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Mount Everest, its peak standing at 8,848m above sea level, represents in the purest form, the wonder and magnificence of nature. The legendary mountain presides over the Himalayan range, overlooking Nepal and Tibet. Apart from it being the highest peak in the world, the dominating Everest renders a certain aura about it, setting it apart from the others, demanding more commitment from its explorers, affording some of the most testing physical challenges faced by men and women on this earth. Many have tried but few have succeeded in conquering Everest.

Thus far, no Sri Lankan has ever attempted to summit this peak. Until now. Jayanthi Kuru-Utumpala and Johann Peiris are the first Sri Lankans to attempt the summit of Mt. Everest. An experienced mountaineering duo, they have both individually and as a team successfully attempted many of the world’s most challenging treks, including Mt. Imja Tse/ Island Peak, Mt. Kilimanjaro, Mt. Kinabalu, and the Andes.

Together they advocate nature conservation, gender equality, fitness and healthy living, and mountaineering as a form of fitness. Jayanthi being a leading women’s rights and gender expert and Johann being a renowned hair and attire designer and performing artist, makes the team truly worthy of our country – two exceptional ambassadors. They dedicate this climb to their families, to the ideologies they advocate, and every child, woman and man of Sri Lanka.

Jayanthi and Johann are technically equipped to undertake this expedition, which is scheduled to take place from April to June 2016. They require your financial support, amounting to USD 135,368.00, to enable them to successfully complete this mission.

INTRODUCTION

THUS FAR, NO SRILANKAN HAS EVER ATTEMPTED TO SUMMIT THIS PEAK.

THE CLIMB

CLASSIC IMG EVEREST CLimb: 1ST APRIL - 10TH JUNE 2016

Jayanthi and Johann plan to be part of a larger team led by International Mountain Guides (IMG), a globally renowned mountaineering company which has led a number of successful Mt. Everest expeditions over the past 30 years.

The expedition itinerary includes hiking to the Lobuche Peak Base Camp for acclimatization on the way to Everest Base Camp at the beginning of the expedition, a subsequent ascent of Lobuche Peak for further acclimatization and training prior to the first rotation on Everest. This will be followed by two acclimatization climbs on Everest (one to Camp 2 and one to Camp 3) prior to the Everest summit bids. The goal is maximum practice and acclimatization before attempting the summit, for the best possible chance of success.

On summit day, and during the acclimatization rotations, each climber will be assigned a personal Sherpa; the acclimatization rotation climbs develop familiarity and team work between the climber and Sherpa.

The expedition fees, as indicated on page 9, include all climbing permits, Sherpa and guide support, IMG’s logistical support, expedition food and accommodation, portage, communications, oxygen, as well as regular access to the IMG medical clinic at Everest Base Camp.

The duo would also need to invest in specially designed high-altitude personal gear and equipment in order to undertake this expedition. Please refer page 9 for detailed cost estimates.
Mountaineering is a sport that relies on teamwork, communication and high levels of trust. Jayanthi and Johann’s skills and experience strongly complement each other and make them a successful team. The duo has extensive experience in mountaineering and has been climbing as a team since 2011. Mt Kilimanjaro in Africa and Island Peak, in the Nepali Himalayas are two of the bigger mountains they have successfully accomplished together.

As a team they function well. Their struggle through the unforeseen snow-storm during their final ascent on Island Peak in 2012, and the manner in which they successfully navigated the ice-slopes looking out for, and supporting each other, are two examples of how well they perform as a team, especially when met with challenges and adversities.

Presently they are training as a team in preparation for their Mt. Everest expedition.

THE TEAM’S MOUNTAINEERING EXPERIENCE

Summit of Mt. Kilimanjaro (5,895m): 1 - 10 September 2014, Tanzania
Jayanthi and Johann were part of a four-member Sri Lankan team to successfully summit the highest mountain in Africa, Mt. Kilimanjaro. Their expedition was via the Lemosho Route, which is the longest route to the summit, thereby allowing the team maximum time for acclimatization and thus a safe summit attempt.

Summit of Mt. Imja Tse (Island Peak - 6,189m): 6 - 25 April 2012, Nepal
Jayanthi and Johann were the only two from a five-member team of climbers to successfully summit Island Peak. Due to the climb’s technically challenging nature, Island Peak is considered by many to be one of the training peaks to be summited in preparation for expeditions to the summit of Mt. Everest. Their expedition to Island Peak involved an average of 4-8 hours of high altitude trekking per day, with Namche Bazaar earmarked as an acclimatization rest day. On the final day of summiting, they had a 20-hour trek from Island Peak Base Camp to the summit of Island Peak and back to Base Camp. The summit day’s journey included technical skills on ice, such as cramponing, jumaring and ice climbing to the summit.

Jayanthi and Johann have completed numerous other expeditions, either individually or with other colleagues, and these are listed in the profile section below.
Images Clockwise:

- Jayanthi (left) and Johann (right) en route to Mt. Kalapattar, April 2012
- Jayanthi and Johann en route to the summit of Mt. Kilimanjaro, September 2014
- Johann (right) ascending the 70% ice wall close to the summit of Island Peak, April 2012
- Johann (left) skirting the deep crevasses en route to the summit of Island Peak, April 2012
- Johann (left) and Jayanthi (right) en route to the summit of Mt. Kilimanjaro, September 2014
PROFILE ONE

JAYANTHI

Jayanthi Kuru-Utumpala is a mountaineering professional and women’s rights advocate. Over the past 12 years, her passion for adventure has been balanced with her passion for gender equality. Since 2003, she has been professionally involved with the sport of rock climbing, as an instructor, while simultaneously working full-time as a women’s rights advocate. Jayanthi holds a Master’s Degree in Gender Studies from the University of Sussex, UK.

Jayanthi has extensive experience in rock climbing and mountaineering which spans across seven countries and includes two month-long training programmes in mountaineering, conducted by the Himalayan Mountaineering Institute in India, where she gained technical skills in rock and ice climbing, crevasse rescue, high altitude first aid, as well as expedition planning. In 2012, she successfully summited Mt. Imja Tse (Island Peak – 6,189m) in the Nepali Himalayas; in 2014, she summited Mt. Kilimanjaro (5,895m) in Tanzania.

Since 2003, Jayanthi has worked with women’s rights organizations in Sri Lanka. This has provided her with extensive practical knowledge and experience in the field of women’s rights and gender. On many occasions, locally, regionally, as well as globally, Jayanthi has been invited to make presentations on the status of women in Sri Lanka: this has included advocating for women’s rights at the United Nations. Jayanthi is currently employed as the Gender Specialist at CARE International Sri Lanka, working on a project to reduce gender based violence in the tea plantations.

Jayanthi aims to combine her experience and skills in gender and rock climbing by establishing the latter as a sport in Sri Lanka, with the specific goal of increasing the participation of women and girls in this activity.

EXPERIENCE AND TRAINING

* **Borderlands Sri Lanka**
  (www.discoverborderlands.com)
  Freelance Rock Climbing Instructor (2003 - to date):
  Borderlands is an adventure based travel and training company specializing in outdoor education, with operations in Nepal and Sri Lanka. During Jayanthi’s 12 years with Borderlands she has worked as a freelance rock climbing instructor on single-day and multi-day programmes with corporate clients, school children and smaller groups. Apart from teaching skills and techniques of rock climbing, she also works as a facilitator of other activities, including canyoning, trekking, waterfall abseiling, white water rafting, canoeing and other games and initiatives.

* **Himalayan Mountaineering Institute (HMI), Darjeeling, India** (www.hmi-darjeeling.com)
  28-Day Basic Course in Mountaineering May 2003
  28-Day Advanced Course in Mountaineering, Oct 2004
  Jayanthi successfully completed the HMI Basic Course in Mountaineering, with an ‘A’ Grade, which qualified her to undertake the HMI Advanced Course in Mountaineering, which she completed the following year.

Both courses were conducted by the Indian Army and were mentally and physically challenging due to the rigorous nature of military training programmes. She studied and attained basic and advanced techniques and skills of mountaineering which included rock climbing, ice climbing, aid climbing, climbing knots, rappelling, jumaring, cramponing, crevasse rescue systems and self-arrest systems. She also studied theoretical aspects of mountaineering which included mountain first aid, high altitude health and safety, expedition planning and mountain fauna and flora. Both courses were carried out in Western Sikkim, located in the Indian Himalayas. The Base Camp for the basic course was at Chaurikhang (4,450m) where she learnt most of the techniques of snow and ice craft. The Base Camp for the advanced course was located close to the Rathong Glacier (4,450m) where she was taught advanced techniques of snow and ice craft, culminating in a high altitude trek to an unnamed peak at a height of 5,790m.
OTHER EXPEDITIONS, CLIMBS AND ADVENTURES

- Summit of Mt. Kilimanjaro [5,895m] via the Lemosho Route, Tanzania (2014);
- Multi-pitch Rock Climbing in Arenales, Mendoza, in the Argentinean Andes (2013)
- Summit of Island Peak [6,189m], Nepal (2012);
- Via Ferrata Rock Climbing in the Canal del Palomo in the Spanish Pyrenees (2011)
- Canyoning and Cliff Jumping in the Spanish Pyrenees, Alquezar, Spain (2011)
- Mountaineering along the North Face of Ben Nevis [1,344m], the highest peak in England (2009)
- Lead Climbing and Top Rope Climbing on Limestone, Gritstone and Sandstone in the Peak District, Dorset and Sussex in England (2008-2009)
- Trekking through the Llanberis Pass in Wales, UK (2009)
- Sea Cliff Climbing in Railay Beach, Krabi, Thailand (2008)
- Rock climbing, bouldering, trekking and camping in numerous locations in Sri Lanka, including Kirigalpoththa Peak [2,388m], Thotupola [2,357m], Adam's Peak [2,243m], Mani Gala (Knuckles), Sinha Gala (Sinharajah Rainforest), Uthuwankanda, Yala National Park, Wasgamuwa National Park, Alagalla Peak [650m], Bible Rock [800m] and many others.
An artist inspired by nature, Johann is a hair-designer by profession and adventurer by choice. His passion for the great outdoors and his creative soul has struck a perfect balance and is evident in his work, life and interests.

Johann began his hair-designing career 25 years ago. Opting for originality over formulaic, he soon became popular as one of the best hair-designers in the country. Taking his innate flair in the beauty and fashion culture a step further, he re-established the local industry to meet international standards by introducing new concepts in bridal-designs, attire conceptualizing and make-up. Today he is one of the most sought after hair and beauty designers, and amongst the few Sri Lankans in the industry to be globally acclaimed. Presently he runs three salons, two in Colombo and one in London.

His career as an artist began long before his venture into the fashion industry; initially as a professional singer with Mary Anne Singers spanning over 20 years, as an actor in the local English theatre, and as a professional dancer competing and performing at local and international competitions.

Johann’s interest in exploring the great outdoors was impressed upon him at a very young age by his father, when the duo regularly explored the Knuckles Mountain range in Sri Lanka. The passion thus instilled in him, drives him to conquer mountains both in Sri Lanka and around the globe.

His first exploration out of Sri Lanka was the Thai-Burmese border, in 2005. As a more experienced mountaineer Johann successfully conquered Everest Base Camp in 2010, Island Peak in 2012, and Mt. Kilimanjaro in 2014.

Johann advocates healthy living, and beauty of nature as a catalyst for creativity. He sets a unique example of modesty, determination, and success for the younger generation.

EXPERIENCE AND EXPEDITIONS

- Hiking and Climbing in Mt. Kinabalu, Malaysia (2015)
- Trekking in the remote and mountainous area north of Luang Prabang in Laos (2015)
- Summit of Mt. Kilimanjaro [5,895m] via the Lemosho Route, Tanzania (2014)
- Summit of Island Peak [6,189m], Nepal (2012)
- Trekking to Everest Base Camp - South Side [5,364m] (2010)
- Summit of Mt. Kalapatattar [5,644m], Nepal (2010)
- Trekking from Myanmar to Kayah State close to Thai border - a two-day trek (2007)
- Trekking through the Thai Burmese border north of Chiang Mai - a four-day trek (2005)
- Trekking the highest peaks in Sri Lanka: Piduruthalagala [2,524m], Kirigalpoththa Peak [2,388m], Thotupola [2,357m], Adam’s Peak [2,243m], Great Western [2,212m] and Hakgala [2,169m].
- Trekking from Belihuloya to Horton Planes; trekking from Lipton Seat to Haputale; Dereniyagala to Ratnapura across peak wilderness mountains; Bible Rock [800m] as training; Hanthana from a different angle.
Jayanthi and Johann started training for the Everest expedition in January 2015. This is apart from the regular fitness training they both undergo on a daily basis as part of their lifestyle and dedication to outdoor adventure and mountaineering.

Special training for the upcoming expedition includes:

- Focussed training sessions that rotate between cardio, high intensity cardio, strength training, swimming and yoga;
- High-altitude fitness training including jogging, running and climbing in Nuwara Eliya to get accustomed to a higher altitude.
- Long-distance swimming: special swimming schedule to increase endurance and lung-capacity.
- Special high-altitude training in Ladakh, January 2016
- Rock-climbing: familiarization of climbing techniques

The route that Jayanthi and Johann will follow on their 2016 Everest Expedition via the South Side.
# Cost Estimates and Project Schedule

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<td>Economy Return Air Fare</td>
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<td>Clothing &amp; Equipment</td>
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<td>Travelex Insurance</td>
<td>Mountaineering Insurance: Emergency Trip Cancellation + Lost Luggage + Medical + Repatriation</td>
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<td>Rescue Insurance</td>
<td>Emergency Helicopter Rescue at Everest Advanced Base Camp</td>
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<td>Expedition Fees</td>
<td>IMG Classic Everest Climb (includes all costs related to accomodation, meals, permits, gear, porters, personal climbing Sherpas, guides, oxygen, etc )</td>
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<td>Communication</td>
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<td>Personal Training</td>
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**Programme**

- Oct-15: First payment to IMG. USD 10,000
- Nov-15: Second payment to IMG. USD 22,000
- Dec-15: Final payment to IMG. USD 10,000
- Dec 31: Team departs to Everest South Side
- Mar 31: Mt Everest Summit Attempt
- Important Milestones:
  - Training (focus on strengthening)
  - Training (focus on cardio)
  - Training (focus on cardio and strengthening)
  - Training expedition to Ladakh
  - Training incorporating strengthening, conditioning, cardio and recovery
  - Depart for Everest South Side via Nepal
  - Trekking / Acclimatisation rotations at Everest Base Camp and above
  - Mt Everest summit attempt
  - Return to Sri Lanka

**Ongoing publicity and media engagements for sponsors**
Experience and expeditions

Hiking and Climbing in Mt. Kinabalu, Malaysia (2015)

Trekking in the remote and mountainous area north of Luang Prabang in Laos (2015)

Summit of Mt. Kilimanjaro [5,895m] via the Lemosho Route, Tanzania (2014)

Summit of Island Peak [6,189m], Nepal (2012)

Trekking to Everest Base Camp - South Side [5,364m] (2010)

Summit of Mt. Kalapattar [5,644m], Nepal (2010)

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Trekking the highest peaks in Sri Lanka: Piduruthalagala [2,524m], Kirigalpoththa Peak [2,388m], Thotupola [2,357m], Adam’s Peak [2,243m], Great Western [2,212m] and Hakgala [2,169m].

Trekking from Belihuloya to Horton Plains; trekking from Lipton Seat to Haputale; Dereniyagala to Ratnapura across peak wilderness mountains; Bible Rock [800m] as training; Hanthana from a different angle.

Jayanthi and Johann are currently exploring financial sponsorship opportunities to embark on this expedition - a journey that will bring honour to Sri Lanka. They require the initial funding by the end of October 2015 to enable registration with the mountaineering company, International Mountain Guides (IMG).

If you wish to financially support the first Sri Lankan team to attempt summiting Mt. Everest please contact them.

They aim to make their adventure mutually beneficial by providing customized publicity and support for those organizations and individuals contributing towards their goal.

Jayanthi Kuru-Utumpala
16 -1/1, Layard’s Road,
Colombo 05,
Sri Lanka
Tel: +94 773 580 179
Email: jrock2006@gmail.com

Johann Peries
49/1, Jawatte Road,
Colombo 05,
Sri Lanka
Tel: +94 777 760 237
Email: johannperies@yahoo.com