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Expedition Update

December 2014

(contains important information for all members so please read carefully)

All Expedition Members,

Just 3 months now until Medex Manaslu 2015. On the [Medex Manaslu Homepage](#) you will find a number of links which you will need to complete if you haven't already. There is also a lot of information regarding kit lists, vaccination advice, reminders re visas, medical plans and a summary of information on travel insurance taken from the Diploma in Mountain Medicine Discussion Group.

We **urgently need now to know your flight details** so that we can confirm hotel room bookings in Kathmandu. If you have not yet uploaded your flight details please do so as soon as possible.

For those that have yet to pay the balance of the trip price, please let Sally know when you will be able to pay as we need to start sending funds to Sherpa Brothers to allow them to prepare for our arrival. We are also missing a few signed booking forms – can those who still need to send these in please do so as soon as possible.

One of the tasks that Sherpa Brothers will be dealing with in advance of our arrival is obtaining our trekking permits. In order to do this they need an **electronic** passport type photo for each person. Can you each please send these to me so that I can collate them for Furba. Without these the process of obtaining the permits may be held up and your departure from Kathmandu on trek could be delayed. In addition, Furba will also be applying for the permits for Larkya Peak. These are issued in the name of individual climbers and are not transferable. So if you have not booked and paid for inclusion on a permit ahead of time it is not possible to attempt the peak once we are at base camp.

I have created a **zoomable electronic map** of our trek which can be viewed by [clicking here](#). For those who want to take these electronic maps off line and on their smartphone they can do so by getting the Outdoor Active app and finding my shared route Manaslu trail and then saving it to use off line. The saved maps are about 250MB. They work just like a SatNav and are free of charge.

If you are still looking for kit Medex does have a discount deal with Cotswold Camping of 15% - the reference to be quoted is Medex and M716 when buying in store. Check when buying on line that you have been given the discount.

The next social functions will be at the **Bangor Data Collection weekends** 14/15 February and 21/22 February 2015. Please do everything you can to attend one of

these so that your base line data can be included for the research projects. You are very welcome to come to both weekends if you want to meet all going on the trip. Please go to the online form to register your attendance as soon as possible as the research teams are keen to be able to spread their workload over both weekends.

Blue Barrels. Blue plastic, air-tight and lockable 60 litre barrels have, for several decades, been the gold standard in expedition designer luggage! We have usually been able to supply these to members at very reasonable cost thanks to the good work of Tony Davies, Chris Smith and Neil Onyon. They are proving slightly harder to get hold of this time and significantly more expensive but I think Neil, Chris and Tony will be able to supply them for around £12 each. If you would like to pick one up at Bangor then please complete the “Barrel section” of the Bangor Data Collection Weekend questionnaire on the [Manaslu Homepage](#). If you are not using barrels please make sure that your kit is contained in some other rugged and waterproof container and please note that many of the expensive kit bags sold in outdoor shops are not waterproof. Ortleib manufacture some good quality waterproof kit bags but they are expensive and those with waterproof zips aren't that rugged in cold temperatures. Please be aware your luggage will be exposed to heavy rain, snow, dust, cold, falling off the trail (or even being rolled down a pass), being crushed on the top of a bus and, rarely, to thieves.

Packaging of research and medical equipment. At the end of the second data weekend all of the research and medical gear will be packed and delivered to the airlines for freighting the next day. This, therefore, is an absolute deadline for such gear. This freighted equipment will need detailed inventories as it has to clear customs both in the UK and in Nepal. [George Wormald](#) will be handling the paperwork. As with all airfreight there are restrictions on what can be flown so if in doubt please consult [George](#). Please do not lock the packages in the UK as Customs may require access. Once in Nepal the equipment will be retrieved from Customs by Sherpa Brothers and taken to a store where [Denzil Broadhurst](#), Andy Taylor and David Wyatt will apply locks and make sure that it is split according to the way it will be taken to Base Camp. Some items such as Medical Barrels will accompany the Groups anticlockwise around the trail and some items will go direct to Base Camp clockwise around the trail. It is essential that items are packed accordingly and properly identified so that Denzil is able to identify it and forward appropriately. Any queries ask denzilbroadhurst@btinternet.com

Electricity and charging

Denzil has kindly posted a lot of information on the website about power use by researchers and advice on power generation for individuals using smartphones, cameras and other personal electronics along the way. Please be aware that power at Base Camp will be strictly limited and will be prioritised for research. If you are a researcher and haven't notified Denzil of your specific power requirements yet then please do so now denzilbroadhurst@btinternet.com

Research freight.

We urgently now need information from the research leads about their equipment requirement at Base camp. Specifically we need to know for each project the weight of the research kit to be freighted from the UK and the number of tents, chairs and tables (to be sourced locally) required at Base Camp. Yet another questionnaire has been put on-line aimed at the leaders of each research project. It is essential that they complete this as accurately as possible. It is hosted on the website and can be accessed

using this link:

https://docs.google.com/forms/d/1xLBup51qkiY19FuP0evQ_5RtAqr9AHAVYEIsp6zb_0Q/viewform?c=0&w=1

Sorry for the long list of requests but all of this is very important if we are to have everybody and everything in the right place at the right time so please take the time to respond promptly.

Finally I would like to wish everyone a Happy Christmas and an exciting New Year.

Simon