



## 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
- Power Bank
- Strong spoon/spork
- Lightweight plastic bowl
- 2 x 1L Nalgene bottles
- 750ml/1L Thermos

## 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



## LAUNDRY

There are no opportunities on the trip to get a reliable machine wash for your clothing apart from rest days in Skardu between treks - as we are not in any one place long enough to facilitate proper washing. Most of the time though, we have enough downtime at hotels and at camp to do laundry by hand using soap or organic washing liquid (not provided).

We recommend that you bring along some biodegradable/organic soap so that you can wash your clothes when we have downtime (often we will arrive at camp with hours of daylight to spare). Most camps along the trek have flowing water sources, so washing clothes is pretty straightforward.

By day 2 of the trek, you will be ready to wash your socks and other layers as it tends to be dusty and warm at the beginning of the trek.

## BUYING TREKKING CLOTHING

In general quality over quantity is a good rule to live by when purchasing new adventure gear. For socks, go for merino wool, for shirts, merino or other synthetic materials are best. With the exception of maybe underwear avoid cotton clothing for any item you might wear on the trekking portion of the trip.

Perhaps the most important item on the list is a good sleeping bag. Be sure to go with something that has at the minimum - the recommended temperature rating.

Alpine boots are not mandatory but in the event of some snow or lots of rain, having a more durable, proper-waterproof boot is nice.

## PERSONAL FIRST AID AND SUPPLEMENTS LIST

- Assortment of plasters \*\*
- Ibuprofen \*\*
- Triple antibiotic cream \*\*
- Anti-nausea medication \*\*
- Anti-allergy medication \*\*
- Diamox (*if you are wanting to go that route*)
- Ciprofloxacin (*antibiotic against stomach bugs*) \*\*
- *Throat drops* \*\*
- *Eye drops* \*\*
- *Quality lip balm with SPF + extra tubes*
- *Muscle relaxing cream IE Bengay*
- *Electrolyte tablets*
- *Pro biotics/ Multi-vitamins (Optional)*
- *Moleskin/Blister treatment*
- *Alcohol swabs* \*\*
- *Medical tape* \*\*
- *Melatonin/natural sleep aid* \*\*
- *Ear plugs*
- *Steri-strips*
- *Tampons*

\*\*Can buy in Pakistan