3OTH NOVEMBER

I had a great nights sleep until i woke up in the night absalutely freezing. When i removed my velvet joan collins velvet eye shades, i saw that although it was light the sun had dipped behind Vinson hence the huge temperature drop. I added 3 more layers to my 4, fell back to sleep and didnt wake up until 9.30am. We got up and had a great breakfast loaded our sledges and prepared to leave for our carry to camp 1. My sledge was layden down with fuel, food and a few personal items. We roped together, Luis myself and Hamish taking up the rear, and set off up the long undulating snow slope to camp 1. All was going well until i thought Luis had fallen over. He Yelled loudly at Hamish and i to back up, as unbenknownst to us he had fallen into a crevasse and i had too much slack on the rope. This meant if Luis went into the crevasse rather alarmingly, i would get pulled in also due to the slack on the rope. Luckily Luis landed on a ledge rather than falling into the crevasses depths and managed to get himself out.

We continued up towards camp 1 and about an hour out ( we had been going for 3 and a half hours at this stage) we decided to leave our loads stashed away here. It just meant that on our move up to camp 1 tomorrow we would be towing very heavy sledges for the last hour or so of the move. We buried our loads and went back to camp 1 as fast as possible. My sledge was impossible to control on the descent and capsized a couple of times..

Finally we arrived back in camp 1 and caught up with John Rost who was pacing base camp impatiently raring to go. Rob had opened 2 bottles of Merlot and was socialising as usual! He is great company and i have a great picture of him towing in his case of wine and champagne to hopefully celebrate his and kats impending wedding on the summit of vinson. I had a gossip with Kat, we are all moving up to camp 1 together tomorrow which is the good news. If possible we are trying to keep our 2 groups alongside each other. Luis cooked a great pizza and i got into our tent to change into fresh clothes for the next however many days we have on the mountain. Andronico came over to see me, they were on skis going up to camp 1 today and i was most envious as they glided effortlessly past me on the way up. Im tired now, ive got a huge blister on my ankle, my legs are aching and ive got to tow a heavy sledge load for 4 hours again tomorrow, so ill say goodnight from Antarctica..