



**Mount Everest 2016 - Blog No 3:**  
Acclimatisation

Dear all,

The day before yesterday, Jaco arrived in Pheriche (4240m) after a serious hike. He was able to take a shower and after a week without a shower this was a very welcome treat J. Yesterday was supposed to be a rest day but Russell decided to have them climb a peak – after two hours they reached the summit at 5045m.

Last night was Jaco's last night in a proper bed and from now on he will be sleeping in tents for the next 50 days or so. Unfortunately Jaco has been suffering for a couple of days now from a gastro (probably the same bug as I had) but apart from that he still feels strong.

Especially for Ben & Allison and Sjak & Inge: Jaco brought lots of dices with him to play Snake Eyes and the team played it for the first time yesterday. Huge success!

Their schedule for the coming days:

- 2 nights at Lobuche Base Camp
- 4 nights at Everest Base Camp
- 5 nights back to Lobuche Base Camp to climb the mountain and sleep on the summit (6119m)

He expects to have little or no reception the coming days so we might not be getting an update anytime soon. So no news is good news.

Will keep you all posted,  
Daan