



EVEREST Education Expedition

Your Name _____

	Mt. Everest Nepal and Tibet, China	Granite Peak, Montana, USA	Me
Daily attire and weight of attire/gear	30-50 pounds		4-6 pounds
Elevation	29,035 feet (8850 m)	12,799 feet	
First ascent	<i>Date</i> May 29, 1953	Aug. 29, 1923	
	<i>Climbers</i> Sir Edmund Hillary, Norgay Tenzing	Elers Koch	
First named	1865	1880s	
Latitude	27° 59'17"N	45° 10' N	
Longitude	86° 55'31"E	109° 48' W	
Made of:	Limestone, marble, granite	Granite	
Average January temperatures	Low: -20°C/-4°F, High: -13°C/10°F		
Average July temperatures	Low: 4°C/39°F High: 6°C/43°F		
Average May temperatures (This is the safest time to summit Everest)			
Month with greatest precipitation			
Month with least precipitation			
Month with highest winds			
Month with calmest winds			
Typical climber breakfast, lunch, and dinner menu	Oatmeal (2-4 individual packets), Breakfast: Pop-Tarts, hot cocoa, tea, eggs Lunch: Climbers on Everest snack all day on foods stuffed into their pocket to keep from freezing: jerky, nuts, cheese, chocolate, cookies, crackers, energy bars and gels Dinner: instant hot soups, noodles, mashed potatoes, rice, hot cocoa and tea		
Calories burned per day	10,000-12,000		1,500-2,000
Number of Peanut Butter & Jelly Sandwiches needed to meet caloric needs	35		5 or 6
Name an animal and its adaptation that allows it to live in each climate			
Name a plant and its adaptation that allows it to live in each climate			
Climate zone	alpine, arctic	alpine	