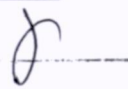


Introduced by Senator Maria Lourdes Nancy S. Binay



**RESOLUTION**  
**CONGRATULATING AND COMMENDING CARINA DAYONDON FOR BEING**  
**THE FIRST FILIPINA TO CONQUER THE SEVEN SUMMITS OF THE WORLD**

1 WHEREAS, Lieutenant Junior Grade (LTJG) Carina Dayondon, Philippine Coast  
2 Guard (PCG) is the first Filipina to conquer the seven summits of the world<sup>1</sup>;

3 WHEREAS, Lt. Dayondon was born in Don Carlos, Bukidnon, Central  
4 Mindanao<sup>2</sup>;

5 WHEREAS, she scaled the following summits:

- 6 1. Mount Denali, North America (2006)
- 7 2. Mount Everest, Asia (2007)
- 8 3. Mount Elbrus, Europe (2013)
- 9 4. Mount Kosciuszko, Australia (2014)
- 10 5. Mount Kilimanjaro, Africa (2015)
- 11 6. Mount Aconcagua, South America (2017)
- 12 7. Mount Vinson Massif, Antarctica (2018)<sup>3</sup>;

13 WHEREAS, Lt. Carina Dayondon was introduced to camping and hiking in the  
14 Girl Scouts, and she took up sport climbing at school, in 1987<sup>4</sup>;

<sup>1</sup> Inquirer News Website, Carina Dayondon, 1st Filipina to complete 'Seven Summits' climb, <https://newsinfo.inquirer.net/1065149/carina-dayondon-1st-filipina-to-complete-seven-summits-climb>

<sup>2</sup> GMA News Website, Carina Dayondon, first Filipina to scale 7 Summits, now back in PHL, <https://www.gmanetwork.com/news/pinoyabroad/pinoyachievers/681217/carina-dayondon-first-filipina-to-scale-7-summits-now-back-in-phl/story/>

<sup>3</sup> Ibid.

<sup>4</sup> South China Morning Post Magazine Website, Philippine mountaineer on her journey to scale the Seven Summits, highest peaks on all the continents, <https://www.scmp.com/magazines/post-magazine/>

15 WHEREAS, at the age of 19, she was selected to represent the Philippines in  
16 an international competition in Wuhan, in China's Hubei province<sup>5</sup>;

17 WHEREAS, Lt. Carina Dayondon's journey is about giving honor to the  
18 country, raising the Philippine flag, and empowering women;

19 WHEREAS, the accomplishment of LTJG Carina Dayondon, PCG has once  
20 again displayed the brilliance and excellence of Filipinos despite insurmountable odds  
21 that brings immense pride and honor to the country;

22 BE IT RESOLVED, AS IT IS HEREBY RESOLVED, to congratulate and  
23 commend Carina Dayondon for being the first Filipina to conquer the seven summits  
24 of the world.

Adopted,

  
**MARIA LOURDES NANCY S. BINAY**  
Senator

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<sup>5</sup> Ibid.