

EXERCISE IMJA TES

INTRODUCTION

1. Exercise Imja Tes, is a Defence Medical Services trekking and climbing expedition to the Nepalese Himalayas taking place during the post-monsoon period of 2009 (Oct/Nov 2009) This DIN is calling for volunteers for Exercise Imja Tes and will describe the aims and objectives, experience requirements and commitments applicants will need to consider before applying.

2. The Surgeon General, Lieutenant General Lillywhite has kindly agreed to be the Expedition Patron.

"I am proud to be associated with Defence Medical Services expedition to climb Imja Tes. The challenge of climbing and trekking at high altitude and in a remote area is significant, particularly for those with no previous experience in such a remote or high area. For those less experienced, or with no previous experience, it is an ambitious project. However, given the comprehensive training package available it is one which will be within the reach of many DMS personnel.

In addition to overcoming the challenge of achieving the mountaineering challenge, the members will also undertake high altitude research which builds on projects already carried out on both Everest and Aconcagua and will lead to further understanding of the complex physiological and metabolic adaptation to hypoxia.

Expeditions such as this serve many useful purposes. They enhance fitness, develop technical skills such as navigation, provide an encounter with the unknown, teach teamwork, and bring out and develop leadership skills. These are all attributes required of military personnel. This expedition fulfils all these purposes and will demonstrate the ability of Armed Forces medical personnel to carry out important and difficult tasks in extreme conditions, with meticulous care, determination and dedication. I fully support this venture and wholehearted recommend participation in either the trek to base camp or climbing the mountain." Lt-Gen LP Lillywhite

AIM

3. The aim of the expedition is trek to and climb Imja Tes in order to develop both physical and leadership qualities within the Defence Medical Services thus enhancing operational capabilities.

OUTLINE

4. Exercise Imja Tes is a trekking and climbing expedition to the Everest region of the Nepalese Himalayas due to take place from mid October to mid November 2009 (approximately 28 days). The expedition will involve trekking up the main approach towards Mount Everest providing an opportunity to view Mount Everest from Kala Pattar (5545m). The expedition then moves to Imja Tes (Island Peak) and makes an attempt on the summit (6189m). The expedition will have a two level approach. The first level will be the focus on novice trekkers, providing an opportunity to experience high altitude trekking in the most famous mountaineering region in the world. The second level of development will focus on the experienced trekkers/climbers in the team to climb Imja Tes.

5. A fundamental component of the exercise will be the conducting of medical research at altitude in conjunction with the Centre for Altitude, Space and Extreme Environment Medicine (CASE Medicine) at the University College of London.

6. A personal contribution to the expedition is expected to be in the region of £750, however every effort will be made to minimise this amount.

EXPERIENCE REQUIREMENTS

7. As stated above, both novices walkers/trekkers and experienced mountaineers, climbers and instructors from across the DMS are invited to apply. Candidates will be selected on merit; with particular emphasis placed on enthusiasm, commitment and maturity. Applicants will be taken from all ranks.

APPLICATIONS, SELECTION AND TRAINING

8. Persons wishing to apply should note the procedure found on the application form at Annex A. **Application form will not be accepted if they have not been endorsed and signed by the applicants CO.**

9. **The deadline for receipt of applications is 15 Feb 2008.**

10. After an initial paper sift applicants will be invited to attend a selection weekend at JSMTIC Indefatigable, Anglesey, over a weekend late June 2008. The weekend will include walking/climbing (weather dependant) and an interview by a selection panel.

11. Persons short-listed for the team will be informed late August 2008, and specific training packages will be produced. For novices with no qualifications, a minimum of Mountain Leader (Summer) and Winter Mountain Proficiency (WMP) courses will be provided. Experienced team members and those identified as potential climbing team members will require WMP and Alpine Mountain Proficiency (AMP) as a minimum. Approx dates and time commitment for training courses are below.

a. Mountain Leader (Summer) conducted over two weekends at JSMTIC Indefatigable (second half of 2008).

b. Winter Mountain Proficiency (WMP) to be conducted over a 5 day period in Scotland between winter 2008/2009 (dates TBC).

c. Alpine Mountain Proficiency (AMP) to be conducted over a 10 day period in Bavaria, Germany between July/August 2009 (dates TBC)

12. The ability to be able to attend these training dates is fundamental to the overall success of the exercise. Therefore applicants must consider the time commitments involved when applying.

13. Additional training weekends may be called for as required.

POLITICAL SITUATION IN NEPAL

14. It should be noted that the political situation in Nepal is kept under constant review. In the event that the situation in Nepal becomes too unstable to permit an expedition, then the expedition will take place in another country but run along similar lines. The expedition leadership continues to undertake contingency planning.

SUMMARY

15. Exercise Imja Tes is a Defence Medical Services trekking and climbing expedition to the Everest region of Nepal during Oct-Nov 2009. The expedition offers a fantastic opportunity for DMS personnel to be trained in mountaineering skills and experience the demands of high altitude mountaineering in the most famous mountain range in the world.

Annex:

- A. Exercise Imja Tes Application Form.