

Everest conquered 70 years ago

On May 29, 1953, *Edmund Hillary* and *Tenzing Norgay* became the first men to scale the world's highest mountain, using the latest technology available at the time. Since then, more than 11,000 climbers have reached the summit of Mount Everest



Selected routes	
Nationality of expedition	
1	1953 British
2	1960 Chinese
3	1963 U.S.
4	1975 British
5	1979 Yugoslavian
6	1980 Japanese
7	1980 Polish
8	1980 Solo expedition <i>Reinhold Messner, Italy</i>
9	1982 Soviet
10	1983 U.S.
11	1984 Australian
12	1984 U.S.
13	1988 International
14	1995 Japanese
15	1996 Russian

Expedition gear

Breathing apparatus:
Open circuit system combines external air with pure oxygen supply to compensate for thin air at altitude

Pressure reduction valve
Flow rate manifold
Trip valve:
Opens on intake of breath
Economiser
Mask

Weight: 18kg
Each of three cylinders holds 800 litres of oxygen, lasting 4.5 hours at 3 litres per minute – flow rate on final assault

2

Food:
New vacuum packaging reduces weight and bulk, allowing for supplies closer to European diet

Assault boot: Designed for use above 6,000m – weight just 1.9kg. High level of thermal insulation sandwiched between waterproof rubber outer layer, inner vapour barrier, and mesh insole

Lightweight microcellular resin sole further improves insulation

Walkie-talkie:
Plastic parts replaced with pure rubber to avoid shattering in extreme cold

Climbing banned after earthquake

Everest ascents (annually)

