



My favourite things

CYCLING

A great passion of mine is cycle racing and training. Cycling helps me stay fit and feeds my competitive juices when I race and teaches me to suffer when the pace is on, which feels like high-altitude climbing.



TENTS

I love sleeping in tents and, some years, spend over 100 nights in them in the wilderness or at many basecamps around the world. The secret to comfort is a good mattress and pillow, warm sleeping bag and lots of movies on the tablet.



MOUNTAINS

Any time I spend in the mountains is a joy and, although it gets very hard physically, at times, it makes me feel alive and really value what a beautiful environment I am in, way above the tree line where the oxygen is thin and the terrain is difficult.



Gavin Vickers

EXPEDITION LEADER & THE UMBRELLA FOUNDATION AUSTRALIA PATRON

Growing up in Cessnock, Gavin Vickers spent his childhood exploring an old, abandoned open cut coal mine that was bordered by a national park. Always active and loving the outdoors, he went to New Zealand to do a mountaineering course in the Southern Alps and then summited Mt Cook, which would be the first of many summits. From there, the mountains and goals got bigger, climbing the world's sixth-highest peak, Cho Oyu, without oxygen, then leading an expedition to the summit of Mt Everest from the Tibet side in 2010. Gavin then led a successful expedition on the Nepal side of Everest and summited the fourth-highest peak, Lhotse, in 2011. Gavin has continued climbing despite some setbacks, which included falling after his rope broke in Pakistan and getting a lung infection last year on Makalu in Nepal.

COFFEE

I really enjoy my coffee any time, but it is a must first thing in the morning. I have many devices to make the perfect coffee, whether I am at home, travelling or at base camp. I seem to be very popular on each expedition.



GIVING BACK

Nepal has become my second home and I got the chance to help by becoming the patron of The Umbrella Foundation Australia. We are building a school, educating children and providing funds and sewing machines to set up micro businesses for women in the villages.

