

MAY 3RD

I woke at 10.30am and our tent was like the sahara desert it was so hot! the sun was beating down on us and i was almost melting in my minus 40 sleeping bag and 5 layers of clothes including my down jacket! There is never an "inbetween temperature" in the mountains, its either one extreme or the other. Its meant to be a rest day today but on our rest day we still have to go back down the mountain to our stash and bring it up to Camp 4. We had a great big breakfast and took it easy until about 1.30pm when we got back into our harnesses, crampons etc and in our ropeteams we headed back down to collect our loads. Mark filmed us on a couple of the crevasse crossings and then we reached our stash and before you could blink our packs were back to their usual heavy weights as we turned around and headed back up the hill to camp 4. Back at camp we had cheese quesadillas for lunch. Guy and co built an amazing snow wall around our campsite whilst i catch up with my diary and dispatches. I did an interview with Mark in front of the headwall - it looks really imposing and has a nasty looking section of sheer blue ice for about 300 ft near the top. Tomorrow we are planning to do "a carry" to 16,200ft up the headwall and along the ridge... its going to be a hard day and i need some rest!!