

7495 m



# Pik der Kommunismus (Ismoil Samoni Pik)

23 July-24 August 2022

# Standard package (includes):

- Organization of the entire expedition
- small groups of 3-4 participants (6 as max)
- transfers from Dushanbe according to the program with a helicopter flight
- personal baggage limit of 20 kg (helicopter flight)
- nights in a standard hotel in Dushanbe in a double room
- Environmental fees and registration of a climbing permit
- Mountaineering insurance (health + accident + transportation, not less than 30,000 euro)
- Base camp service: stationary tents - accommodation in double or individual tents, toilets, shower and sauna, 3 meals a day, emergency (medical) service in the base camp
- Service of high-altitude camps - all the necessary equipment for the camp: tents, burners, gas, ropes, belay devices and other materials, special provisions and additional food, radio communication, GPS
- Delivery of group equipment to the base camp
- Communication with base camp and rescue team
- Professional weather forecast



# Additional service, not included:

- Airplane to Dushanbe
- Satellite phone and e-mail in the base camp, solar panels, internet;
- extended first aid kit (pulse oximeter, medical oxygen, etc.);
- additional meals at the Moskvina base camp;
- personal equipment and personal expenses (telephone, alcoholic drinks, gifts, gratuities, etc.);
- visa costs (about 50 euros);
- meals in Dushanbe (outside the hotel).



# Route, ascent plan:

## 1 part - Transfer

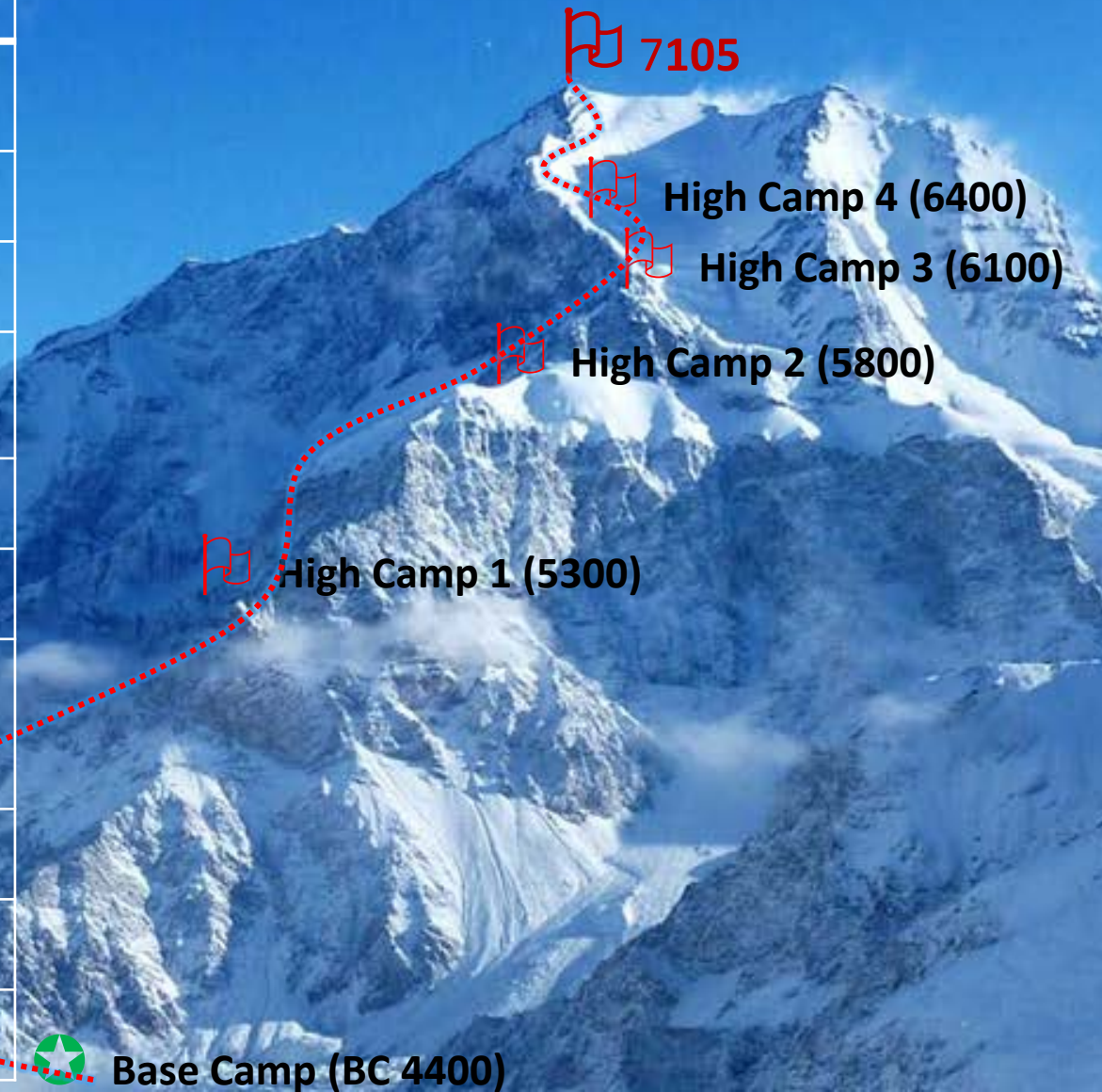
Day	Activity	altitude
23/07 2022	Transfer from Germany	-
(2) 24/07	Arrival in Dushanbe. Meeting at the airport. Transfer to the hotel. Hotel accommodation. Equipment check	930
(2-3) 28/07	Transfer to Djirgetal. Accommodation near the airfield due possible delays in departure + reserve day	1800
(4) 29/07	Helicopter to Base Camp on Moskvin glacier. Preparations, accommodation in the Base Camp	4400
(5-6) 01/08	Acclimatization. Ice training. Equipment check.	4400- 4800



# Route, ascent plan:

## 2 part – Acclimatization on Pik der Korzhenevskaya (7105)

Day	Activity	altitude
(7) 02/08	1 high-altitude camp (HC), night in HC	5300
(8) 03/08	2 HC, night in the camp	5800
(9) 04/08	Descent to BC	4400
(10-11) 06/08	Rest days, preparation hike to the top of Korzhenevskaya	4400
(12) 07/08	HC 1. Night in the camp	5300
(13) 08/08	HC 2. Night in the camp	5800
(14) 09/08	HC 3 or HC4. Technically difficult crossing, fixed ropes, steep takeoffs. Night in the camp	6100-6400
(15) 10/08	<b>Day of the summit</b>	<b>7105</b>
(16) 11/08	Reserved	6400
(17) 12/08	Descent from HC to BC	4400





# Route, ascent plan: 3 part – pik der Kommunismus (7495)

Day	Activity	Altitude
(18-19) 14/08	Rest days	4400
(20) 15/08	HC1, night in the camp	5300
(21) 16/08	HC2, night in the camp	6300
(2) 17/08	HC3. under Dushanbe peak, night in HC	6800
<b>(23) 18/08</b>	<b>Day of the summit &amp; descent to HC2</b>	<b>7495</b>
(24) 19/08	Descent to BC	4400
(25-27) 22/08	Reserve days	6700
(28) 23/08	Helicopter from Moskvina glade to Djirgetal, Dushanbe, night at the hotel	1800
(29) 24/08	Departure from Dushanbe	930

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HC3 (6800)

HC2 (6200)

HC1 (5300)

Base Camp (BC 4400)



# Equipment

## Clothing:

- Warm down jacket
- Membrane jacket
- Membrane trousers
- Pants in fleece or Polartec
- Fleece or Polartec jacket
- Thermal underwear, moisture-wicking
- Gloves Wind-block
- Expeditionary mittens are the warmest
- Warm socks - 2-3 pairs
- Balaclava & a cap
- Climbing goggles & Ski mask
- Shoe covers (gaiters) on boots

## Shoes:

- Trekking boots or sneakers
- High-altitude double boots (eg Scarpa Vega, La Sportiva Spantik)

## Bivouac

- Sleeping bag - warm for a comfort temperature of -18 - 25C
- Insulating mat - the best from the Therma Rest series
- Backpack 70 liters - for climbing
- Backpack 40-50 liters - for acclimatization exits.
- Telescopic sticks (trekking)
- Thermos (0.5 l - 1 l)
- Personal utensils for high-altitude camps (mug, spoon, bowl)
- Folding knife
- Headlamp (+ spare batteries)
- Sunscreen cream
- Personal hygiene products, towel
- Personal first aid kit
- High-rise tent (if there is a great desire to live in your own, otherwise it is included)
- A saucepan, a burner (jet boil) for cooking in high-altitude camps (if you want to use your own, otherwise it is turned on)

## Alps stuff:

- Crampons, Helmet & harness & self-belay
- Carabiner with a coupling 3-4 pieces & Ascender
- Tiny cord (6-7 mm) length 4-5 m
- Descent device (gri-gri, reverso or eight)
- Ice ax (straight, matched for height) & Ice screw (1-2 pcs.)
- Avalanche shovel (one is enough per tent).



# Team (confirmed)



Luis



Ralf



Martin

Additional members (possible)



Vacant 1



Vacant 2



Vacant 3

## Guides:



- Leader - Artem (9 sport assaults of 7k summits, Snow Leo honor)



- Second - Evgeniy (master of alpinism)



- Reserved – Pavel (medicine, organization)



# Prices (2022)

- expedition price 5350€

## Additional (euro according to 2021 situation)

- Dushanbe transfer/transport – from 15
- Dushanbe meals: breakfast from 10, lunch from 15, dinner from 25
- BC extra meals: breakfast 20, lunch 30, dinner 35
- **BC new hut (nights in a warm hut, bunk beds, kitchen, warm WC etc.) – 980 (~12 days)**
- Medical service & doctor's help: depend on cases, but generally for free
- Equipment (GAS, crampons, piolet etc.) – from 10
- Satellite Phone call - 5 per min
- High altitude tent - 10 per day + deposit
- Radio station (Walkie-talkie) 5 per day + deposit
- Personal guide from 110 per day
- Porters: Camp 1 (5300m) – 10, Camp 2 (5800m) – 20, Camp 3 (6400m) - 40 \$, higher – 50 per 1 kg



# Detailed plan & altitude diagram

0	23-Jul	departure	Departure from Germany	100
1	24-Jul	reserved	Reserved for transfer shifts from Germany	3100
2	25-Jul	transfer	Arrival in Dushanbe. Meeting at the airport. Transfer to the hotel. Hotel accommodation. Equipment check	200
3	26-Jul	reserved	Reserved day in Dushanbe for waiting everybody, shopping in case of need and double-check	930
4	27-Jul	transfer	Transfer to Djirgetal. Accommodation near the airfield due possible delays in departure	1800
5	28-Jul	transfer	Helicopter to Base Camp on Moskvin glacier. Preparations, accommodation in the Base Camp	4400
6	29-Jul	reserved	reserved for Helicopter to Base Camp	4400
7	30-Jul	BC	Acclimatization walk, acquaintance with the region.	4800
8	31-Jul	BC	Acclimatization. Ice training. Equipment check.	5000
9	1-Aug	tent	1 high-altitude camp (HC), night in HC	5300
10	2-Aug	tent	2 HC, night in the camp	5800
11	3-Aug	BC	Descent to BC	4400
12	4-Aug	rest	Rest days, preparation for the top of Korzhenevskaya	4400
13	5-Aug	rest	Rest days, preparation for the top of Korzhenevskaya	4400
14	6-Aug	tent	HC 1. Night in the camp	5300
15	7-Aug	tent	HC 2. Night in the camp	5800
16	8-Aug	tent	HC 3 or HC4. Technically difficult crossing, fixed ropes, steep takeoffs. Night in the camp	6100
17	9-Aug	reserved	HC4. Depend on previous day result. Day of the summit	6400
18	10-Aug	summite	Day of the summit	7105
19	11-Aug	reserved	Day of the summit (reserved)	6400
20	12-Aug	BC	Descent from HC to BC	4400
21	13-Aug	rest	Rest days	4400
22	14-Aug	rest	Rest days	4400
23	15-Aug	rest	Rest days, preparation for the top of Kommunizm	4400
24	16-Aug	tent	HC1, night in the camp	5300
25	17-Aug	tent	HC2, night in the camp	6300
26	18-Aug	tent	HC3. under Dushanbe peak, night in HC	6800
27	19-Aug	reserved	HC3. reserved	6800
28	20-Aug	summite	Day of the summit & descent to HC2	7495
29	21-Aug	reserved	Day of the summit (reserved)	6300
30	22-Aug	usual	Descent to BC	4400
31	23-Aug	reserved	Helicopter from Moskvina glade to Djirgetal, Dushanbe, night at the hotel	1800
32	24-Aug	reserved	reserved for Helicopter from Moskvina, Dushanbe walks	930
0	25-Aug	departure	Departure from Dushanbe (reserved)	930

## Statistics

Days on a mountain in a tent	12
Days in BC	8+
Days in transwers	4+
Days for a rest	5+
Reserved days	8
Days for acclimatization	12
Meters to climb up	7400

Altitude diagram

