



## PACKS & BAGGAGE

- ☐ XL Duffel Bag (132 liters)
- ☐ Day Trekking Backpack w/ rain cover

## ESSENTIAL PERSONAL GEAR

- ☐ 0F \ -17C Sleeping Bag
- ☐ Inflating Sleeping Pad
- ☐ Inflatable Camp Pillow \*
- ☐ Sleeping Bag Liner \*

## SPECIALTY EQUIPMENT

- ☐ Trekking Poles
- ☐ Helmet \*\*
- ☐ Crampons \*\*
- ☐ Headlamp with extra batteries
- ☐ Harness \*\*
- ☐ Gaiters\*
- ☐ Grayl Filter Bottle
- ☐ Large Wide Mouth Water Bottle
- ☐ 2 Twist Lock / Automatic Carabiners\*\*
- ☐ 2 climbing slings 120 cm\*\*
- ☐ 1 Connect adjust lanyard \*

\* Optional

\*\* Equipment mandatory for Gondogoro La,  
Do not bring it if you do the trek without the pass

## BOOTS & FOOTWEAR

- ☐ Trekking Boots
- ☐ Alpine Boots (B1/B2)\*
- ☐ Camp Shoes
- ☐ Sandals/Flipflops/Tevas
- ☐ Down Booties \*

## OTHER PERSONAL GEAR

- ☐ Dry Bags\*
- ☐ Polarized Sunglasses
- ☐ Personal First Aid Kit
- ☐ Power Bank
- ☐ Chargers/Phone Cable
- ☐ Personal snacks

## TOILETRIES

- ☐ Toothbrush, Toothpaste
- ☐ Sun Cream (50 spf+)
- ☐ Spf Lip Balm (2)
- ☐ Biodegradable Soap
- ☐ Deodorant
- ☐ Wet wipes
- ☐ Travel Towel

## CLOTHING LAYER SYSTEMS

- ☐ Rain Shell Pants
- ☐ Synthetic Multisport Pants
- ☐ Trekking Pants (1-2 pairs)
- ☐ Fleece
- ☐ Trekking Shirts (2-3)
- ☐ Base Layer Top
- ☐ Base Layer Bottoms
- ☐ Mid weight Down Jacket
- ☐ Thin Sun Shirt
- ☐ Additional Mid-Layer \*
- ☐ Heavy Weight / Hi Loft Down Jacket
- ☐ Hard Shell/Rain Jacket
- ☐ Gloves Light Weight
- ☐ Mid/Heavyweight GoreTex Gloves
- ☐ Sun Hat and Beanie
- ☐ Buff and Bandana
- ☐ Merino Trekking Socks (6-7 pairs)
- ☐ Underwear / Bras (4-6 pairs)
- ☐ Comfortable City Clothes/Travel Clothes

# PAKISTAN | K2 BASE CAMP TREK





## 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.

## 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

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## GEAR NOTES

**Shopping for Men's and Women's Gear:** Since we can only link to one example product in this packing list, you might have noticed that most of the gear we link to is for men. That said, the gear recommendations we select usually have both male and female versions of the product available. Please note that the example products we link to are just that. You are free to bring any version of an item on the packing list as long as it will meet the rigorous demands of this trip.

**Specialty Equipment for Gondogoro La:** This is the gear you will use for the pass day only.

**Trekking boots vs. alpine boots for Gondogoro La:** This is a personal preference, but we always recommend alpine boots over trekking boots for Gondogoro La. This is due to the possibility of deep snow and cold temperatures. Also, the fit and security of automatic and semi-automatic crampons is more secure than strap-on universal crampons.

**Crampons:** Please make sure your crampons fit your boots before coming to Pakistan. Note that automatic and semi-automatic crampons will not fit your hiking boots. If you plan on using trekking boots instead of alpine boots with the crampon lug at the back, be sure that you get universal crampons that use a strap on system vs a locking system.

**Carabiners:** We recommend using twist-lock carabiners for the simple reason that they are fast and easy to use. Screwgate carabiners are still fine to use. Please practice opening and closing them prior to coming to Pakistan so you can be as efficient as possible on the pass day.

**Slings/Safety Line:** We suggest that you bring two 120 cm slings. Depending on your height, you can also use 60 cm slings instead (if you are under 5 foot four inches). Additionally, we recommend that you bring a Connect adjust lanyard to be used as your main safety anchor attachment, but this is optional.

**Ice Axe and Jumar:** No, you do not need an ice axe or jumar for this trip.

**Hot Weather:** At the start of the trek, you need to be prepared for warm weather. This means bringing plenty of electrolytes, sunscreen, lipbalm, a hat, sunglasses, and proper clothing to cope with the heat. A thin, hooded sunshirt will be your best friend. It is also good to have at least one pair of shorts and thin trekking pants.

**The Grayl GeoPress Water Purifier:** We strongly recommend that you bring this bottle to Pakistan. Other water filter systems do not work as purifiers and you will be putting yourself in danger of waterborne illness if you use something like a Sawyer Squeeze or Lifestraw. You can use water purification tablets if you have used them in the past and know and trust them. Please note that during the day, while trekking, you will be responsible for filtering your own drinking water. At camp, we do provide boiled water for the whole team.

**Extras from Home:** A unique Epic tradition has always been to bring a bag or two of your favorite coffee or tea from home to share with the group. Your trip leader will brew it up every day and everyone wins! Please make sure you bring pre-ground coffee suitable for a French Press from your favorite local roastery (no McCafe or Starbucks coffee, please). We also encourage everyone to bring a bottle of your favorite sauce or condiment from your home country. This can be your favorite hot sauce, Vegemite, a sweet spread, salty sauce, or whatever it is you want to add to the communal "sauce bank".

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