

Bio-Data

Name: Mr. Milan Rai
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TRAINING AND WORKSHOP:

- ✓ Introductory Rock Climbing by Nepal Mountaineering Instructors Association (NMIA)
- ✓ Basic Mountain Rescue by (NMIA)
- ✓ Altitude Sickness & Mountain Safety Training by Grande International Hospital
- ✓ Basic Mountaineering Training by Khumbu Climbing Center.
- ✓ Trekking Guide Training by Nepal Mountain Academy. 2023
- ✓ Advance Wilderness First Aid Training by KEEP.
- ✓ Free Solo Wilderness Training by Himalayan Medics
- ✓ Rock Level One by (NMIA)
- ✓ Ice Level One by NMIA
- ✓ High Mountain Rescue by NMIA
- ✓ Basic Navigation Training by NMIA

CLIMBING EXPERIENCE:

S. No.	Year	Mountain	Team	Season	Height (M)	Remark
01	2022	Mera Peak	International	Spring	6476	Summit
02	2022	Island Peak	International	Spring	6165	Summit
03	2022	Amadablam	International	Spring	8463	Summit
04	2022	Lobuje	International	Autumn	6199	Summit
05	2023	Island Peak	International	Spring	6165	Summit
06	2023	Lobuje	International	Spring	6199	Summit
07	2023	Mera Peak	International	Autumn	6476	Summit
08	2024	Mera Peak	International	Spring	6476	Summit
09	2024	Island Peak	International	Autumn	6165	Summit
10	2024	Lobuje	International	Autumn	6199	Summit
11	2025	Mt. Everest	International	Spring	8848.86	Summit
12	2025	Himlung Himal	International	Autumn	7126	Summit
13	2026	Mt. Everest	International	Spring	8848.86	Summit * 2