

If you would like to donate financially towards travel or equipment expenses, you can do so through the donate tab, if you would like to donate equipment as a corporate or business sponsor then please get in touch via the Contact Me tab.





Travel expenses	Cost in AUD	Details
IMG Signature Travel Insurance	\$3,866	<a href="https://www.globalrescue.com/landingPages/travelinsurance/index.html">https://www.globalrescue.com/landingPages/travelinsurance/index.html</a> Covers events above 6000m
Global Rescue	\$625	<a href="http://www.globalrescue.com">www.globalrescue.com</a> Provides high altitude evacuation
Ama Dablam Expedition	\$11,200	<a href="https://timmosedale.co.uk/ama-dablam/">https://timmosedale.co.uk/ama-dablam/</a> In addition there are tips (approx \$300, and a summit bonus for the sherpa of approx \$800)
Mera Peak Expedition	\$6,490	<a href="https://trekclimbskinepal.com.au/nepal-tours/mera-peak/">https://trekclimbskinepal.com.au/nepal-tours/mera-peak/</a>
Flights	\$1500 (approx)	Melbourne to Kathmandu return





#### Equipment required

Equipment expenses	Cost in AUD	Details
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<p>Backpack</p> <p>Eg Mountain Hardwear AMG 75 Pack</p>	<p>\$650</p>	 A large, multi-colored backpack with a red top section, a white mesh front panel, and a dark grey base. The brand name 'MOUNTAIN HARDWEAR' is visible on the top red section.
<p>Sleeping bag for trekking</p> <p>Eg <b>MONT BRINDABELLA 700 SLEEPING BAG</b></p>	<p>\$900</p>	 A long, narrow sleeping bag with a blue and dark grey exterior and a yellow interior. The brand name 'MONT' is visible on the side.



<p>Sleeping bag liner</p> <p>Eg Sea to Summit Thermolite Reactor Extreme Liner</p>	<p>\$100</p>	 <p>The image shows a red sleeping bag liner in its retail packaging. The packaging is black and red, featuring the 'SEA TO SUMMIT' logo at the top. The product name 'THERMOLITE Reactor EXTREME' is prominently displayed. Below the name, it states 'Increases warmth by up to +15°C (25°F)'. The text 'SLEEPING BAG LINER' is also visible, along with a description: 'Extend the comfort range of your sleeping bag'. The liner itself is partially visible, showing its red fabric and a black strap.</p>
<p>Sleeping mat</p> <p>Eg Thermarest NeoAir XTherm</p>	<p>\$360</p>	 <p>The image shows a white, self-inflating sleeping mat. It has a ribbed, quilted top surface and a smooth bottom surface. The mat is shown in its fully inflated state, lying flat.</p>
<p>Insulated mat</p> <p>Eg Beacons Products Expedition Extreme 9.5 XL Mat</p>	<p>\$80</p>	 <p>The image shows a yellow, rolled-up sleeping mat. The mat is cylindrical in shape and has a black strap around its middle. The label on the mat features the 'multimat' logo and the text 'EXpedition extreme'. There is also a small image of a person using the mat in a snowy environment.</p>
<p>Hiking boots</p>		

<p>Down jacket</p> <p>Eg Mont Icicle Jacket</p>	<p>\$550</p>	
<p>Lined windproof jacket</p>		
<p>Thermal tops \x 3</p> <p>Eg Rab Women's Forge LS Tee</p> <p>and Rab Women's Forge Leggings</p>	<p>\$90 each</p>	
<p>Trekking socks</p>		
<p>Head torch</p> <p>BLACK DIAMOND ICON HEADLAMP</p>	<p>\$180</p>	
<p>Sunglasses</p> <p>Julbo Explorer 2.0 Cameleon Category 2-4 Black</p>	<p>\$266</p>	

<p>Pocket knife/multitool</p> <p>LEATHERMAN FREE K2</p>	<p>\$200</p>	
<p>Watch with alarm and O2 saturation</p> <p>Garmin fenix® 7S – Standard Edition</p>	<p>\$1040</p>	
<p>Trekking poles</p> <p>Eg <b>BLACK DIAMOND DISTANCE CARBON Z POLES PAIR</b></p>	<p>\$300</p>	
<p>Personal solar charging kit</p> <p>BioLite SolarPanel 5+</p>	<p>\$130</p>	




<p>Solar inflatable lantern Luci Base Light</p>	<p>\$85</p>	
<p>Waterproof stuff sacks x 5 Sea to Summit</p>	<p>\$20 each</p>	
<p>2 duffel bags- 90 L Eg Patagonia Black Hole Duffel Bag 100L</p>	<p>\$220 each</p>	
<p>Mountaineering boots Eg La Sportiva G2 Evo</p>	<p>\$1300</p>	


<p>Battery foot warmers Hotronic S4 Footwarmer Set</p>	<p>\$390</p>	 The image shows the retail packaging for the Hotronic S4 Footwarmer Set. The box is red and white, with the words "FOOT WARMER" and "HOTRONIC" prominently displayed. In front of the box, the components are laid out on a red surface: two white foot warmer units, a black battery pack, a power cord, and a green circular mat.
<p>Mountain sleeping bag Eg The North Face Inferno -40</p>	<p>\$1500</p>	 The image shows a North Face Inferno sleeping bag. It is a long, mummy-style bag with a black exterior and a red interior lining. The bag is shown from a side-on perspective, with the top opening visible, revealing the greyish-white interior. The bag has a red zipper and a red hem at the bottom.



<p>Mountaineering jacket</p> <p>Feathered friends Khumbu Down Parka</p>	<p>\$1200</p>	
<p>Waterproof pants</p> <p>Eg Mountain Equipment Women's Tupilak Pant</p>	<p>\$600</p>	









<p>Insulated pants</p> <p>Feathered Friends Down Pants</p>	<p>\$750</p>	 <p>A pair of light-colored, quilted down pants with a dark grey or black X-shaped suspension strap at the waist. A small black square with the white text 'SO' is located in the top right corner of the image area.</p>
<p>Softshell trousers</p> <p>Eg Rab Women's Torque VR Pants</p>	<p>\$240</p>	 <p>A pair of dark-colored, softshell trousers with a belt and a small teal-colored detail on the left thigh.</p>




<p>Mountain gloves</p> <p>Eg Black Diamond Absolute Mitt</p>	<p>\$290</p>	
<p>Down Booties</p>	<p>\$150</p>	
<p>Goggles</p> <p>Eg Julbo Starwind Reactiv High Mountain Goggles Cat 2-4</p>	<p>\$320</p>	

<p>Balaclava</p> <p>ColdAvenger Expedition Balaclava</p>	<p>\$200</p>	
<p>Harness</p> <p>Eg Black Diamond Couloir Harness</p>	<p>\$130</p>	
<p>Figure of eight</p> <p>Eg DMM Figure of Eight</p>	<p>\$30</p>	

<p>Belay plate</p> <p>Eg Grivel Scream Belay Plate</p>	<p>\$40</p>	 A silver-colored metal belay plate with a central vertical slot and two circular rings at the top and bottom.
<p>Ascension device x 2</p> <p>Eg Black Diamond Index</p>	<p>\$105 each</p>	 An orange and black metal ascension device with a black rubberized grip and a silver-colored metal frame.

<p>Locking karabiners x 5</p> <p>Eg Edelrid HMS Strike Slider</p>	<p>\$30 each</p>	 A silver-colored metal locking karabiner with a D-shaped body. The brand name 'EDELRID' is embossed on the right side, and 'HMS' is on the left. It features a locking mechanism on the left side.
<p>4m of 8mm dynamic cord</p>	<p>\$20</p>	 A spool of blue braided dynamic rope. The rope is wound in a neat, cylindrical pattern on a black plastic spool.
<p>120cm sling</p> <p>DMM 11mm Dyneema Sling</p>	<p>\$20</p>	 A red and white Dyneema sling. It consists of a long, narrow webbing strip with a red outer edge and a white inner section. The ends are reinforced with a woven mesh.

<p>Helmet</p> <p>Eg Petzl Meteor Helmet</p>	<p>\$130</p>	 <p>A white and orange climbing helmet with a chin strap and ventilation holes. The Petzl logo is visible on the side.</p>
<p>Ice ax</p> <p>Eg Black Diamond Cobra</p>	<p>\$400</p>	 <p>A black ice axe with a curved shaft and a pick head. The Black Diamond logo is visible on the shaft.</p>
<p>Crampons</p> <p>Eg Grivel Evo</p>	<p>\$400</p>	 <p>A pair of yellow and silver crampons with a strap and a heel piece.</p>

<p>Water bottles x 5 Nalgene widemouth</p>	<p>\$16 each</p>	
<p>Thermos drink flask</p>	<p>\$50</p>	
<p>Pee flasks x 2 and Shewee SHEWEE EXTREME FEMALE URINATION DEVICE</p>	<p>Shewee \$30 Flasks \$15 each</p>	

Sunscreen and lip balm

\$20 each

Dermatone x 3

