



## TERMS AND CONDITIONS

### Booking Procedure

- Fill in **Application Form** with passport, CV, photo and request for specific Himex trip.
- Upon acceptance Himex will forward an **Invoice** with payment details. The deposit needs to be received in order to reserve a position on the selected trip.
- Bookings more than 120 days prior to departure require deposit.
- Bookings more than 60 days but less than 120 days prior to departure require deposit, plus first payment.
- Bookings less than 60 days require full payment.
- Fill in **Agreement Form** and return at the same time as payment.
- Fill in and return **Information Form** no later than 120 days prior to departure.
- Fill in and return **Medical Information** no later than 120 days prior to departure.
- Read and understand the **Terms and Conditions**.
- Read and understand the **Equipment List** and make sure that you have this suggested equipment.
- Himex will send **General Instructions** for arrival in Kathmandu.

### Costs include

- Hotel accommodation on a shared twin bed and breakfast basis whilst in Kathmandu, and in route to the Base Camp and on the return.
- Transport from Kathmandu to Base Camp and return.
- All peaks fees and administration fees.
- All Western Guide fees.
- All Sherpa Base Camp Staff.
- All high altitude Sherpa Staff and their equipment.
- All meals en route to and from Base Camp, at Base Camp and on the mountain.
- All group equipment, such as tents, stoves, ropes, climbing equipment, group first aid, hyperbaric chambers, radio communications, oxygen above 7,500m.
- All sleeping bags and mats in all high camps.

### Costs do not include

- Air travel to and from Kathmandu.
- Drinks, laundry, postage, telephone calls, emails and all other items of a personal nature.
- Lunches and evening meals in Kathmandu.
- Original entry visa into Nepal. This can be obtained at the airport upon arrival.
- Departure tax at Kathmandu airport upon departure.
- Personal medical and travel insurance.
- Personal spending money and tips.
- Sleeping bags and mats at Base Camp and/or Advanced Base Camp.

### Payment

- The price set by Himex is the actual cost for the expedition. There are no discounts.
- Himex only accepts bank transfers, no credit cards or cheques.



- Costs are based on a minimum of 6. If this minimum is not reached, then Himex reserves the right to cancel the trip and to refund all monies or to request those already booked to pay a surcharge to cover the increased costs.
- From time to time the authorities change certain mountaineering rules which can affect the cost of the expedition. Upon notification to the client of such changes, Himex reserves the right to charge such increases.
- Himex reserves the right to adjust the price of an expedition should Visa and Climbing Permit fees be changed without notice.
- Prices are set in Euros. Payment from a different currency will be calculated at the exchange rate of the day that the payment reaches the Himex bank account.
- Members are responsible for all bank charges. Any such charges incurred by Himex will be charged to Members.
- Members are to supply valid credit card details as a deposit against personal expenses such as telephone, email, emergency evacuation, lost equipment, etc for which Himex may become liable.
- Such expenses should be paid directly by cash at Base Camp or Kathmandu prior to the departure at the end of the expedition.

#### Payment schedule for Expedition Members

- After acceptance to join a Himex Everest/Manaslu expedition, €2,000 non-refundable deposit is required within one month of acceptance to secure a position.
- For expeditions, 50% of the balance becomes due 120 days prior to departure, and final balance becomes due 60 days prior to departure.

#### Cancellations by Expedition Members

- Cancellations more than 120 days prior to departure, but after the initial deposit has been paid will incur a €2,000 fee of the original deposit, plus bank charges to return the remaining balance.
- Cancellations more than 60 days prior to departure but less than 120 days will incur charges of €5,000 plus bank charges to return the remaining balance unless a replacement Member can be found, in which case charges will be €2,000 plus bank charges to return remaining balance.
- Cancellations less than 60 days prior to departure will incur charges of full price unless a replacement Member can be found, in which case charges will be €5,000 plus bank charges to return remaining balance.

#### Transfers by Expedition Members

- Transfers more than 120 days prior to departure can be transferred to another Himex expedition at no cost, plus/minus that expedition's advertised price.
- Transfers more than 60 days prior to departure but less than 120 days can be transferred to another Himex expedition at no charge so long as a replacement Member can be found or at a charge of €1,000 if not, plus/minus the new expedition's advertised price.
- Transfers less than 60 days prior to departure can be transferred to another Himex expedition at a charge of €2,000 so long as a replacement Member can be found, plus or minus the new expedition's advertised price.

#### Payment schedule for Trekking and Trekking Peak Members

- After accepting to join a Himex Lobuche/BC Trek, €1,000 non-refundable deposit is required within one month of acceptance to secure a position.
- For treks/trekking peaks, full payment becomes due 60 days prior to departure.



## Cancellations by Trekking and Trekking Peak Members

- Cancellations more than 120 days prior to departure, but after the initial deposit has been paid will incur €500 fee of the original deposit, plus bank charges to return the remaining balance.
- Cancellations more than 60 days prior to departure but less than 120 days will incur charges of €1,000 plus bank charges to return the remaining balance.
- Cancellations less than 60 days prior to departure will incur charges of full price.

## Transfers by Trekking and Trekking Peak Members

- Transfers more than 120 days prior to departure can be transferred to another Himex trek at no cost, plus/minus that trek's advertised price.
- Transfers more than 60 days prior to departure but less than 120 days can be transferred to another Himex trek at no charge so long as a replacement Member can be found or at a charge of €500 if not, plus/minus the new trek's advertised price.
- Transfers less than 60 days prior to departure can be transferred to another Himex trek at a charge of €1,000 so long as a replacement Member can be found, plus or minus the new trek's advertised price.

## Cancellations by Himex

- Only in exceptional circumstances which are beyond the control of Himex will an advertised expedition or trek be cancelled. If this should be happen, then there will be dialogue between Himex and Members to reach a mutual decision.
- If Himex cancels an expedition or trek because of lack of numbers, Himex will refund all monies in full.
- Cancellations will be:  
refunded in full less bank charges  
or  
transferred to another Himex expedition plus/minus advertised price less bank charges for any returned part  
or  
transferred to another operator's expedition, plus/minus operator's advertised price less bank charges for any refundable part.

## Medical

- Himex will endeavour to have a qualified Doctor on our Team, but failing that, will at least have access to another expedition team's Doctor at Base Camp.
- Himex Guides all hold a valid Advanced First Aid Certificate.
- There will be a substantial first aid at Base Camp, along with a hyperbaric chamber and medical oxygen equipment.
- There will be small first aid kits in the high camps, with medicine to deal to altitude and minor camp injuries.
- Himex will supply small but comprehensive travel kits for travelling to and from the Base Camp.
- Western Guides and selected Sherpa Staff will carry first aid kits including altitude medicine whilst climbing above Base Camp.
- Each Member should have a small personal first aid kit.
- Please fill out your medical form accurately and correctly. Your safety and the safety of other Members, Guides and Sherpas will depend on Himex having a full disclosure of the medical history of each Member. This also helps our doctor to treat you in case of an emergency. All medical records are confidential and are only shared with the expedition Doctor and Guides.

# experience

expedition adventure specialists



## Insurance

- All Members must have sufficient emergency evacuation insurance that will cover an evacuation from high altitude.
- Himex suggests [www.ih.com](http://www.ih.com)
- It is recommended that Members have cancellation insurance in case the Member has an accident immediately prior to departure or if the trip is cancelled due to unforeseen circumstances.

## Experience

- Climbing at 8,000m is inherently dangerous. This is not the place to be learning mountaineering and camping skills.
- Members should understand that even with a small mishap that their chances of rescue are reduced above 8,000m and may result in death.
- Members therefore need to take personal responsibility for their own actions, as much as Himex will endeavour to make their ascent successful and safe.
- Himex firmly recommends that Everest Members have climbed another 8,000m peak prior to attempting Everest.
- Selection to join a Himex expedition will depend significantly on past mountaineering experience and personal aptitude.
- Himex has been operating successful and safe expeditions since 1994, during which time we have also been learning how to operate safer and more efficient trips.
- This experience puts Himex at the forefront of all commercial operators and we aim to continue this exceptional track record.
- Himex has a good working relationship with the authorities and other commercial operators who operate to similar standards.

## Age

- Himex does not accept Members under the age of 18 and recommends that those over the age of 60 should consider very carefully the strain and risk that is put upon the body.
- Over the age of 60, Himex may require extensive medical tests.

## Safety

- Safety is paramount during the course of an expedition.
- Reaching the summit is one thing, but returning safely is much more important. Himex infrastructure is designed to help achieve a good safety record, but this does not mean that an accident cannot occur, and Members should be mindful of this.
- It is important that Members consult, take advice, and act on the advice given by Guides, Sherpas and Staff.
- Comfort at Base Camp, high sanitation standards, good quality food, reliable radio communications, weather forecasting and Staff training are all obscure but relevant to Members' safety.

## Staff

- Himex normally uses UIAGM Guides with previous high altitude experience, but in some circumstances may use non-UIAGM Guides who have a proven record of guiding at altitude.
- Himex endeavours to use new Guides on lower 8,000m peaks before taking them to Everest.
- On Everest, Himex endeavours to use a mix of experienced and new Everest Guides.
- The Lead Guides that Himex uses for expeditions are all UIAGM Guides who have undergone extensive mountaineering training with the emphasis on safety, including emergency evacuation and first aid.



- These Guides have also extended their training to include high altitude expedition leadership, which includes not only the physical aspects but also the psychology which is required on high mountains.
- The lead High Altitude Sherpas have received extensive training in mountaineering skills and have been on many mountaineering expeditions to 8,000m summits. These hardy Guides are practical and efficient at altitude and should be respected for their knowledge and adaptability.
- Altitude Sherpas are under the direction of a Sirdar (Headman) and are considered to be equal to western Guides, apart from medical matters.
- Himex has experienced local Staff who are familiar with local conditions and who have a vast experience cooking for western Members and local Members.

## Ratios

- Himex will endeavour to have the following Staff ratios, although circumstances that may be beyond the control of Himex may at times alter this.
- Western Guide 1: 4 Members
- Sherpa Guide 1: 1 Member
- Base Camp Staff will depend on numbers of Members, Guides and Sherpas as well as location.

## Environment

- Himex is concerned by the impact that our Teams have on the mountain environment, so Himex endeavours to remove all camps (which if left on the mountain become trash), rubbish and human waste from high camps, Advanced Base Camps and Base Camps.
- This has required considerable education of our local Staff and is often costly to facilitate.
- Members should be aware of these efforts and should actively help where possible.

## Weather

- Himex obtains detailed local weather forecasts from Meteotest in Switzerland.
- Although experience shows that these are generally very accurate, they must be viewed purely as a forecast.
- Himex and/or Meteotest are not liable for any inaccuracies that may occur.

## Food

- Himex endeavours to supply a healthy and balanced diet during the course of the expedition, normally with fresh meat, fruit and vegetables.
- Himex does not normally use dehydrated food in the high camps, as if this is not rehydrated correctly before being consumed, this can cause digestive problems.
- Himex prefers boil-in-the-bag or meals prepared at Base Camp and then heated at high camps.
- Members are free to select their own food at Base Camp to take to higher camps.
- In general, Members tend to enjoy sweet foods when conditions are warm and savoury foods when conditions are cold.
- Himex provides chocolate bars, but not specialised energy bars or gels which are more personal. Members should bring their own specialised food if they so desire.

## Electricity

- Himex camps are generally run off solar panels.
- The lighting in all communal tents is 12 volt.
- There is limited access to 12 volt, 110 volt and 220 volt plugs for charging cameras, iPods, etc.
- Members can use cigarette lighter adaptors for 12 volt, USA plugs for 110 volt, and UK and/or European plugs for 220 volt.



## Radio

- All Base Camps will have radios that are open 24 hours per day during the time that Members and Staff are higher on the mountain.
- All radio conversations may be recorded during the expedition.
- All Members, Guides and Sherpas will be issued with a radio and they are expected to carry this with them at all times when they are above base camp.
- On summit days, Members, Guides and Sherpas are expected to have their radios turned on at all times.
- Members and Guides are required to inform Base Camp when they depart and arrive at higher camps and also at various other locations which may be required following discussion at base camp.
- It is the responsibility of all Members to check that their radios are working correctly and that the volume is such that they can receive messages easily.
- Lost radios will be charged at cost price to whom the radio was signed out to at the beginning of the expedition.

## Telephone

- All base camps will have telephone communications either by a base station and/or a portable handset.
- Cost of calls will be:
  - 5€ per minute for outgoing calls
  - 5€ per call for incoming calls
- Members will be informed of relevant numbers prior to departure.

## Email

- All Base Camps will have email communications by ADSL speed connection.
- There will normally be two dispatches per day, once in the morning after the sun reaches the camp and once in the evening before the sun leaves the camp.
- Cost of email will be:
  - 5€ per outgoing email
  - 5€ per incoming email
  - 5€ per minute for attachments, photos and videos to send or receive
- All radio, telephone and email communication is dependent on solar energy, so Members should be frugal with their calls and mindful that others are also using this communal communications system.
- It is possible to send mail to multiple addresses for the cost of one email.
- It is best to tell those who may send email to Base Camp that they should not include large attachments.
- It is cheaper to be connecting email to a dedicated account rather than by webmail. (For instance, Outlook rather than Hotmail.)
- Members will have a dedicated email address, ex. name@everestbc.com
- Himex has several addresses for the particular peak that is being climbed, either Everest or Manaslu.
- Each Member will be notified of his/her account address prior to departure.

## Newsletters

- Himex will send a communal newsletter out from Base Camp from time to time, but not necessarily every day. This is not a blog, but purely a newsletter.



- Interested parties can subscribe to this newsletter free of charge by going to [www.himex.com/english/news.htm](http://www.himex.com/english/news.htm)
- Members who want to send their own newsletters or blogs must request permission prior to departure and must include Himex in its mailing address and have a link to [www.himex.com](http://www.himex.com).

## Personal Electronic Equipment

- If Members wish to bring their own satellite phones and/or laptops, they must inform Himex prior to departure.
- Members are responsible for all parts of their own equipment: connections, associated cables and charging equipment.
- Members who bring their own equipment must use it only for personal use.

## Mobile Phones

- Mobile phones will work normally in Kathmandu, Lukla and further up the valley to Pangboche, but not at Lobuche or Everest Base Camps.
- Mobile phones will not work in Samagon or at Manaslu Base Camp.
- It is possible to purchase local Nepal SIM cards in Kathmandu.

## Bonuses

- Our Guides and local Staff work hard to ensure that Members have a safe, successful and enjoyable time during their expedition.
- Although Himex pays all Staff well and gives generous bonuses, the Staff always appreciates extra bonuses from the Members who gain considerably from their hard work.
- As a general guideline, Members should budget to bring the following cash in order to pay such bonuses if they are deserved:
  - Everest Summit: €300/\$500 for the Sherpa designated to you for summit day
  - Manaslu Summit: €150/\$250 for the Sherpa designated to you for summit day
  - Trekking Peaks: €50/\$100 for the Sherpa designated to you for summit day
- The Base Camp Staff also work very hard to support the Sherpas, Guides and Members, often not seen by the Members. They also should receive bonuses:
  - Base Camp Staff: €100/\$150 from each Member
- Of course Guides are well-paid, but they also appreciate the odd tip at your discretion.

## Community Projects

- Himex has been actively helping local communities over the years.
- Himex has built and assisted schools, supplied various solar lighting systems to schools and monasteries, and has helped medical and dental clinics in Tibet and Nepal.
- Russell Brice, the founder of Himex, is one of the founders and directors of [Friends of Humanity](#) and is a patron of [SmileHigh](#).
- Members who wish to donate money to these local communities should do so via the FOH structure. In consultation with Himex, your donation will be spent according to your preferred project.