

Hot Rock Expeditions Sinai/Egypt 2005 Expedition Information

After joining the team for the Sinai/Egypt 2005 Expedition, this info pack should answer a lot of questions that you may have about the expedition. If you have any queries that are not covered do not hesitate to contact me and ask.

Flights:

It is usually best to book your seat as early as possible, as availability on cheaper seats is limited. **Shop around!!!!!!** Look in the yellow pages and internet and phone lots of them to get the best rate. If you contact me I can give you a rough idea of what a good fair should be. Trail finders in London and flight bookers give a good guide to low fares but still shop around as different consolidators give different agents preferential rates.

Charter companies offer flights direct into Sharm el-Sheikh for anything from £99 to £250. But they are for either 7-day return or 14 day return. They are also a lot stricter on excess baggage.

The main group of the expedition will be flying in To Cairo. Presently the Cost is £175 plus a £55 airport departure tax. A 7-hour bus drive the next day will mean that we are in Dahab for early afternoon.

Phone around when buying your flight tickets. If you find any cheaper flights then please call me and I can tell the rest of the expedition.

The above quote came from Travel Moods. (0207 868 7269) Speak to Craig

The date in the dossier for departure is the actual date that I will try an meet everyone in Dahab so book a flight into Cairo a day before that date. Take into account a delay in your flight as if you try and cut it fine it could result in missing the departure of the expedition and having to catch us up.

Arrival:

Upon arrival you will know the exact place you will be meeting the expedition and the rest of the group. This will be at a hostel or campsite in town. If the group is not there **DO NOT PANIC.....**We will know where you are and we will leave a message. The recommended way of getting into town is by a cab, as this is when you are at your most disorientated and vulnerable to theft and cons. Cabs are usually cheap and I can tell you the prices you should be paying so you don't get ripped off. Avoid trying to save a few pounds by taking the local bus as this can end up costing you far more if trouble arises. Often there will be other people joining the expedition on the same flight so you can contact each other (I will forward everyone's contact details later) and share the cab.

Insurance:

EVERYONE MUST HAVE INDIVIDUAL PERSONAL TRAVEL INSURANCE!

This is compulsory and will be checked before departure. If you do not have adequate insurance that covers healthcare and climbing and you have an accident then the expedition will have to pay to get you air ambulated home which is very expensive. This is the point of Insurance. My last injury cost the Insurance Company £15,000,

not nice if you have to pay it yourself.

Various policies are available but whichever one you choose must cover rock climbing and all the other activities you intend to do such as scuba diving etc. It must cover medical expenses up to at least £1,000,000. Some climbing policies exclude expeditions that are putting up new routes or ascents above a certain height so double check. To be on the safe side phone them and ask.

My favourite insurance is the British Mountaineering Council. Although recently it has gone up in price, but the medical assistance company is fantastic. I have tried and tested it very well in deed. If you are of another nationality, then contact your mountaineering council and ask what they recommend then phone the insurers and find out exactly what is covered.

If you want baggage covered then this is optional on all insurance. Gear can get stolen at the crags and bags snatched in some cities. This is entirely up to you but if you have the money to afford it I would recommend it.

If you have invalid insurance or insufficient cover **YOU WILL NOT BE GETTING ON THE EXPEDITION.** This may sound harsh but it is unfair on everybody else to allow one person to do it and everybody has to pay for them to be flown home.

Documentation:

You will need a 10 year passport that is valid for not less then 6 months after the END of your trip. It must also contain at least one blank page. Make sure your passport is legible, if it has been through the washing machine or the dog has chewed it then getting a visa and entering countries is made more difficult. Get a new one

Bring documentation to show all vaccinations that you have received.

A student card (I. S. I. C. international version) is useful if you can get one as this gives discounts for many things when on the road, such as temples, trains and entrance fees. Also bring your drivers licence if you intend to hire a moped or a car at any point to explore for a couple of days.

Make two photocopies of each document (including visas in your passport, airline tickets, traveller cheque details and insurance. I will keep one copy and you can keep the other in a place separate to the originals. This greatly speeds up the process of replacing lost originals.

Visas:

It is your responsibility to make sure that you are eligible for an Egyptian Visa and Jordanian (if going to Wadi Rum). This will be possible to collect at the airport if you have not collected it already. If you are flying in by a charter flight direct to Sharm el-Sheikh then there are two visas available to you.

i) Valid for max 2 weeks and is only valid for the Red Sea coast area of the Sinai.

ii) Valid for mainland Egypt and the Sinai interior. Most if not all of you will need this visa. In 1999 the Visa cost was 15 US dollars.
 Jordanian visa in 1999 also cost \$15.

Health and vaccinations:

Below shows a list of Immunisation recommendations.

(This information was taken from the TRAVAX database shown in the magazine PULSE, from the October '03 edition. Although I am not a doctor, and you should still talk to YOUR doctor. (www.travax.scot.nhs.uk ; tel 0141 300 1130)

- M**-Immunisation Mandatory
- R**-Immunisation recommended as risk of infection is substantial.
- S**-Immunisation sometimes recommended
- ***-Malaria prophylaxis is advised see malaria prophylaxis section.

Country	Typhoid	H e p · A	Diphtheria	Tuberculosis	Hep · B	Rabies	Mening AC	Yellow Fever	Jap. B Encep.	Tick Bourne encephalitis	Malaria Risk
Egypt	R	R	R	S	S	S					*
Jordan	R	R	R	S	S	S					

***** - See the malaria Prophylaxis section

Vaccinations recommended in some circumstances (S) are for more than three visits a year a one stay longer than three months with no high risk activities. We would be recommended to have the vaccination if staying for a month or longer.

Polio and Tetanus

Tetanus boosters are recommended at 10year intervals. Polio is recommended for people travelling to the following countries: China, Hong Kong, Indonesia, Laos, Malaysia, Singapore and Thailand.

Malaria Prophylaxis:

The **ABC** of Malaria- **A**ware of the Malaria risk.
Avoid being **B**itten.
Take the appropriate **C**hemoprophylaxis.

Country	Recommended regime	Alternative regime
Egypt		
El Faiym**	C	P
All other parts	W	N/A
Jordan	W	N/A

C-Chloroquine 300mg base weekly (=Avloclor 2x250mg or Nivaquine 2x200mg). Begin 1 week before travel and continue for 4 weeks after return.

P-Proguanil 200mg (=2x100mg tablets) daily. Begin 1 week before travel and continue for 4 weeks after return.

W-No Chemoprophylaxis but be aware of risk. Avoid mosquito bites and carry stand by treatment if going to be far from medical treatment.

** The main expedition will not be going to this Oasis (SW of Cairo)

Now, I bet you're all looking forward to getting those jabs. It is best to consult a tropical medicine clinic (there is one in Heathrow airport, London. I do not travel with a rabies vaccination but this is at your own discretion, handy if you plan to get bitten by dogs.

General travel health in Africa and many foreign places can be a frightening prospect when considering the list of things that can go wrong. However with a few basic precautions we will take on the expedition there should not be any great problems. Much more detailed information on tropical medicine can be found in travel guides (The Lonely Planet does good info) or from your GP.

Everybody should take a small first aid kit that will cover the basic day to day problems, and include the following:

- 1 Aspirin, Paracetamol and Ibuprofen for all types of pain and fever.
- 2 Imodium or lomotil for Diarrhoea.
- 3 Copious amounts of dehydration salt sachets. Taste them first and the Litre sachets are better than the 250ml ones.
- 4 Antiseptic - By far the best is the iodine based dry spray from Savlon. It comes in a small blue can and is invaluable in hot tropical climates (each person should bring **at least 1** can). Antiseptic wipes are also useful for cleaning out cuts.
- 5 Plasters to cover cuts continuously exposed to dirt are good. Bring a packet of Steri-strips (butterfly stitches) and dressing to cover bigger granite rashes. Look for the Non-adherent (NA) types.
- 6 Bandages and tubi-grip are great for breaks and sprains, and I have found bigger field dressing packs perfect for the bigger wounds.
- 7 Multi Vitamins. Although we eat very well on the expedition, you may want to substitute your diet to suit your own needs.
- 8 Sun cream- Strong factors are essential, even with factor 30 on after a few weeks you will still get a tan. Do not rush out and burn just in hope of that perfect tan to show your mates back home! Lip salve and complete zinc sun block are also great, especially in dry climates.
- 9 Water purification tablets for personal use while away from the group. Use Iodine ones not Chlorine. The Water pumps are even better, check on its capabilities.

You should also take a selection of antibiotics:

- 1 Flucloxacillin (penicillin based) or erythromycin (non penicillin based) for skin infections.
- 2 Metronidazole for anaerobic stomach infections and Ciprofloxacin for other stomach bugs.
- 3 Amoxicillin or Cephalosporin (generally this is better as Amoxicillin has some resistance now) for general broad spectrum antibiotics.

Ask your doctors advise on all of the above, as I am not a doctor but have had a lot of experience in using the above on myself. If your eyes and ears are prone to infection, consult your doctor about what is best to bring.

It is recommended that all members of the Hot Rock expedition take Malaria tablets as Prophylaxis whilst in infected areas. The expedition will not be travelling through the infected area of Egypt, but as the information above details; it is important that you Malaria aware. It is essential you receive quality medical advice on this as some drugs have resistance and others are not good to use with previous mental health problems. Always bring a light long top and trousers to cover your self up and an insect repellent containing at least 50% DEET. Malarial drugs can normally be brought out on the road a lot cheaper than they can be at home. Sleeping out under the stars is often much nicer to do than in a tent. If you wish to do this make sure you have a good mosquito net.

Women should note that it is sometimes hard to buy tampons while out on the expedition, so a sufficient supply should be taken.

Although the morning after pill is carried on the expedition, this is not good to use repeatedly. I do advise bringing contraceptives. The quality of condoms is greatly reduced in the Sinai, bring your own.

In the UK there is a specific travel health line for information on anything at free phone 0800 555777.

IF IN DOUBT ASK A DOCTORS ADVICE.

What to take:

The following is a suggested list of what to take. Most people will have their own preferences of what to travel with and there is no need to take everything. If you have any questions on equipment then contact me. Many of you will have the following; I recommend that you do not spend a fortune on new gear unless you can afford it as cheap local equivalents can often be obtained. A few items like a sun hat and sandals more than pay for themselves in usefulness.

If you do not take extra good care over something then the expedition life will probably degrade it to a level of needing to replace it (this includes your self and relationships). Try not to bring family heirlooms.

- 1 **Watch/alarm**-Always nice to know what the day is, and helpful on those early morning starts.
- 2 **Walking boots** - Unless you have weak ankles then I would say that a pair of walking boots can do no more good than a good pair of trainers. They are more comfy and weigh less, which helps that baggage allowance on the plane.
- 3 **Sandals/flip flops**- These are a must. Most people wear them 90% of the time and are ideal for hot countries. Sandals are more useful in river environments, but flip flops work for me. For rough approaches and bush walking I would advise to use closed shoes and trainers.
- 4 **Socks** - What ever you normally use back home.
- 5 **Long trousers** - Light weight to wear in hot climates to hide from mosquitoes, and a pair of your hot togs to hit the town with.
- 6 **Shorts**-A couple of pairs, if you are concerned about personal hygiene.
- 7 **Fleece**-Always nice to have. It will be windy and cool in the evenings, although too hot to wear it during the day.
- 8 **Waterproofs**-I would be very surprised to see rain. I did see about 15 minutes of light rain last time we were there; I will be bringing a light weight waterproof.
- 9 **Cold weather gear**.-This will only be necessary for the evening, as it does get windy.
- 10 **Hat**-for sun protection. This is essential
- 11 **Towel** or sarong.
- 12 **Sunglasses**-The more expensive they are the more likely they are to be broken but get the ones that are UV protective as you will spend a lot of time outdoors in the sun.
- 13 **Swimwear**
- 14 **Underwear**-each to their own.
- 15 **Wash bag**- What you use at home. I would also bring some wet wipes, as we will be in places impossible to wash for over a week.
- 16 **Medical Kit**-already talked about in the health and vaccination section.
- 17 **Small padlock**-to lock your personal belongings inside lockers in hotel rooms.
- 18 **Eating Things**-Mug, Bowl, plate, knife, fork and spoon.

- 19 **Torch and batteries.** The new LED head torches are great but the older Petzl Zoom is much better for early morning starts. The batteries abroad can be as useful as an ill placed fart, but do not go over the top and bring a years supply. The flat batteries for the Petzl zoom torches are hard to find. I do recommend bringing a AA battery adapter for it.
- 20 **Sleeping Bag-**A 3+ season bag is most useful. I only have a 4/5 season bag, and will be bringing this one. It is easy to make a warm sleeping bag cooler, but a lot harder to keep warm in a cool one
- 21 **Sleeping bag liner-**These are essential especially in hot climates where any type of sleeping bag is too warm. They also keep bed bugs off you when sleeping in some hotels.
- 22 **Sleeping mat-**(roll mat) something in the range of £15 as opposed to the cheapest. Thermerests are OK but taking them out of the tent to sleep under the stars is a no no, they will surely puncture.
- 23 **Stove-**Only a few people need to bring stoves for when groups are far away on mountains and not cooking on the heavy communal stoves, so if you have one bring it, but do not go out and buy one. (Multi fuel stoves are best as gas can be hard to find and illegal to take on flights.)
- 24 **Tent-**Again not everyone needs to bring one as some people do not mind sharing. A £70-£100 tent will work well. Avoid Eurohike and instant erecting tents like the plague) Ground sheets to go under the tent will prolong the life of your tent and is advisable to bring one.
- 25 **Small sewing kit** also a wash line and scrub brush is worthy investment.
- 26 **Pen knife-**Very good idea to bring one.
- 27 **Water Bottle-**The best water bottles in the world are the heavy duty Coca Cola bottles. They never leak and are cheap. I like to use Camel backs when walking long distances as it is easy to carry and let you continuously drink to keep well hydrated.
- 28 **Mosquito net-**Perfect to use when sleeping under the stars. Keeping out all shapes of bugs!
- 29 **Suntan Cream** and Total Block.
- 30 **Insect Repellent-**One containing 50% DEET is good.
- 31 **Hammock-**Good investment for those lazy days.
- 32 **Camera, film and batteries.**
- 33 **four passport photos.**
- 34 **Personal stereo-**These are great but they do break very quickly. Mini discs last longer then CDs that last longer than tapes.
- 35 **Batteries-**As already mentioned most batteries brought abroad are terrible, so bring a supply along.
- 36 **Books and Tapes-**Bring a selection and once finished can be rotated around the rest of the team

To store all this in a rucksack is fine, a better idea though is a large kit bag (90 litre) that is cheaper and will fit onto camels better. Also bring a smaller (50litre) day sack, for climbing with.

The climbing equipment you take depends on what your objectives are. Do not bring every piece of gear that you have. Remember that most people will be bringing a lead rack and at most half can be being used at one time. It is quite easy to borrow gear (big cams. etc) for specific routes. If you are about to buy a new rope get nothing else then 60m in length. The diameter depends on what climbing you have in mind. Shunts are great for new routing, or a Gri Gri will also work.

I will be sending everyone a form to fill in to tell me what climbing kit they are bringing to ensure enough, but not too much, is being taken. (This form can also be downloaded from www.verticalworld.co.uk)

Bring more than one pair of climbing shoes, in case a shoe is dropped or lost. It is amazing how quick a sole can wear out.

On the expedition there is: Bolts and some abseil tat (it is advised to bring some (20m) of your own abseil tat 6mm cord is good stuff to use)

You can expect a lot of damage to be inflicted on slings, ropes and harnesses be prepared to replace these on your return home.

It is useful to bring a wire brush and brush to clean new routes with. Bouldering mats are very useful at preventing broken ankles. Tell me if you have one you are willing to take and I will say if it is needed or not.

If you have other kit that you will like to take with you, but are unsure if you should bring it then give me a call.

Remember your baggage allowance on most flights is only 20kg main and 8kg hand. If you go over this it can cost a lot of money. When you purchase your flight tickets ask about increasing the baggage allowance. Advice of getting more kit on the plane follows:

- 1 Wear as much clothing as you can, whilst you may look a fool getting on the plane in sweltering heat in a down Jacket and plastic boots, it does not count in your allowance. The argument that fat people weigh more then climbers, never seems to work, so I would avoid that.
- 2 Be cautious about carrying your rack in as hand luggage. This used to work but now it would probably be confiscated. Ropes are still ok.
- 3 They never grumble about how many bags of Duty Free you have. So visit the duty free and buy something small in a big bag. Then fill the bag with other bits of kit.
- 4 If carrying a heavy hand luggage, try and make it look light.
- 5 Once when I went climbing to Greenland we did the following: Queue in the first class lane. Be very confident that you do actually have a 1st class tickets. When you check in they will tell you that you only have economy class. Kick up a fuss, you purposely asked for 1st class tickets as you have so much kit. They will then advise you to phone the travel agents where you purchased the tickets from. Go off and do this. If it is a Sunday, or out of office hours, the person who sold them to you will not be there. If it is in office hours then just pretend to phone. On your return the flight company will probably ask if it is ok to sit in Economy if they let all your bags on with no cost. The result is they will be asking you for a favour to get all your bags on for free.

All of the above should be used at your own discretion and may cause more problems then they solve!! I take no responsibility if it all goes shit shaped.

Always take half as much luggage and twice as much money as you think you will need.

If in doubt leave it out.

Meals, cooking and food:

Camp cooked breakfast and evening meals are included in the expedition cost and the cooking is done in a rota system amongst everybody, so get practising. During the last expedition a local guide, and good friend of mine did all the cooking whilst out in the mountains. We always have a few meals out in local restaurants and generally eat

very well. Vegetarians are fully catered for and whilst most meals have meat there is always a vegetarian option. If anybody has more stringent or different dietary requirements contact me for a chat.

On some occasions the cooking rota will be suspended at my discretion.

All cooking equipment including stoves, pots, etc. for communal cooking are provided. Stoves and lightweight pots for your own cooking when away from the group are not provided, but not everyone will need to bring them. We will buy a cool box so a cold beer or soft drink is never far away even out in the bush.

Accommodation:

The accommodation expenses included in the expedition cost cover all group camping/hotel costs while you are on the expedition. The percentage spent bush camping to staying in organised campsites and hostels will vary from area to area. When staying out in the desert we will have enough to be self sufficient for about a week.

Climate:

We should have dry warm days. Saying this though there is a chance of rain. In Egypt during March and April there is a strong wind that blows in from the west. This flings up massive amounts of dust/sand into the air, and brings a chill to the air at night. The temperature during the day can get as high as 30°C and should not be lower than 20°C. It will get cold at night, so bring some warm clothes.

Security:

One of many people's worries coming on the expedition (not to mention their mother's) is the issue of security when travelling abroad. One of the great advantages of travelling with the expedition opposed to an individual traveller is the additional security we derive from being in a large group. The expedition camp is never left alone, unless it is in a secure camp or hostel. In bush camps we run a security rota so a couple of people are hanging around the camp and tents, so the inquisitive locals do not wander off with our belongings.

The security rota does not massively cut into your time, as often people want to hang around camp and rest those weary fingers. Others need to catch up on diaries, letters, sock sewing etc.

Personal security when not on the truck (in cities for example) is a very important issue. Everybody has heard scare stories of Africa, Asia, and South America. With basic precautions it need not be a problem. To prevent being a target for mugging; the best thing to do is not carry any thing else but what you really need. Do not carry much cash, any jewellery, shiny bright watches and cameras around your neck. If there is nothing in your pockets turn them inside out. Take of airline stickers from your luggage as this labels you as someone that has just arrived in the country and is vulnerable. Always keep an eye on your bag while in cafes and bars. It is best to loop a foot through the straps.

Thieves and Con Men are professionals they are very good at what they do, most are not simply poor people looking for a bit of cash!

Keep an eye out for each other in public, to see if people are being pick pocketed (it is rare for a group of more than

two to encounter trouble) Do not read the guide book or look at maps on the street, again this labels you as new and vulnerable. In general do not trust anyone until you have found your “travelling feet”. A classic scam is those dressed as police, or claim to be detectives, do not give them anything. But do not be too paranoid otherwise you will miss out on meeting some very interesting people. In general, in cities someone who tries to talk to you is after something, they will call you racist and every word under the sun to make you feel guilty, just walk away.

Pick pockets are great at their job; only carry things in money belts or hidden pockets sewn into clothes. Better still carry nothing at all.

Girls should dress appropriately in “non-western” countries if they do not want to attract unwanted attraction. In the Middle East long skirts or loose trousers and loose non vest tops should be worn in public. This also applies to men, do not walk around town with your tops off. The rule is; just use your common sense
As I have already said do not be over paranoid otherwise you will miss out on some great things. Just try not to learn the hard way. The only place I have ever been mugged was in London!!

Money matters:

BRING A MIXTURE OF CARDS, TRAVELLERS CHEQUES AND DOLLARS IN CASH.

I hope you’ve got the message. Still some people will turn up with only a few dollars in cash. It will mean you will have a hard time changing money and will have to borrow money off friends. Saying this though still bring a card. The best exchange rates will be through a cash point. Dahab has cash points as does Cairo, although they often break down.

The best currency to take is Dollars. Even pounds sterling is getting harder and harder to change. Most think that it is an old currency, and it has been taken over by the Euro. Traveller’s cheques are slowly becoming a thing of the past. Less and less banks change them and those that do put big commission charges on them. Do not take any notes with the tiniest of marks on or the smallest of tears they will not be accepted. Do not take \$100 bills, many are fake and a lot of people will not take them. Exchange rates become worse with the smaller notes. Do not take anything smaller than a \$10 bill.

If you do take a lot of cash, your security has to be fantastic. It is best to put some in Traveller’s cheques, just in case. If you do get Traveller’s cheques then keep all receipt and cheque number details somewhere safe and separate from the cheques.

Do take debit/credit cards as they can be used, and are great in emergencies. As I think I have mentioned already do not just take cards.

The exchange rate last year was just over 11LE (Egyptian pounds) to the English pound. I will email you the current exchange rate when I arrive in Egypt. This will give you an idea of costs when you arrive in the airport.

Language:

All of the expedition members will have a working knowledge of English besides the Scottish who are incomprehensible when drunk. Dahab has been built up on the tourist trade and as a result most inhabitants have an understanding of the English language. This does not mean that it is not worth learning any polite phrases in Arabic. You do not have to travel far before all locals speak only Arabic and the Egyptian Colloquial Arabic dialect. You will gain a lot more respect if you greet people correctly

Things to buy:

There is a real wealth of crafts and artefacts to buy within Egypt. Carpets, Rugs, Brass coffee pots, backgammon boards, painted papyrus and of coarse sawdust stuffed camels! All of which will be widely available. Remember all prices are negotiable and bargaining is expected. This is a real art and is good fun to challenge ones self.

E-mail and Phones:

The world is officially getting smaller and email can now be found almost where ever there are human beings. Mostly we are somewhere where you can access and send email every week or two. If you do not have an email account, then I highly recommend you set one up. It is a cheap and easy way to keep in touch when you are on the road.

Dahab has internet cafes although there is nothing as you go to St Katherine's village and further into the desert.

Taking an international billing card can work but often you can not use a phone for free; there are no public phones in places like Africa. Internet phones can be really cheap, costing less then 10p a minute to phone the UK! Local phones can be used at least every few weeks to contact home should the need arise.

Photography:

On the expedition people take many different types of cameras and whilst some people take many more photos then others they all get brought back home and copies can be exchanged. In terms of the camera body the more compact camera is generally fine (the small cannons with the slide over lens cover last well) they do tend to suffer by the lack of a zoom for wildlife and climbing shots.

A basic SLR (from the Canon EOS series) can provide a robust unit that does last whilst giving a larger variety of options. Obviously a 300mm lens is ideal for wildlife shots. A 28-90mm lens is best for general all round use. A wide angle telephoto or fish eye lens can be great for climbing shots but it is a bit of an extravagance.

The light in the middle of the day can be very intense, leaving a washed out photo. Using a Polarising filter and taking different speed film can be the difference between good and excellent shots. Generally a mix of 100 and 200 is ideal and stay away from the cheaper end of the film market, the colour saturation is not as good. A few 400 for the evening shots can also prove useful. Film can be purchased in Dahab but can sometimes be of dubious quality. Slide film and Black and White can be hard to buy, so bring all you need.

If you take a good camera make sure that you take a good bag to keep the dust and sand out. CCS do great bags and

also take a small lens cloth and a camera care kit to do on road maintenance. There is a massive amount of dust and sand in the air, which WILL find itself into your camera.

There can be huge problems with taking photos of anything considered vaguely military such as bridges, dams and telecommunication towers. Likewise the police, soldiers and any official building can invoke great anger in many countries, be aware and be careful. A stretch in jail, whilst giving free food and accommodation, is never fun. Additionally with many local people it is polite to ask before taking their photo. They may ask for a small amount of money in some places or for you to send them a copy of the photo. If you promise to send them a copy of the photo please do not forget. A Polaroid camera solves this problem and can provide much joy to many people.

Recommended reading:

The Lonely Planet does good guide books to the whole of the world, and a great one for Egypt. It is not necessary for everybody to buy these as we will have copies on the expedition. Be careful The Lonely Planet can, and does, get called The Paranoid Planet.

There is no climbing guide book to The Sinai peninsula, but there is loads of great reading to the area. If you are travelling to Wadi Rum post Sinai then there is a great Guide book. This is the Walks and Climbs in the Wadi Rum, by Tony Howard. A copy of this can be orderd from 'Outside' in Heathersage.

And finally:

This is your expedition now, although I have been doing the bulk of the planning and logistics the more you get involved the more you will get out of it, before you leave read up on the Sinai. When you are on the expedition give a hand with repairs and investigating the areas we are going into, in general put that little bit more in and you will get a massive amount back.

If you have any questions do not hesitate to call me. (Conditions apply)

Dave