000-foot climb just down the valley from Base Camp. Lobuche Peak is a perfect warm-up climb for further acclimatization, practice of climbing techniques, and a good chance to get to know everyone better. After Lobuche Peak, we return to Base Camp and get ready to head up Mt Everest! Most climbers will do an extended "acclimatization rotation" with the goal of reaching Camp 3 on Everest, prior to the summit bids. After this, many climbers will choose to descend to Pangboche for a period of rest and recuperation before the summit bids start. **To reiterate, each phase of the IMG Everest expedition is an opportunity to evaluate our team members. We do not send people up high for summit bids unless they can demonstrate the skills necessary to climb safely and take care of themselves so that they are an asset to the team.**

Leaving Everest Base Camp at the end of the expedition

After the Trek and Climb, we plan the normal 3-day hike out from EBC back to Lukla with our guide team and porters for your duffels, so you travel with your luggage. For people who wish to trek out slower, they can leave EBC one day earlier and take 4 days. With the advent of more reliable helicopter service in Khumbu, some trekkers and climbers will choose to fly out (at their cost) by helicopter (to either Lukla or Kathmandu), or a combination (for example, trek to Pheriche and fly from there). The cost of the helicopter depends upon passenger load and whether the helicopter has to come from Kathmandu, or if it is already in the Khumbu area. If you accelerate your trek out (for example, hike out fast in 2 days) the porters (with your duffel bags) may not be able to keep up with you. You may also get separated from your luggage if you fly out by helicopter (payload weight restrictions). Please note that at the very end of the expedition, when many expedition teams are all leaving Base Camp at the same time (often complicated by poor weather as the monsoon approaches) the duffel bag situation can also become an issue (airlines will prioritize passengers over baggage on Lukla flights). We will get your duffel bags to Kathmandu by porter and flights as best as we can. If you depart Kathmandu for home before your duffel bags arrive back to Kathmandu, we can have them shipped home to you, but this will be at your cost.

Icefall

When we head up the Icefall, we break up into teams. We want to minimize unnecessary stopping and waiting in this dangerous area, and we have found the smaller teams the best way to allow climbers to keep moving, so you are not waiting for slower climbers or slow groups. Each team is issued radios and a rescue rope (the Guides will carry the rope and radio). We have required check in points along the route, and this is logged at BC. You are on an open frequency, so you know when the climbers ahead and below you have passed a check point. There are many climbers, from many teams, moving up and down in the Icefall and it all gets confusing. You do not want to get stuck behind a big slow group! All climbers stay with guides who know the route well, allowing maximum flexibility in the Icefall to negotiate steep spots and move around large slow groups. We do not allow climbers to climb solo. Climbing the Icefall quickly and smoothly is the single most important thing you can do to minimize risk.

Camps 1,2,3,4

At Camp 1 and Camp 2 we have large kitchen/dining tents, gear storage tents (you can leave items here) and sleeping tents with closed cell pads (two persons per tent). Camp 1 is normally utilized on the first acclimatization rotation, but most climbers will skip it on the second time up, going straight through from BC to Camp 2. Generally, the guides will do all of the cooking/melting at Camp 1, 2, 3, and 4. At the South Col we keep a dedicated guide(s) there just to cook, melt, and monitor the radio during the climb.

Personal Gear and Pack weights

Generally speaking, you will only need to carry the items which you require during the day while climbing. The Nepalese staff will carry loads (including a reasonable amount of your personal gear) between the camps. When using oxygen, you will never carry more than one cylinder and regulator (16lbs/7.3kg).

Communications, cell phones and Internet

We utilize VHF radios and satellite phones to maintain good comms, ensuring that IMG climbers and guides work very closely together as a team. Each Climber/Sherpa team is issued a handheld radio. We constantly monitor the radio 24/7 anytime climbers are on the mountain, and we have required check in places/times and logging of all transmissions.

There is cell phone coverage in Kathmandu and Khumbu all the way up to Everest Base Camp which will work with GSM enabled phones (service is spotty in some locations). You can purchase local sim cards in Kathmandu and scratch minutes which can be loaded onto the phone. Internet is available at most lodges with purchase of "Everest Link" scratch cards. At EBC there will be internet available (exact pricing TBD), or you can hike down to Gorak Shep and use the internet there.

Oxygen

Our IMG cylinders hold 1800 liters, which is enough for 10 hours @ 3 liters per minute (LPM). Each bottle and regulator weigh about 16lbs/7.3kg total. You will never carry more oxygen than this. We use the "Topout" and "Summit Oxygen" masks with carbon fiber composite cylinders – the "state of the art". You can try different masks at EBC to see which is the best fit for your facial structure (we encourage men to shave, to provide a better fit for the mask). For the summit bid we provide oxygen for climbing starting at Camp 2, and for sleeping at Camps 3 and 4 @ 1 LPM and climbing during the day @ 3LPM. This is considered quite a generous flow rate. Most climbers will use about 9000 liters total on the summit bid, from Camp 2 to the top and back to Camp 2, but we have more oxygen if necessary, for emergencies. For the climb to the summit, you start with a full bottle at the Col and use about half of it on the way up to the Balcony (it is usually about a 5 hour climb to Balcony). You will switch to another full bottle at the Balcony and leave the half full bottle at Balcony for emergency back-up. Leaving the Balcony with a full bottle you go to the summit and back to the Col (normally this is about 8 hours). With our system, you do not need to do a bottle change at the South Summit (there have been many cases of missing/lost/stolen bottles from here over the years). We also send backup oxygen, masks, and regulators up high with the Guide Team for emergencies. For climbers with "Extra Oxygen" we will send a sherpa to the South Summit with another cylinder, which will enable you to climb at 4 LPM. On summit bids we will keep sherpas in position on the South Col in reserve to assist in case of an emergency up high. This is an important safety aspect – having climbers ready at the South Col to support climbers in trouble up high.

Many climbers have asked about "practicing" at home with a mask. The Topout and Summit masks are built on the 3M 6000 series half facepiece respirator body (you can Google that) and doing workouts at home with the 3M mask will simulate some of the issues using oxygen. For climbers familiar with scuba diving, remember the necessity to breathe easy and steadily, don't pant - just focus on moving the air efficiently. Check how the mask fits with your goggles.

Weather Forecasting

IMG subscribes to custom weather forecasting services which enable us to provide the best weather forecasting available to our IMG climbers!

Rescues

Our first priority is always going to be supporting our fellow IMG climbers. We are also willing to assist with other teams that need help with rescue, but this will take second priority to our IMG climbers. At and below Camp 2 the cost of a helicopter evacuation depends on the type of helicopter involved, the amount of flight time, and the number of landings. The Eurocopter AS350 B3 helicopters now available in Nepal are very capable and very expensive. **REMEMBER: IMG REQUIRES that you carry a [rescue insurance policy](#).** Most insurance companies will require that you be hospitalized and/or evaluated by a doctor in Kathmandu before they agree to pay. In case your insurance company does not agree to pay upfront for your evacuation you must have available credit on your Visa or MasterCard. Trekkers must have \$5,000 available credit and climbers must have \$10,000 available credit (the average rescue from EBC runs about \$5,000 but if you need to be airlifted from higher than EBC, it will be much more expensive). Credit cards are charged an additional 4% service fee by helicopter companies.

QUESTIONS? [Email](#) or call (360) 569-2609 Ext. 1