

HOW TO CLIMB MOUNT EVEREST



Mount Everest - which is located among the mountain range known as the Himalayas- is the world's most challenging climb; over 800 people attempt the climb every year. Standing at 29,029 feet (8,848 meters), Everest is the world's tallest mountain with an inhospitable environment (weather). Amongst the dangers of ice and snow, climbers are reduced to only a few months every year when they are able to make their attempts. Carry on reading to learn everything you need to know before attempting to make it to the summit of Mount Everest.

Equipment.

An important part of the climb is ensuring you bring along all of the necessary equipment as this will help to protect you during your ascent. Here is a list of what you should include:

- Ice axe
- Crampons(spikes to include on boots)
- Wool Socks (at least 7 pairs as well as liner socks)
- Heavy Down Parka
- Climbing Helmet
- Face Mask
- Glacier Glasses(to prevent snow blindness)
- -40 DOWN SLEEPING BAG
- 55-LITER CLIMBING PACK
- Tanks of oxygen (minimum of 20)

Just a warning, this equipment will be expensive; the tanks of oxygen cost \$300 each!

Preparing for the Climb

In order to climb Mount Everest you need to be in peak physical health. On average, two years of fitness and strength training is recommended. In addition, climbing other smaller mountains (before taking on the ultimate challenge of Everest) will help to prepare your body for the climb. Before starting the summit climb, all climbers must spend time at base camp making the climb up and down to the next camp; this is to help them acclimatise to the thinner amount of oxygen found at higher elevations.

In addition to all the physical requirements, the climb is extremely expensive! On average the total cost of the climb (which include a \$10 000 climb permit issued by the Government of Nepal) is estimated to be \$65 000 USD.



Dangers

Even being physically fit does not guarantee you will survive or be successful in your climb, Mount Everest poses a host of dangers. Due to the height of Everest, there is a zone known as the Death Zone, which is the part of the climb that is higher than 8 000 metres; it gets its name because of the limited amount of oxygen making anything difficult to live up there for long. A big concern for climbers is altitude sickness, which can lead to acute mountain sickness (AMS). Some symptoms of altitude sickness is hallucinations, headaches, dizziness, nausea and exhaustion.

Other hazards include:

- Sunburns
- Avalanches
- Falling rocks
- Crevasse falls
- Severe exhaustion/ dehydration
- Hurricane force winds
- Frostbite/ Frostnip
- Pneumonia
- Various types of infections

Glossary

Ascent- a climb or walk to the summit of a mountain or hill.
Acclimatise- become accustomed to a new climate or new conditions; adjust.
Elevations- height above a given level, especially sea level.
Hallucinations- an experience involving the seeing of something not present
Inhospitable- an environment harsh and difficult to live in.
Summit- the highest point of a hill or mountain.