K2 Climbing Expedition: Packing List

Your personal gear for K2 (8,611 m) by the Abruzzi Spur. Tick each item as you pack.

We supply on Full Board: don't bring

- Oxygen bottles, mask and regulator
- High-camp tents, stoves, gas and cooking pots
- Fixed ropes, ice screws and snow bars
- Walkie-talkie radios, the base camp satellite phone and the base camp medical kit

On Base Camp Only, you organise everything above base camp yourself.

Technical climbing gear

- ☐ Alpine harness that adjusts over a down suit
- ☐ Helmet that fits over a warm hat
- ☐ Ice axe, 60–70 cm
- ☐ 12-point steel crampons that fit your 8,000 m boots
- ☐ Ascender (jumar) with a sling or cow's tail
- ☐ Belay/abseil device (figure-8 or ATC)
- ☐ 3 locking and 3 plain carabiners
- ☐ 9 m of 6–8 mm cord and a 240 cm sling

Footwear

- ☐ **8,000 m triple boots**, sized for thick socks
- ☐ Trekking boots for the Baltoro
- ☐ Down booties for camp
- ☐ Gaiters for the trek
- ☐ 2 pairs of summit socks, 5–8 pairs of trekking socks

Clothing

- ☐ Base layers, merino or synthetic: 2–3 tops and bottoms (no cotton)
- ☐ Fleece mid layer, top and bottoms
- ☐ Heavy down jacket
- ☐ Insulated trousers
- ☐ Hardshell jacket and trousers with full side zips
- ☐ Softshell jacket and trousers
- ☐ **Down suit rated to about –40 °C**, one-piece preferred

Hands

- ☐ 2 pairs of liner gloves
- ☐ Mid-weight softshell or leather gloves
- ☐ **Summit down mitts**
- ☐ Chemical hand and toe warmers

Head and eyes

- ☐ Warm hat that fits under the helmet
- ☐ Sun hat
- ☐ 2–3 buffs and a windproof balaclava
- ☐ Category 4 glacier glasses, plus a spare pair
- ☐ Ski goggles, with a clear lens for night

Sleeping

- ☐ Down sleeping bag for base camp, about –20 °C
- ☐ Down sleeping bag for the high camps, about –40 °C
- ☐ Inflatable mat and a closed-cell foam mat

Packs and bags

- ☐ Climbing pack, 60–80 litres
- ☐ 2 large lockable duffel bags, 120–150 litres
- ☐ Daypack for the trek, rain cover and dry bags

For the high camps

- ☐ 1 litre thermos
- ☐ 2 insulated water bottles with covers
- ☐ Pee bottle, 1–2 litres
- ☐ Your favourite high-altitude snacks, about 1–1.5 kg
- ☐ **Energy gels and drink mixes** (not sold in Pakistan)

Personal and medical

- ☐ Personal first-aid kit
- ☐ Altitude medicines prescribed by your own doctor
- ☐ Sunscreen SPF 50 and lip balm
- ☐ Toiletries, quick-dry towel, wet wipes
- ☐ Small knife and repair tape

Electronics

- ☐ Headlamp with 2 spare sets of lithium batteries
- ☐ Power bank, at least 20,000 mAh
- ☐ Satellite messenger (such as an inReach)
- ☐ Plug adapters and camera

Documents and money

- ☐ Passport, valid at least 6 months, and your visa
- ☐ Spare passport photos
- ☐ **Insurance covering helicopter rescue and evacuation** (mandatory)
- ☐ US dollars in cash
- ☐ Emergency contacts

Optional

- ☐ Trekking poles
- ☐ Overboots
- ☐ 6,000 m boots for the lower mountain
- ☐ Altimeter watch
- ☐ Personal pulse oximeter

Good to know

Your personal baggage allowance is **65 kg (110 lb)**, carried by porters to base camp.

Some gear can be rented in Skardu, but the quality is not good. Bring all technical gear, boots, your down suit and sleeping bags from home.

Test your whole system on a 6,000–7,000 m peak first: gloves on the jumar, boots with crampons.