

Spantik Expedition



Hello team!

Welcome to the Epic team for the Spantik expedition in Pakistan.

Our Objective: Locally known as both "Golden Peak" and "Spantik Peak", this beautiful mountain deep in the Karakoram Range in Pakistan is an accessible challenge for climbers looking to bag a 7000-meter peak.

This information pack is LOADED with everything you need to start preparing yourself for the journey ahead.

Please read this entire document thoroughly as there are many important details to take note of.

This information pack will be your primary trip resource and one you can keep circling back to in preparation for the Spantik Expedition during the months ahead.

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Getting ready to experience Pakistan

A few months prior to the trip, we will be sending you a number of Google forms and documents to return in order to collect the necessary information from you.

Please do your best to fill in and return these in a timely manner.

Visa arrangements - general information

- All team members coming on the Spantik Expedition trip MUST apply for a Pakistani Tourist Visa (maximum 3 months in advance, preferably no later than 2 months before the trip).
- Visa fees are NOT included in the tour price and it is your responsibility to obtain the correct visa in a timely manner from Pakistan Immigration/NADRA.
- You can apply for a visa under the new E-visa scheme. Guests can use [this link](#) to apply for their Pakistani E-visa.
- Epic will issue every guest a Letter of Invitation (LOI) to Pakistan and other supporting documents (Pakistani guide licenses, accommodation reservation documents, NIC numbers (Pakistani tax id #), etc needed to apply for the visa.
- Once all of the proper paperwork is submitted online, the Evisa is typically granted within 1-2 weeks.
- Whilst we can provide you with advice, support, and the necessary documents, we have no influence whatsoever over the outcome of your visa application. However, so far all of our clients have had their visas approved with no problems.
- If you have not already submitted a copy of your passport to Epic, please do so ASAP

Visa Length

- Visas are typically issued for 30, 60, or 90 days and are almost always single-entry visas.
- Generally you will have 6 months from the date the visa is issued to "start" the visa, ie, enter Pakistan.
- Make it clear on the online application when you intend to enter Pakistan so that your visa will be valid long enough from the date of issue for you to be able to enter Pakistan.
- You must enter Pakistan before the visa validity expires.
- Double-check the expiry date of your own passport! Make sure it is valid for at least the next year.

Spending Extra Time in Pakistan

If you want to spend extra time in Pakistan before or at the end of the trip - this is no problem!

Some areas of Pakistan are off-limits to tourists (like Kashmir and sensitive military zones) and you will not be allowed to enter them without a special permit (NOC) which Epic guests would need to arrange on their own.

- Guests can easily enter Pakistan and travel independently in the days before the start/finish of the tour.
- Guests do NOT have to enter or leave Pakistan on the exact days shown on the Epic itinerary/LOI. Guests will have to leave Pakistan prior to visa expiry.
- Most nationalities visiting Pakistan on a tourist visa/ trekking/ mountaineering visa are allowed to overstay their visa for up to two weeks for free, no questions asked. Epic staff has verified that this procedure is true. Staying beyond two weeks will levy a fee, but is still allowed. If you plan on overstaying the visa dates beyond two weeks, we recommend that you get a [visa extension](#) in Lahore or Islamabad.

VISA Timeline and Process

- Submit a copy of your passport to Epic.
- Pay your final trip balance
- Epic will issue supporting documents
- Apply for your Visa 3 months or less before the start of the trip
- Buy plane tickets (some consulates may require you to provide proof of travel along with the visa application).
- Visa Obtained
- Buy travel insurance
- Get excited for the Karakoram range!

LOI & Supporting Documents

- As mentioned, Epic will be providing you with a Letter of Invitation (LOI), supporting documents, itinerary, hotel reservation documents, and other bits of documentation.
- You will be required to submit these documents when applying for your visa.
- Do submit all the documents we send to you with your application.

- DO NOT TRY TO APPLY FOR THE VISA ON YOUR OWN WITHOUT FIRST OBTAINING THE NECESSARY DOCUMENTATION FOR US.

Travel history

You may be required to provide a travel history as part of your visa application.

- In the case of Epic staff, the visa form was woefully inadequate to list all of the countries we have visited so we typed it up on an additional sheet of A4 which seemed to be appreciated.
- This is very onerous but it is worth taking the time to do correctly. Please note that **if you have ever visited Israel or India we advise that you do NOT declare this** unless you have an Israeli stamp or visa in your passport in which you should declare it.
- Epic does not know whether this will actually influence the outcome of the application but the two countries do not have formal, diplomatic relations of any kind.
- Here is an example of a travel history document:

| COUNTRY | DATE | PURPOSE | LENGTH OF STAY |
|-------------------------------|-----------------------|--------------------------|----------------|
| New Zealand | 2/1/2016-8/3/2017 | Working Holiday, Tourism | 15 months |
| Australia | 5/12/2016-10/12/2016 | Tourism | 5 days |
| Malaysia | 9/3/2017 - 30/3/2017 | Tourism | 3 weeks |
| Nepal | 31/3/2017 - 12/5/2017 | Tourism, trekking | 6 weeks |
| France | 13/5/2017 - 25/7/2017 | Family | 2 months + |
| UK (England, Wales, Scotland) | 25/7/2017-25/9/2017 | Tourism, trekking | 2 months |
| USA | 27/9/2017- 29/11/2017 | Family | 2 months |
| France | 27/11/2017 - Current | Work, Live, Family | Ongoing |

Flights to Pakistan

Arrival Airport: Islamabad (ISB)

Departure Airport: Islamabad (ISB)

You will need to book your round trip flights into/out of *Islamabad* International Airport. Islamabad (the capital of Pakistan) is a major city in Pakistan and as such is very well connected. We advise that you arrive in Pakistan a day or two before the tour starts. This is so that clients can shake off any jet lag they may be experiencing, and also to give all clients more of a time window in case of schedule changes or flight delays.

Note: Included accommodation does not start until the evening of day 1. If you arrive in Pakistan in the days before the tour starts, you will need to arrange and pay for your own accommodation. We can help make suggestions for you if you'd like or we can book you into the same hotel as our guides.

Suggestion: Why we set a timeline for our summit push, we can not schedule that on an exact date due to mountain conditions. We suggest you buy a **flexible plane ticket** because it is possible we will finish ahead of schedule, meaning you could potentially fly home early if we are back in Islamabad early.

In case of early trip conclusion or early departure, there are no refunds.

Connections and Flights

- If you are coming from Australia, New Zealand or South East Asia, some good flight connections are available from Kuala Lumpur (KLIA) and there are currently affordable flights from Bangkok via KL to Islamabad.
- If you are traveling from elsewhere, connecting via Dubai, Oman, Abu Dhabi or Istanbul are good options to investigate.
- We recommend checking Skyscanner, Secret Flying and Kiwi for flights.
- These airline connections may be helpful to some, keep in mind these are just suggestions, there are many other airlines, some flying direct, to choose from :

| | |
|---------------------------|------------------------------------------------------------|
| Istanbul to Islamabad | Turkish Airlines |
| London to Islamabad | Pakistan International Airlines (PIA), Turkish Airlines |
| Sydney to Islamabad | Etihad Airlines, Emirates |
| Kuala Lumpur to Islamabad | Thai Airways, Emirates |
| Dubai to Islamabad | Emirates |
| Doha to Islamabad | Qatar Airlines |
| Abu Dhabi | Etihad Airlines |

When do you need to arrive?

- To experience the full itinerary, you need to be in the hotel/meeting place and be rested by the morning of day 1. We will confirm the exact time and meeting place just prior to the start of the tour.
- We advise that you arrive in Pakistan one day before the tour starts. That way you can get a good night's rest before we depart for the start of the tour the next day.
- The tour ends on day 21 and with the exception of breakfast and arranging airport transfers, no services are included this day, so it makes sense to try and leave by the evening. Checkout from the hotel is midday on day 21.

Accommodation

- Prices are based on the sharing of hotel rooms and single (same-sex) members of the group will typically be put together. We will be using nice guesthouses/hotels.
- Each member will have their own tent at Spantik base camp, but will be expected to share up at the higher camps on the mountain.
- Sometimes rooms might be without air-conditioning (although the rooms in Islamabad will definitely have AC). In Skardu, the more basic rooms have fans, but no AC.
- Once we arrive in Askole to start the trek, our accommodation will be in tents until we return back to Skardu. The tents are high quality, waterproof, and comfortable.
- If you wish to bring and carry your own tent for base camp, make sure it is sturdy enough for rocky glacier terrain, potentially high winds, and snowfall. Inform us if you'd like to bring your own tent.

Single Room Supplement Costs: If you would like to reserve a single hotel room for the expedition, the cost is \$600.

Food on the Spantik Expedition

- Food whilst camping will be the best possible quality, but please have realistic expectations of what our camp cooks can deliver. There won't be any lasagne and red wine (unless you bring the wine), but the food will be healthy and tasty.

DAILY MEALS

- Breakfast: Typically includes an omelet/fried eggs, fried Pakistani bread (paratha), jam, nutella, butter, and chai/coffee. Sometimes we have a delicious hot porridge as well. Want to win the heart of your guide? Bring a pound of your favorite coffee from your country to share with the group.
- Lunch: Will include a mix of local bread, tinned fish, biscuits, crackers, cheese, and chai. There will almost always be a noodle soup course (lunch and dinner).
- Dinner: Is always the main event of the day and will be a mix of vegetables, rice, noodle dishes, daal, meat (mutton or chicken), chapati, and other tasty dishes served up by our experienced cook.

DURING THE CLIMB

- Epic will provide quality freeze-dried meals, instant soup tea, and some snacks at the high camps.

WE REQUEST THAT EVERY CLIENT BRING AT LEAST 1 POUND (500 GRAMS) OF COFFEE FROM THEIR HOME COUNTRY.

Note: In general, the food in Pakistan is SPICY (especially in Punjab). Again, we always try to accommodate dietary needs, but keep in mind that options can be limited at times if you can't tolerate spicy food. There will ALWAYS be some decent vegetarian and non-spicy items, but you also need to have realistic expectations regarding Pakistani cuisine, which can be meat-heavy, and SPICY.

Let us know early on if you have any diet restrictions/preferences. If you are vegetarian/vegan, you might want to consider bringing some of your own food (for snacks/breakfast stuff), as it can be very difficult to cater to individuals in a big group, though we always do our best.

The Spantik Expedition requires a lot of energy output each day and a big part of our job is keeping everybody well-nourished, happy, and energized.

Personal Snacks

- If you have done some climbing before (all of you should have experience), then you know how important snacks are! While Epic does provide some snacks, it is always a great idea to bring some of your favorite trekking snacks from your home country.
- The availability of quality snack food in Skardu is very limited. Bring your favorite assortment of snacks and chow down during trail breaks. Nuts, jerky, energy gels, Cliff bars, dark chocolate, superfood powder, bliss balls... These are all solid snack foods.
- Choose high calorie, low weight snack foods.
- In Skardu, you can find things like cookies/biscuits, crackers, milk chocolate (will melt in your bag), chips, dried fruits/nuts, but zero western style trekking food.

Staying Safe on This Tour

- You may have guessed, but this adventure tour carries a certain amount of risk since we are trekking and climbing DEEP into the mountains in a developing country. This is not your average holiday. There will be no cocktails on the beach, sorry about that :)
- Guest Safety is Epic's #1 priority and our experienced ground team does everything within their power to set our group up for a safe adventure.
- The name of the game is safety first and injury prevention.
- In case of emergency, your Epic trip leader is equipped with a satellite communication device AND a satellite phone. Both of these have communication capabilities to contact outside emergency first responders from any place in Pakistan.
- Guests are able to use the satellite phone for personal calls on occasion at the rate of \$10/minute (paid in cash on the ground).

Travel Insurance for Pakistan

- **It is Mandatory for every trip participant to take out a travel membership with Global Rescue** or to have an equivalent like Garmin SAR. This is because they are one of the few companies that organize helicopter evacuations in Pakistan in the case of an emergency. Note that this is NOT full medical travel insurance. Global Rescue also offers full medical travel insurance, but the important policy to take out is a Global Rescue Membership. They also offer great travel insurance.
- If you don't want to go with Global Rescue for medical travel insurance, that's fine - but again, all members MUST have the Global Rescue Membership that covers helicopter evacuations. See other recommendations here.

- You will need to prove you have insurance by providing a photocopy of your policy. You also need to sign a waiver (mentioned previously) releasing the guides, Epic, and our partners in Pakistan of liability.
- There are lots of insurance companies on the market but many will not cover trips to Pakistan - we recommend that you use [World Nomads](#) and their explorer plan- they specialize in covering travel to unusual destinations. It is important to note exclusions for things like injuries at certain altitudes.

Medical Consideration

Vaccination (pre covid times we are talking about) can be a contentious issue and ultimately down to the decision of an individual. There are some vaccinations that are recommended for travel to Pakistan so please consult with a travel clinic for further advice. For reference, most of our clients do not get any extra vaccinations prior to coming to Pakistan.

There is very little dengue or malaria risk in Northern Pakistan and you should not need to take antimalarials for this trip. We will be in the low to no risk area throughout the entire expedition.

General Information on health considerations while traveling in Pakistan.

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/pakistan>

If you are ARRIVING into Pakistan from a Yellow Fever area, immigration stipulates you hold a Yellow Fever Certificate proving you have received the vaccination.

Altitude Sickness: AMS/HAPE/HACE

Altitude sickness symptoms can be a problem for some people, when sleeping above 3500 meters. Staying hydrated, well fed, warm, and not over exerting yourself on the hikes will go a long way to keeping yourself feeling good. There is the option to take altitude sickness medication. Diamox is the most commonly used [AMS](#) (acute mountain sickness) drug on the market. Diamox works as a preventative measure though, so if you do plan to take it, you will need to start your pill regimen a few days before we set off on our hike. Talk to your doctor about the side effects of using Diamox.

More severe symptoms generally occur at over 12,000 ft (3,600 m). Acute mountain sickness can progress to high altitude [pulmonary edema](#) (HAPE) or high altitude cerebral [edema](#) (HACE). Both of these conditions are quite rare at the altitudes where we will be going. All the same, it is best to have had some experience previously with being at altitude for an extended period so you know how your body handles altitude. For our purposes though, most people will just find it a little harder to breathe and that is it. It is very rare to experience severe systems at the altitudes we cover during this exped.

The two main serious altitude sickness complications are high altitude edemas of the lungs and brain. High altitude cerebral edema (HACE): A lack of oxygen causes fluid to leak through tiny blood vessels into the brain, which leads to swelling. Usually, HACE occurs when a person stays at high altitude (7000+ meters) for at least one week.

If you feel you are struggling significantly with the altitude at any point, it is vital you let your guide know.

Again, both of these conditions are extremely rare and are much more common for mountaineers sleeping at altitudes above 7,000 and 8,000 meters for extended periods, so please don't worry yourself too much.

- The highest point on the Spantik Expedition is 7028 meters.
- The highest sleeping altitude is around 6200 meters

Money In Pakistan

- ATMs are common in Islamabad but less common (or non-existent) once we head to Skardu. We have experienced issues finding working ATMs once we leave the cities and we recommend that you change/withdraw your money before we head up into the mountains.
- We also recommend that instead of relying on your ATM card, bring foreign cash and change it in the city (if the money changer is open at the airport). USD, Euro, and British Pounds are all fine. Make sure to bring notes that are free from any defects. The money changers like PERFECT banknotes.
- If you use an ATM, keep in mind that this may be your only opportunity to withdraw cash until we return to Islamabad in several weeks' time.
- Pakistan is a cash-based economy and you will not be able to use your debit/credit card to purchase things.

As to how much money you should bring, here are some costs for you to take into account...

- Souvenirs vary in price from a couple of dollars up to \$100, depending on what you are buying and how good you are at haggling.
- Soft drinks and water are about fifty cents to \$2
- A meal will set you back between \$8 - \$10

Money Recommendation: If you take out the rupee equivalent of \$350 USD for personal expenses, you should have more than enough to pay for your extra nights' hotel accommodation, buy meals during free time, buy extra drinks, etc.

See the note on tipping in the next section of this document. It is always better to have MORE cash than you think you need, just in case. You can always change the Pakistani rupees back to your preferred currency at the end of the trip if need be.

When we return to Islamabad at the end of the expedition, you will have a chance to get out more cash should you need it (for shopping, tipping staff, last-minute purchases, etc).

Tipping In Pakistan

Epic staff including our ground team in Pakistan go above and beyond for guests before, during, and after the trip to make sure that everyone has the best possible trekking experience imaginable. So how do you show your guides some love? Well, besides bringing coffee, tipping is the next best option.

Note: There is a strong tipping culture in Pakistan and our clients are expected to tip our staff and the local porters and cooks we use as a matter of industry and cultural standard.

Below we have included the industry standard recommendation to offer our staff some additional compensation based on your overall experience and keeping in mind the length of the trip and how hard we work to ensure you have an incredible time in Pakistan. Show your staff some love!

A generous tipping budget to cover all your bases is around \$350 USD for the entire trip for staff - not including your lead guides.

TIPPING RECOMMENDATIONS

- High altitude porters: \$150 per guest (paid in rupees)
- Lead Cook: \$50 per guest (paid in rupees)
- Porters: \$30 per guest (this will go into a group pool, you are not tipping per porter) - (paid in rupees)
- All staff can be tipped PKR or USD (local currency is preferred)

Summit bonus: If you reach the summit on this expedition, then you are expected to tip your guide an industry-standard summit bonus

Note: At the start of the trip, each team member is expected to contribute \$300 USD to the team tip pool that will go directly to porters, cooks, assistant guides, drivers, etc. Your lead guides can be tipped at the end of the trip.

SIM Cards and Internet Access in Pakistan

- Foreigners can obtain SIM cards in Pakistan
- There are several major networks in Pakistan: Zong, Telenor, and SCOM. SCOM works the best in Gilgit-Baltistan (and does not work well at all in Punjab).
- Once we start the trek though, there will be zero cell/wifi reception. In our opinion, it's not worth getting a SIM card as our hotels in Islamabad and Skardu should have wifi. The wifi in Skardu however comes and goes sporadically as when it is around, it is slower than molasses.
- SIM cards cost about 2000 rupees with a data plan.
- All foreigners need to obtain SIM cards from the various companies' main offices.
- You will need your passport, visa, and to give your fingerprints in order to get a SIM.
- Keep in mind that this trip is a chance for our guests to unplug and fully embrace a proper digital detox.
- There is no phone signal at Spantik Base Camp

Meeting the People - Being Culturally Sensitive

- Pakistan is an Islamic country but it is not a theocracy. This means that state and religion are institutionally separated and Pakistani law is based on British common law, rather than Sharia (Islamic) Law.

- While socially conservative, most of the population consider themselves to be moderate and secular Muslims tolerant of other religions. Hijabs are not obligatory, burkas are very rare (at least in the areas of the country we are visiting).
- For the majority of this trip, our group will be interacting with the people in Baltistan, many of whom are accustomed to seeing foreigners occasionally do to the long legacy of foreign expeditions and mountaineering in the area.
- In general, it is best not to discuss politics or religion with locals, at least not as a topic of conversation when you first meet them. If appropriate and if you have gotten to know an individual on a deeper level, it is fine to discuss those topics.
- Use common social sense and please try not to push your personal political/religious agendas onto other guests or local people.
- Please don't bring up the topics of Israel, Osama Bin Laden, or the Taliban with local people, unless you have gotten to know them well.

Local people will be genuinely curious about your life, what you do for work, your family (if you are male they will almost certainly ask if you're married and how many kids you have), and about life in the West. Taking the time to connect with locals and share life experiences will only add to the overall experience of your journey along the Spantik Expedition.

Gender Roles in Pakistan

- Guests will note that there is limited mixing of the sexes in Pakistan. Men tend to hang out with other men and women with women. You will also note that when locals approach foreigners, they tend to separate themselves on gender grounds; Pakistani men want pictures with the guys (and foreign women) in our groups and the women with the girls in the group!
- Although Pakistan is very safe and whilst women do sometimes encounter issues here while traveling independently, it is not nearly as challenging a place to travel as a woman as, say, India or Morocco.
- On the Spantik Expedition, however, the local guides and porters are used to being around foreign men and women. We all eat meals together as a group and women have the same standing and respect from the porters and guides as the men.
- Some local porters (who may or may not speak any English) may not make conversation and or eye contact with foreign females. This is nothing against all of you ladies, it is more of a cultural thing common across Pakistan.

Balti Culture

- Pakistan has only existed as a nation for 70+ years and remains deeply tribal. As such the cultures, attitudes and even appearances of the population vary from one region to the next. For example, in Baltistan, the people there tend to be pretty conservative, yet within the younger (male) generation western dress and a little bit of English language skills are common.
- Each region in Pakistan also has its own language although the official languages throughout the country are Urdu and English.
- In Baltistan, local people speak Balti; a Tibetic language. In addition to being spoken in Baltistan, Balti is also used in the Nubra Valley of Leh district and in the Kargil district of Jammu and Kashmir, India.

- Balti is quite different from Standard Tibetan. Many sounds of Old Tibetan that were lost in Standard Tibetan are retained in the Balti language. It also has a simple pitch accent system only in multisyllabic words, while Standard Tibetan has a complex and distinct pitch system that includes tone contour.
- Pakistanis are for the most part extremely friendly, helpful and respectful folks. Most are delighted to see foreigners enjoying their country and many will want to speak with you and take photographs - many many selfies... with your permission of course! This selfie phenomenon doesn't really apply to our time trekking in the mountains.

Guides and High Altitude Porters

This expedition group is accompanied by two Epic guides and a team of high-altitude porters (equivalent to climbing Sherpas) who have vast experience operating in this region - and who have climbed this peak previously. For more information about our guides, visit our [meet the team](#) page on our website.

On the mountain, each team member will have a 1:1 client-to-high altitude porter ratio, meaning you will have someone to help you carry loads as well as climb with you throughout the expedition.

Our team will either fix the ropes in certain sections of the mountain ourselves or work together with other expedition groups to fix the rope on the mountain - mostly between camp ii and camp iii.

What To Pack for this Spantik Expedition

This “What to Pack” chapter is one of the most important sections of this entire information pack, so please take the time to read over everything thoroughly and make sure you are prepared with the right gear when the time comes to head to the mountains in Pakistan.

It's extremely important that you bring the right gear for this trip, as it is tough to pick up quality supplies in Pakistan.

- The weather will at times be cold and, especially above 4,000 meters, you will want to be comfortable so it's worth spending money on quality warm gear. It's always best to be prepared for a variety of climates and temperature fluctuations.
- For the first few days of the trek, it will be hot, dusty, and exposed to the fierce Karakoram sun.
- From above 4000 meters and above, we will likely experience freezing or below-freezing temperatures at night. Keep in mind that it can snow anytime, especially above 3,500 meters, though July/August is when the mountain weather is the most stable.
- In general, try to pack light, but pack enough to be comfortable for nearly two weeks in the mountains. Try to select pieces that will layer well together, and that can be easily added and removed with the changing temperatures.
- Ladies, wearing super short shorts and your sports bra whilst hiking isn't really appropriate for Pakistan. Keep in mind that local people are not used to seeing women in revealing clothing. Please try to keep your breasts (cleavage) and legs covered. However, if there is a little skin showing here and there, it will not be problematic.
- Each guest has a 30- kilo (66 pounds) porter allowance. If your duffle bag weighs more than 30 kilos, you will need to pay for the additional weight.

Weather Conditions on Spantik

As you should know by now, the weather in the Karakoram mountain range can be highly variable. We will be traversing through a number of different climatic zones so it is a good idea to know what to expect at each point.

- **Islamabad** - Hot and humid with the potential for monsoon rain events. Average temperatures: High: 35°C / 95° F Low: 24°C / 76° F.
- **Skardu** - Warm to hot during the day, but not humid. Dusty, especially along the main bazaar road. Cooler and pleasant at night. Potential for wind and dust storms. July is the warmest month in Skardu. High: 23°C / 73.4° F Low: 10°C / 50° F. The sun is stronger in the mountains so temps. feel hotter than they actually are.
- **3,500 - 4,500 Meters** - Daily temperatures remain warm, though mornings and evenings are cooler. Above 4000 meters temperatures can easily drop below freezing at night and early morning. Rain, snow, cloud cover are all possible at any time. More ice is present on the Glacier.
- **4,500 - 5,600 Meters** - Freezing temperatures at night and cool to cold temperatures during the day with periods of warm sunshine possible. Rain, snow, cloud cover are all possible at any time. The coldest possible temperatures at base camp hover around -10°C/14°F.
- **5,600 - 7000 Meters** - Same as above, but increased maximum cold temperatures up to -25 degrees on the summit.

Full Gear Kit List

Please note that Epic DOES NOT rent any personal gear or equipment.

Note: Every team member has a 30-kilo porter allowance for their main duffel bag to base camp.

If you want to bring more weight, it is no problem, there will just be extra costs associated with excess luggage.

Please carefully study the packing list and make sure that you bring every required item on the list.

If you are unsure about a piece of gear, please email us or book a call with your guide to discuss the equipment in greater detail.



PACKS & BAGGAGE

- Expedition Duffel Bag
- Day Trekking Backpack
- 50 Liter Climbing Pack

BOOTS & FOOTWEAR

- Trekking Boots
- Camp Shoes
- Sandals/Tevas/Keens

ESSENTIAL PERSONAL GEAR

- 0F\ -17C Sleeping Bag
- Inflating Sleeping Pad
- Inflatable Camp Pillow
- Closed Cell Foam Pad

OTHER PERSONAL GEAR

- Dry Bags
- Polarized Sunglasses
- Personal First Aid Kit
- Power Bank
- Strong spoon/spork
- Lightweight plastic bowl
- 2 x 1L Nalgene bottles
- 750ml/1L Thermos (optional)

MOUNTAINEERING EQUIPMENT

- Crampons
- 6000/8000 meter boots
- Mountaineering Ice Axe
- Alpine Harness
- Helmet
- Gaiters
- 3 x screwgate Carabiner
- 1 x snaplink carabiner
- Figure 8 / Belay Device
- Tape Slings 2 x Syneema sewn slings (60-100cm)
- A 4-meter section of 9mm dynamic rope - for making a Cow's Tail

TOILETRIES

- Toothbrush, Toothpaste
- Sun Cream (50 spf+)
- Spf Lip Balm
- Biodegradable Soap
- Personal First Aid Kit
- Deodorant
- Wet wipes
- Fast Drying Towel

CLOTHING LAYER SYSTEMS

- Rain Shell Pants
- Hard Shell/Rain Jacket
- Fleece
- Base Layer Top
- Base Layer Bottoms
- Sun Hat and Beanie
- Buff and Bandana
- Trekking Shirts
- Trekking Pants
- Synthetic Multisport Pants
- Merinos Trekking Socks
- Mid weight Down Jacket
- Down Pants
- Heavy Weight Down Jacket
- Down Suit (optional)
- Mountaineering Mitts
- Light Gloves
- Insulated Gloves
- Snow Goggles (Optional)
- Face mask / Balaclava

Early client departure protocol

In the event that a trip participant needs to leave the planned trip itinerary early due to illness, injury, family emergency, personal reasons, or simply because they want to, etc then there are a few things to note:

Should a trip participant choose to leave the planned itinerary early for any reason, from the moment they leave the tour, all expenses from that point onward are the responsibility of the trip participant. This includes but is not limited to, hotels/accommodation, transportation, emergency helicopter evacuation, internal flights (even if we have purchased you a flight for the trip you are attending), meals, airport transfer, guide services - everything that is normally covered by Epic during your tour is no longer covered once a trip participant decides to leave.

In an emergency situation or in case of severe illness, Epic staff will do everything within our means to aid the trip participant until they are in a safe/stable condition. When possible, Epic staff can also help you book new accommodation, flights, transport, etc when possible - but all of these expenses are for the trip participant to pay.

The point being, our staff will always be available to the best of our ability to facilitate the logistics of your departure, should you choose to leave the trip early.

Liability waiver

All tour participants will be required to sign an industry-standard waiver releasing Epic from liability related to any aspect of this trip. Waivers are usually issued on day 1 of the tour at our first team briefing. If you would like to request a copy of the waiver in advance, please email us.

Paying the balance

Final balance payments will be due approximately 4 months before the tour begins. If you have a balance owing we will advise you of how and when to pay this. Please remember that deposits are non-refundable.

If you would like to pay the balance sooner, please email us!

Again, we are very excited to get to meet you in person in Pakistan soon!
The Epic Team

