



भरिया बिकास

porters' progress UK

Registered Charity No.1112943

November 2008

Dear friends and supporters,

Welcome to Porters' Progress UK's 2008 newsletter.

Now in its fourth year, Porters' Progress UK continues to grow as a charity and has increasing support in the UK, among trekking and outdoor companies, climbers and the wider public. Funds raised at our popular annual lecture and Kendal Mountain Film Festival event have enabled us to continue supporting the Everest clothing bank in Lukla, Nepal, and to invest resources in other projects.

Our 2007/08 sunglasses appeal resulted in the donation of more than 700 pairs of sunglasses, many of which were hand-delivered to Nepal in June and are now in use by porters, helping prevent snow-blindness.



Recently, we have managed the transition of the management of the Everest clothing bank to a local community group, the Himalayan Club, and have had a volunteer, Cara Evans, in Lukla to oversee this transition.

We also look for opportunities to expand our activities to mountain areas beyond Nepal. As a result, in July 2008 some 300kgs of outdoor clothing were transported to Tanzania for porters' use through the Kilimanjaro Porters Assistance Project.

We receive no grants or funding, and rely entirely on your goodwill and generosity to continue to help protect mountain porters, who remain at the bottom of the economic food chain. We hope you enjoy our events. If so, please keep coming back - and bring your friends! Visit www.portersprogressuk.org for more information.

Toby Gee

Chairman, Porters Progress UK

Inghams clothing sent to Kilimanjaro

Porters' Progress UK has found a good home for a large donation of quality new and used clothing from British tour operator Inghams Travel. After much negotiation, 19 kit bags (300 kg) of mountain clothing were sent out to Tanzania thanks to the efforts of PPUK supporter Lindy Wheeler.

More than 400 items of clothing including fleeces, Goretex jackets and waterproof trousers became available following an Inghams rebranding. They are now being used by porters through the Kilimanjaro Porters Assistance Project which works to improve the welfare of porters during expeditions and treks to Kilimanjaro. "This is a record donation of clothing we have received in our five year existence," project manager Karen Valenti said.

Inghams environment and social responsibility manager Lynsey Devon said: "We are really pleased we could find a good home for these uniforms. They kept our resort managers and representatives warm in cold mountain temperatures and we are happy they will keep others warm on the highest peak in Africa."

Sunglasses amnesty a huge success

Sunglasses manufacturers and members of the public donated in excess of 700 pairs of sunglasses during our sunglasses amnesty during 2007/08. A huge thanks to Trail magazine for its support during this campaign and its readers who got behind the initiative.

Two large kit bags of category three sunglasses were carried to Nepal in June for distribution to the Everest clothing bank ahead of the autumn trekking season. The sunglasses are loaned to porters trekking to high altitudes, in return for a refundable deposit.

Another kit bag of sunglasses was taken to Tanzania in September for use by the Kilimanjaro Porters Assistance Project.



Porters trekking at high altitudes are at risk of snow blindness, a potentially dangerous condition caused by extreme UV levels which kill the outer cells of the eyeball leading to temporary and excruciating loss of sight. This can be avoided by wearing effective sunglasses that filter UVA and UVB radiation.

Following the success of the sunglasses amnesty, Porters' Progress UK is continuing this project, so if you have a spare pair of category 3 or category 4 sunglasses (the category should be stated on the arm of the sunglasses), bring them to a PPUK event or post them in a padded bag to Porters' Progress UK trustee Gabrielle Dean, 972B Garratt Lane, London SW17 0ND



Lukla community to manage clothing bank

Porters' Progress has transferred the management of the clothing bank in the Everest region to a Lukla community group, The Himalayan Club. PPUK has worked alongside the community for some years and felt it was appropriate for them to take ownership of the scheme.

The Himalayan Club will continue to operate the clothing bank on the same terms as Porters' Progress, providing all porters (whether they are working individually or as part of an agency group) with the loan of sleeping bags, waterproofs, fleeces, footwear and sunglasses, for a small deposit. When the clothing is returned in reasonable condition the deposit is refunded.

PPUK will provide support, both financial and expertise, towards the management of the Lukla clothing bank but is working towards a scenario where the clothing bank is run and funded independently.

Volunteer helps with transition

Social Anthropology graduate Cara Evans has been living in Lukla helping the Everest clothing bank during the autumn trekking season after she replied to a Porters' Progress UK ad on the Lonely Planet travel forum Thorntree.

"This project has offered a practical opportunity to work alongside and assist an often overlooked group of people," Cara said.

PPUK is looking for volunteers of any age or background to spend two-three months in Lukla during the coming trekking seasons. If this sounds like you, get in touch.

Tim Emmett in 'Earth Sea and Sky'

Porters' Progress has sought out 'people of the moment' in the climbing and outdoors fraternity to highlight its cause and provide an evening's entertainment for supporters. In 2007, Kenton Cool gave a stirring account of his ascent of the notorious north face of the Eiger with Sir Ranulph Fiennes. Our 2008 speaker, extreme athlete Tim Emmett, promises to inspire and terrify in equal measure as he speaks about climbing, wingsuiting, B.A.S.E. jumping and other activities, to keep you on the edge of your seat.

Future events

• Best of Kendal – Tues 24 March 2009

Building on the success of our 2007 and 2008 film evenings, Porters' Progress UK will host the Best of Kendal Mountain Film Festival at the Royal Geographical Society on Tuesday 24 March 2009.

The evening will showcase the leading films from the 2008 festival. Tickets will be on sale in the New Year.

• Autumn lecture – Thurs 26 November 2009

Our November lecture at the Royal Geographical Society is now an annual event so please put the 2009 date in your diary now. Guest speaker to be confirmed.

About Porters' Progress UK

Porters' Progress UK supports projects to improve the safety and welfare of porters in Nepal and around the world, some of the toughest, hardest-working, and poorest people. Mountain porters are the unsung heroes of mountaineering and trekking expeditions. Yet they are often under-equipped, and, even now, every year porters die due to inadequate clothing and equipment.



Porters' Progress UK is run by seven volunteers. All proceeds from our fundraising events go to projects supported by the charity.

Thank you for your support. If you have any feedback or ideas, or would like to get involved or want to be added to our mailing list, please contact our secretary Denise Prior on d.prior@rgs.org or go to our website: www.portersprogressuk.org

Many thanks to Mountain Hardware and World Expeditions for sponsoring Tim Emmett's 'Earth, Sea and Sky' lecture.

Namaste