

K2 BASE CAMP TREK

PAKISTAN | ASIA | (5,117M)

OVERVIEW

Located in the Karakoram range of Northern Pakistan lies a series of mountains snow capped and hovering over the blue skies one of them is the legendary K2 or Chogori the second-highest on Earth, surrounded by many other mysterious and Giant peaks. The trek to the throne room of mountain gods, k2 base camp is exciting, the place is special and it is a lifetime dream for most of us.

K2 BASE CAMP TREK PAKISTAN KARAKORAM

Asia | 5,117m

Dossier



K2 BASE CAMP TREK

PAKISTAN | ASIA | (5,117M)

HIGHLIGHTS

- A must do trek for mountain connoisseurs and rightly listed as one of the world's top 5 Mountain walks.
- A spectacular trek up the Baltoro glacier, Concordia and karakoram.
- Views of K2, Broad Peak, Masherbrum, G1 & II, Trango towers and Mitre Peak among many others.
- We also offer the option to do the K2 & Gondogoro la trek and descend back down to the Hushe valley via Gondogoro la crossing rather than getting back the same way to Askoli.

INTRODUCTION

- This is considered to be one of the world's great treks with breathtaking scenery surpassed anywhere else in the high mountains. This is a challenging trek to Concordia and K2 Base Camp.
- The trekking route is lined with rugged mountains all the way from Askole, the last village in the Braldu gorge, to Concordia. On our walk up the Baltoro glacier we will see the Trango Towers, Masherbrum, K2 and Broad Peak among many others. Concordia has been described as the "Throne Room of the Mountain Gods" for its unique 360° panorama of 7,000m mountains and impressive views of K2.
- After some time exploring K2 and Broad Peak Base Camps and get back to Askoli following the same trail we went up.



K2 BASE CAMP TREK

PAKISTAN | ASIA | (5,117M)

AT A GLANCE

Total number of days - 20 days

Grade & days trekking Challenging (Mountaineering), 13 trekking days

Accommodation

6 nights hotel, 14 nights camping

2024 price from Islamabad

£ 2,000 (US \$ 2,150 or € 2,100)

Minimum group size

5

Maximum group size

15

COST FOR PRIVATE TOURS

Solo Cost	2 to 4 person Cost	4 to 8 person Cost	8 to 20 person Cost
\$4500	\$3000	\$2400	\$2150



K2 BASE CAMP TREK

PAKISTAN | ASIA | (5,117M)

FIXED DEPARTURES

Start	End	Cost(USD)	Availability	
10-june	29-june	\$2,150	Available	BOOK NOW
18-june	07-july	\$2,150	Available	BOOK NOW
26-june	15-july	\$2,150	Available	BOOK NOW
05-July	25-July	\$2,150	Limited Seats	BOOK NOW
12-July	31-July	\$2,150	Available	BOOK NOW
20-July	08-August	\$2,150	Limited Seats	BOOK NOW
27-July	15-August	\$2,150	Available	BOOK NOW
05-August	24-August	\$2,150	Limited Seats	BOOK NOW
12-August	31-August	\$2,150	Available	BOOK NOW
20-August	08-September	\$2,150	Limited Seats	BOOK NOW
27-August	15-September	\$2,150	Available	BOOK NOW
05-September	24-September	\$2,150	Guaranteed	BOOK NOW
12-September	01-October	\$2,150	Available	BOOK NOW



THREATS AND RISK ASSESSMENT

Participants should be aware trekking, mountaineering and travelling in a developing country are activities that involve a risk of personal injury. As a condition of booking you must accept these risks and be responsible for your own actions and involvement.

Adventure travel requires an open and flexible attitude. You may experience extreme conditions, unpredictable weather and last minute changes to the itinerary beyond our control. The ability to work in team is an important aspect of all of our trips.

As a part of our planning process we have performed a detailed threat and risk assessment for our K2 & Gondogoro La trek. It is worth pointing out all of our trips have a certain degree of risk, this is of course part of the attraction of adventure travel and why so many people choose to join this type of holiday. However by identifying the potential hazards on K2 & Gondogoro La we can assess the level of risk and implement control measures to reduce this happening.

For your information we have listed below a summary of the significant risks and hazards identified by us: Falls and trips resulting in physical injury e.g. slipping on ice or falling off the path.

- Altitude illness including but not limited to AMS, HACE and HAPE.
- Getting lost or becoming separated from group e.g. Crossing Gondogoro La pass in whiteout.
- Severe bad weather and conditions when camping e.g. at Concordia or K2 Base Camp.
- Climatic injuries (dehydration, sun burn, heat exhaustion, hypothermia or heat stroke). Temperatures of up to 40 Celsius may be experienced during the first few days of the trek.
- Crossing a river with no bridge resulting in drowning and/ or a fall. There are a number of river crossings on the trail to K2 Base Camp.



K2 BASE CAMP TREK

PAKISTAN | ASIA | (5,117M)

- Rock fall and landslides e. The jeep track Skardu – Askole - Skardu is at a risk of rock fall and landslides as well as many sections of the trek.
- Snow and ice avalanches.
- Lightning strike.
- Wildlife, pack animals (e.g. donkeys or horses) or stray dogs. Pack animals have been known to knock people off the path. Dogs can attack and bite, we advise you discuss rabies vaccination with your doctor.
- Earthquake. There is a high risk of earthquake in Karakoram Mountains.
- Endemic local diseases. We advise you discuss vaccinations with your doctor before departure.
- Physiological injury such as heart attack, appendicitis, hernia, toothache etc. in a remote area.
- Road traffic. The drive along the jeep track Skardu – Askole – Skardu is a prone to landslides and rock fall and has many sections with high degree of exposure.
- Flight accident on Islamabad – Skardu – Islamabad route.
- Contaminated food and/ or water.
- This trip visits a remote area where you are away from normal emergency services and medical facilities. In case of a serious injury requiring hospitalization evacuation could take up to several days and may impede your ensuing recovery. Helicopters are the most usual means of evacuation, however they are not always available or they may be hindered by poor weather and flying conditions.



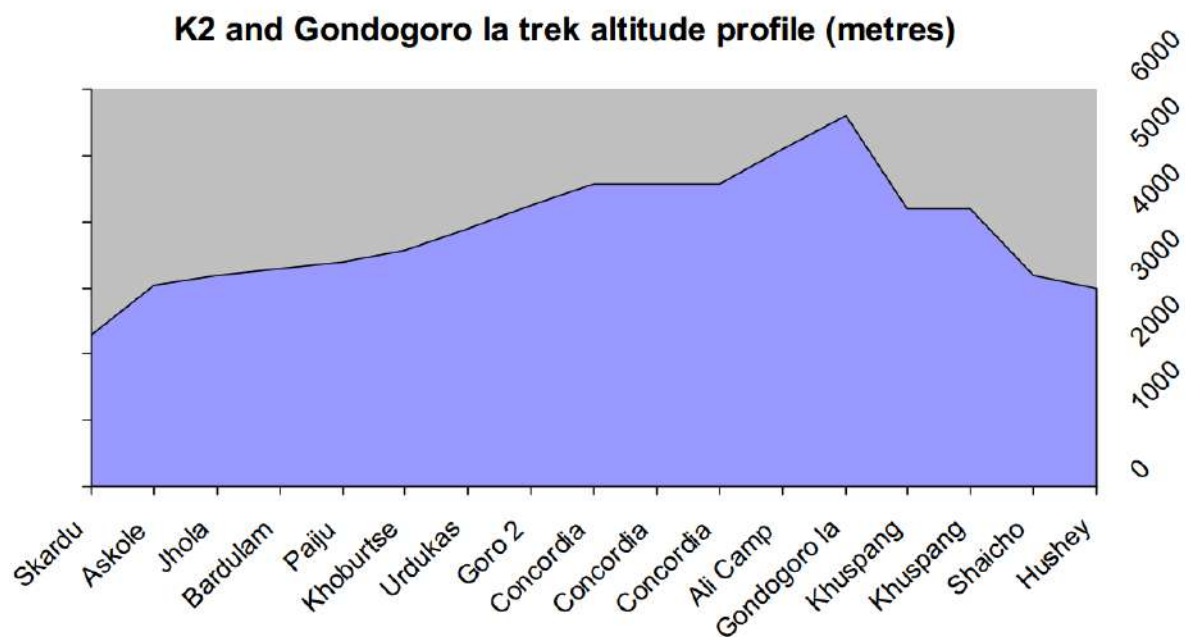
K2 BASE CAMP TREK

PAKISTAN | ASIA | (5,117M)

ALTITUDE AND ACCLIMATISATION

Our K2 Base Camp Trek itinerary has been designed for gradual acclimatization to take place, take a look at the altitude profile for the itinerary below:

There are ways of helping the acclimatization process, as described below:



- Walk slowly: there is plenty of time included in the itinerary so there is no need to rush, go at your own pace and enjoy the incredible views!
- Drink lots of water: it is easier for your body to acclimatize when hydrated so drink water and avoid coffee, tea and alcohol.
- Consider taking Diamox (acetazolamide): before using this drug we recommend consulting a doctor and researching the pros and cons of using this medicine.

Please remember even the fittest and healthiest person can develop one of the altitude illnesses: AMS (acute mountain sickness), HACE (high altitude cerebral edema) and/ or HAPE (high altitude pulmonary edema). The symptoms of these illnesses are listed below, if any of these occur when you are on trek please immediately tell your guide.



K2 BASE CAMP TREK

PAKISTAN | ASIA | (5,117M)

Symptoms Of AMS

- Tiredness
- Dizziness
- Nausea or if severe, vomiting
- Poor sleep

Symptoms Of HACE

- Usually preceded by AMS
- Like “Severe AMS” also with severe headache unresponsive to painkillers; confusion and physical clumsiness (ataxia).

Symptoms Of HAPE

- Fluid in the lungs: cough, tiredness, breathlessness out of proportion to exercise especially at rest and worse when lying flat.
- Often symptoms start later (at night or after 24 to 48 hours at new altitude).
- Often occurs without AMS (often no headache)
- But you can have AMS and HACE too.

If you have symptoms of altitude illness (AMS, HACE or HAPE) you must not ascend in altitude. If you have HACE or HAPE you must descend to nearest health post (if available) or seek medical help.

If you have only mild symptoms of AMS you should rest, drink fluids, and try to eat, keep warm. If symptoms go away then you can go up. If symptoms get worse you have to descend in altitude escorted by one of our guides (someone with altitude illness must never descend alone).



K2 BASE CAMP TREK

PAKISTAN | ASIA | (5,117M)

FIRST AID KIT

The trekking runs through isolated places without the immediate possibility of sanitary resources, often minor problems can appear that with good information and a basic medicine kit we can solve them. "Primum non nocere": the main thing is not to hurt or "use only what you know how to use", so in the face of great doubts, it is best to give first aid and ask for help. The UIAA (International Union of Alpine Associations) recommends that mountaineers carry a basic, lightweight, easy-to-use and detailed instruction kit to solve problems on the mountain by ourselves or after consulting a doctor. (For example by phone)

- | | | |
|---------------------------------|---|---------------------------|
| ✓ Zithromax 500 (3 tablets) * | ✓ Tanagel sachets | ✓ Bucometasan tablets |
| ✓ Actira tablets * | ✓ Almax tablets * | ✓ Flutental cream * |
| ✓ Neobrufen 600 40 c | ✓ Omeprazole tablets * | ✓ Fucidine cream * |
| ✓ Paracetamol 500 mg or Aspirin | ✓ Polaramine tablets * | ✓ (Steri-Strip) * |
| ✓ Romillary tablets * | ✓ Urbason 40 ampoule (1) + syringe | ✓ Cloth Tape 5 cm |
| ✓ Chivrouvelin eye drops | ✓ Edemox tablets (height) | ✓ Compeed |
| ✓ Fortasec tablets | ✓ Bleach in small opaque bottle (suitable for food use) | ✓ Sterile gauze pouch |
| ✓ Small Betadine (every 2) | ✓ Elastic band 10X10 * | ✓ Tweezers Small-scissors |
| ✓ Sunblock cream | ✓ Glucose or Isostar pills | ✓ * small cream |

- Betadine carry it in small leakproof bag.
- Well closed creams that do not go out.



K2 BASE CAMP TREK

PAKISTAN | ASIA | (5,117M)

Instruction For Use

PAIN, FEVER: Paracetamol 500 mg, ASPIRIN (AAS) 500 mg.

TOS: ROMILAR (dextromethorphan) tablets

COOLERS: PARACETAMOL tablets and decongestant nasal gel

PHARMACOLOGY: BUCOMETHASAN tablets, honey and lemon candies.

DIARRHEA: Lightly = TANAGEL envelopes, 1 every 4 -6 hours (forced astringent diet)
Moderate - severe = FORTASEC (loperamide) 1 every 6-8 hours

PAIN STOMACH LIGHT: MAALOX (Al-Mg tablets) 1 / 4-6 Hours

MODERATE STOMACH PAIN -INTENSE: OMEPRAZOL 1/24 hours

ALLERGIES OR PUNCTURES: Slight and local: Flutonal cream Serious or general:

URBASON INFECTIONS Local on the skin:

FUCIDINE cream General: Antibiotics (consult the doctor of the expedition)

EYES: sunscreen (CHIVROUVELINE)

LIPS: sunscreen (ISDIN), moisturizer (KLORANE, ultra protective lipstick)

DISINFECTANT: Povidone iodized small bottle (BETADINE or IODINE)

EXHAUST: Glucose tablets or ISOSTAR or energy bars

ALTITUDE: Acetazolamide (EDEMEX) 250 mg tablets, Dexamethasone (FORTECORTIN) tablets.

MISCELLANEOUS AND APPLICATIONS: 10 x 10 elastic or gauze bandage, sterile gauze pads, wide cloth tape, bandages,



K2 BASE CAMP TREK

PAKISTAN | ASIA | (5,117M)

STERI-STRIP, mosquito repellent, after sun cream, 2 scalpel blades, tweezers Small, one pair of single use gloves and 2 safety pins.

** EXTRA INDIVIDUAL: ACICLOVIR ointment if you have herpes frequent on lips, ANTIHEMORROIDAL ointment if you have a history, BIODRAMINE if you get dizzy on trips, etc.

VACCINATION AND MEDICAL

You should obtain professional advice from a travel clinic or your local GP about which vaccinations to have before you arrive in Pakistan. A dental check-up is a good idea as there will be no dental facilities while on the trek.

We bring a comprehensive first aid kit including high altitude medicine, antibiotics and other medicines. Please get in contact with us if you would like to see the list of medicines contained in our medical kits.

Training: An important difference is made and therefore a state of physical fitness is desirable, especially to be able to enjoy "live" the great and wonderful mountains that we have always admired in books.

Medical exam.

- ✓ Go to your family doctor for problems that could get worse on the trip, where isolation or remoteness can create difficulties.
- ✓ It is necessary to know the allergies to medicines, and a history of problems that may arise with the effort of trekking: our weak points (stomach, lumbago, migraines, etc.) can give us an unpleasant surprise and we must prevent it or at least be prepared.
- ✓ It is advisable to perform a blood pressure test, and if it has not been performed in the last 2 years, a basic analytical.



K2 BASE CAMP TREK

PAKISTAN | ASIA | (5,117M)

- ✓ A detailed and more detailed medical examination, with basic analytical and electrocardiogram, is recommended for those over 40 years of age.
- ✓ If you have ear problems it is advisable to have a check, and if there is a history of wax plugs, examine if a previous cleaning is necessary.
- ✓ If you wear contact lenses or glasses you must have a recent revision and bring spare parts.

Oral examination:

- To decrease the likelihood of discomfort.

Vaccinations:

- Covid vaccination mandatory, but it is also very advisable to have tetanus, and have updated the official immunization schedule. However, it is best to follow the advice of External Health:

COMMUNICATIONS

There is internet at Concordia and k2 base camp we will provide wifi connection if the network is available. We also bring a Thuraya satellite phone for logistical, safety and personal use. Personal calls charged at £3 (US\$5) per minute and £2 (US\$3) to send and receive SMS text.

A TYPICAL DAY ON TREK

The day starts with an early morning mug of tea brought to your tent by one of the cook's helpers. Before heading over to the mess tent for breakfast it is best to pack your overnight gear into your duffel bag. During breakfast the tents will be packed away and, after the porters have arranged their loads, they will set off on the trail in the cool of the morning.



K2 BASE CAMP TREK

PAKISTAN | ASIA | (5,117M)

After breakfast, probably between 7am and 8am, we start walking. The pace of the trek is leisurely with plenty of time to enjoy the scenery, take photos and explore the local villages. Lunch will be around 11am at a spot by the side of the trail and is prepared for us by the cooks.

There is more walking after lunch and normally you will get into camp by mid-afternoon with the tents already put up by the local staff. In the evening a three course meal is served in the mess tent around 7pm. After supper the leader will discuss the plan for the next day with the group. People might stay in the mess tent chatting about the day's events for a while before retiring to their tent for the night.

FOOD

In Islamabad there is a wide range of excellent restaurants to try out, some of the more popular ones are: Kabul Restaurant, Larosh Restaurant in Committee Chowk for good Pakistani food and Omar Khayam for Iranian food. Breakfast is provided each morning by the hotel.

While on the trek you will get breakfast with porridge and cereal, toast or chapattis, omelets and a range of hot drinks. Normally a hot lunch is prepared by the trek crew or on the longer days a pack lunch is provided after breakfast. On arrival at the camp in the afternoon you will be given tea and biscuits and a three course meal will follow with soup, a main meal and dessert. We bring along fresh vegetables and meat (chickens and a goat) for the main meals.



K2 BASE CAMP TREK

PAKISTAN | ASIA | (5,117M)

CLIMATE

The traditional trekking season in Pakistan is June to September. K2 and Baltoro trek will have a wide range of temperatures depending on the altitude and the time of day.

In the mountains between 1,000m and 3,500m the nights will be cool normally around 5°C. During the day temperatures can be very hot even as high as 40°C in the lower elevations. Bring lots of water, sunhat and sunscreen!

At higher altitudes temperatures range from about 20°C to -10°C. The mornings are generally clear with clouds building up during the afternoon and often disappearing at night to reveal beautiful starry nights.

Rawalpindi/Islamabad will be hot and humid at this time of year, temperatures typically range from 30°C to 46°C with high humidity, whereas the temperatures in Skardu at 2,340m will be cooler.

WEATHER

The best time to travel to Baltoro is Mid-June to end of August. It is the time that the peaks are made in the Karakorum. That says everything. In Skardu the average temperature in the month of August is around 37° during the day and -6 at night.



K2 BASE CAMP TREK

PAKISTAN | ASIA | (5,117M)

CLOTHING AND EQUIPEMENT

A list of clothing and equipment for K2 Base Camp trek has been included in the Appendix below. It is worth pointing out that you will need a sleeping bag for this trip.

Each trekker should bring one backpack for items required during the day. Your day backpack will contain items such as warm clothes, jacket, camera, water bottles, personal first aid kit and snacks.

The rest of your personal equipment, contained in your duffel bag, will be carried by a porter. The maximum weight allowance is strictly 13 kgs and if you are more than this there will be an extra charge for additional porters. Please ensure that your bag is marked clearly on the outside for easy identification.

VISA REQUIREMENTS

For tourist visa, Pakistan Consulate office **requires Invitation Letter from a tour Operator in Pakistan and a copy of Pakistan Identification** who signed the invitation letter. We are responsible to sent you this letter for your visa process.



K2 BASE CAMP TREK

PAKISTAN | ASIA | (5,117M)

Additional Pakistan visa documents required to submit along with Pakistan Visa Application:

Trekking Permit

We require the following personal information in order to process the trekking permit:

- ✓ Passport details: name, nationality, passport number, date & place of issue & expiry date
- ✓ Home address
- ✓ Profession
- ✓ Two passport photographs

INTERNATIONAL FLIGHTS

We do not book international flights for our holidays. Instead all package prices are Land only with services starting from arrival to Islamabad.

INSURANCE

- Travel insurance for any itinerary is a condition of booking a holiday. At the very least you should have emergency medical and repatriation insurance which must include the cost of mountain rescue.
- Please carefully check your insurers' Terms and Conditions in particular you should make sure the following is covered:
 1. Activity (i.e. touring, trekking or mountaineering)



K2 BASE CAMP TREK

PAKISTAN | ASIA | (5,117M)

2. Maximum altitude reached on trek
 3. Helicopter evacuation in an emergency.
- It is important for you to understand that ultimately the burden of any expense incurred in evacuation and repatriation procedures will be borne by you and that it is your responsibility to pay any costs incurred in respect of any evacuation or for medical treatment. You should be fully aware of the implications involved in arranging your own travel insurance and understand the limitations and exclusions of your policy.
 - You should be aware that under certain circumstances, our tour leader (local person) might instigate rescue proceedings via helicopter (or any other means necessary) in situations of medical emergency without first contacting your insurance company for their approval.

CULTURAL CONSIDERATION

For those of you who are visiting Pakistan for the first time we have provided some cultural information to help you fit into the country:

- Dress code is important for both men and women and even while trekking you should wear conservative dress. Wear loose, long-sleeved, no revealing shirts and full length pants that cover your ankles. A shalwar kamiz, a traditional long shirt and baggy trousers, can be bought cheaply in Rawalpindi and generally makes locals feel more comfortable around you as it is a visible sign of your interest and respect for their culture. Women should bring a scarf to cover their heads especially in mosques or private homes.



K2 BASE CAMP TREK

PAKISTAN | ASIA | (5,117M)

- Pakistani society is a strongly patriarchal and only partly because it is Islamic, women are meant to be mothers and housekeepers and typically spend most of their time at home. When they do go out they are normally veiled from head to toe in the burqa, although in the main cities some wear just a scarf covering their hair and chest.
- Muslims consider the left hand to be unclean, therefore do not eat food with your left hand and make sure you give/receive food only with your right hand.
- Do not bring any products made from pork into Pakistan.
- Most Pakistanis are extremely hospitable and you could be invited to someone's house (often the cook or one of the porters), it is best to remove your shoes when you enter a private house.
- Handshakes are common place among Pakistani men and some older men put their hand over their ear when shaking hands. Do not offer a handshake to the opposite sex as it will put them in an awkward position, it is generally best to let them make the first move.
- Never point the sole of your shoe or foot at anyone and never step over any part of someone's body.

SUGGESTED READING

Please take a look at these valuable books and maps to Pakistan, the link is at:

1. K2: Triumph and Tragedy by Jim Curran
2. The Endless Knot: K2, Mountain of Dreams and Destiny by Kurt Diemberger & Audrey Salkeld
3. Clouds from Both Sides An Autobiography by Julie Tullis



K2 BASE CAMP TREK

PAKISTAN | ASIA | (5,117M)

4. Regions of the Heart: The Triumph and Tragedy of Alison Hargreaves by David Rose and Ed Douglas
5. Above the clouds by Anatoli Boukreev

MAPS

- ✓ Karakoram or graphical sketch map Sheets 1 & 2. Swiss Foundation for Alpine Research, Zurich. Scale 1:250,000K this is a good map series and shows the whole Karakorum Range including Ladakh in India. Highly recommended. I will bring this map along on the trek.
- ✓ Leomann Trekking Maps of the Karakoram by West Col Productions Scale: 1:200,000
- ✓ AMS U502 Topographic Survey Maps of the Himalayas by the Army Map Service Scale: 1:250,000
- ✓ The Karakoram Highway by Open Road Guides, England Scale: 1:1,000,000

SERVICES INCLUDED

- ✓ All transfers and assists at the airports of Pakistan.
- ✓ Accommodation in Islamabad in hotel in double rooms including breakfast.
- ✓ Domestic flights by plane: Skardu - Islamabad
- ✓ Bus: Islamabad - Skardu.



K2 BASE CAMP TREK

PAKISTAN | ASIA | (5,117M)

- ✓ All-terrain vehicles Skardu - Askoli - Skardu.
- ✓ Full board during the trekking.
- ✓ All material of collective use during the trekking trip: tents, dining tent, folding tables and chairs, mats.
- ✓ Cook, kitchen helpers, porters throughout the trekking tour.
- ✓ Permission of national parks.
- ✓ Entry visa to Pakistan.
- ✓ Pakistani staff guidelines.

SERVICES EXCLUDED

- Air ticket to Pakistan. - Airline ticket prices to Pakistan are very variable and constantly change depending on the company, dates, rates, etc. So it is not possible to give a definitive price until the moment of making the reservation in firm and payment of a signal.
- Insurance. Obligatory the one of the mountain federation. Modality all over the world, peaks less than 7000 m. (Approximately 150 €)
- Individual room and tent. (If you want this extra service € 400)
- Cold drinks during the trek.
- Lunch and dinner in Islamabad.
- Drinks, laundry, tips
- Unforeseen expenses caused by uncontrollable circumstances such as cancellations or flight delays, blocked roads, weather conditions, natural disasters ...
- Any other expenses not mentioned in SERVICES INCLUDED.



K2 BASE CAMP TREK

PAKISTAN | ASIA | (5,117M)

MONEY

What to do with the money? Apart from spending it, once you have calculated the budget you will need to handle there, the best thing would be to know what you can pay by credit card (in many cities) so you do not have to carry so much cash. It is convenient that you take a certain part in small bills and € coins, for when you have to make a small and unforeseen payment during the trip or first days. During the whole trip, keep the money distributed in two or three different places (bag at the neck, waistband, etc.) and if you lose or steal it will only be a part.

The euro can be changed with the same ease as the dollar. Credit cards are accepted in many places and can always come in handy. To carry the money and the documentation,

the most practical are the belts. You can exchange rupees at any currency exchange in Islamabad.

TIPS

The world of tips, is not considered in this type of countries in the same way as in developed countries. There, the gratuity constitutes a kind of tacit obligation on the part of the client, and therefore a right of the candidate to receive it. Tipping is an expected part of your salary, but it's hard to believe. Obviously, if you are not happy with the service received, you will not be taken to jail if you do not give anything, but expect small coin always in your pocket. The socially correct minimum is around 5% of what you have paid for the service (in a restaurant, for example).

In the groups, where a local team of porters, cooks, guides, etc. has intervened. One of the ceremonies that marks the end of the trekking consists precisely in the delivery of tips that, after so many days working with and for the group, they suppose a good amount for them and little thing for you. These tips are not included in the price.



K2 BASE CAMP TREK

PAKISTAN | ASIA | (5,117M)

LUGGAGE

- The luggage must be formed by the smallest possible number of packages. Make sure that this small bulk does not exceed 13 kg, and not only to not have problems with excess baggage at the airport, but also because you will handle much better and, on the other hand, you don't need to take as many things.
- During the trek, the maximum weight per person is 13 kg, plus the personal backpack that each carry.
- On the other hand, and especially if you are overweight, the sooner you arrive at the airport to check your luggage, the better (We will stay three hours before); This type
- of international flights are usually very saturated, and as the closing time of the flight approaches, the level of "understanding" by the employees of the company with which you will fly is decreasing.
- The luggage will be completed with a hand bag (the backpack that we will use on the trek) and a more or less wide belt. In them you will essentially keep the most fragile things and those you want to have on hand (a simpler and more comfortable footwear, towel, a warm clothing, light raincoat, camera). Remember that the flight is long, with scales and pronounced climatic changes, for which you have to be prepared with a minimum equipment that makes you as self-sufficient as possible.
- Outside the trek you will need fresh clothes. It is advisable for women to dress - especially outside trekking days - discreetly. Wide and not low-cut clothing.
- Refrain from carrying knives or other objects that are strictly forbidden in security checks in hand luggage or handbag.



K2 BASE CAMP TREK

PAKISTAN | ASIA | (5,117M)

- Even on domestic flights it is forbidden to carry lighters, batteries, matches, etc. in hand luggage. Or any minor thing that could cause damage; they check you from top to bottom, and without any hurry, therefore, try to go unnoticed.
- Coming back with your luggage, plan a quiet day at home to get it right.

BASIC PRECAUTIONS

Set the clock to local time. There is usually WI-FI. With regard to food and drinking liquids in cities or urban centers, you have to be very cautious with the food that is sold at stalls in the streets. Take care of fresh vegetables, if they are not well washed or cooked, unpeeled fruits and dairy products in places that do not offer guarantees.

The water, consume only mineral and bottled (check that they deliver it closed and with the inviolate seal), therefore, do not consume drinks with ice. Disinfection of drinking water. It is essential for the prevention of diarrhea and infections. Purifying tablets: They eliminate bacteria but are ineffective against viruses and protozoa. Chemical disinfection: Chlorination (bleach = sodium hypochlorite) is the method of choice. The bleach should be carried in an opaque bottle-dropper, easily obtainable in pharmacies. The calculation of the droplets of bleach to be added (3 or 4 per liter) depends on the concentration of the bleach (80 or 50 grams of active chlorine), respectively, and it should be allowed to act for at least 20-30 minutes. Addition of somewhat larger amounts provides a characteristic smell and taste. Do not forget that the container of lye must put it is suitable for food consumption: without perfumes or bleaches. Disinfection with iodine is the most advisable method since bacteria, viruses and protozoa are eliminated. Add 10% Povidone Iodine (BETADINE or IODINE: 4 drops per liter of water;



K2 BASE CAMP TREK

PAKISTAN | ASIA | (5,117M)

Transmission of diseases such as Aids or Hepatitis B occurs not only through sexual contact, but also through infected blood or blood products as well as the use of material that may be contaminated (razor blades, toothbrushes, tattoo tools or acupuncture , Etc.) It is time to change € to the local currency, but do it bit by bit, as you need it. Do not make ostentation of money or possessions. Just for the mere fact of being there, the locals will consider you as someone with money even if you do not have a hard; you can imagine then what temptations will not pass through the head to someone with bad faith who sees you maintain attitudes of "economic sufficiency." Keep up to date on work schedules and immediate parties, and so do not take surprises at the time of making Purchases or last steps before leaving for the mount.

CLOTHING AND EQUIPMENT LIST

For the safety of everyone in the group and to help ensure a successful trek, you are required to have the following items in our clothing and equipment list tailored for K2 Base Camp trek. Your gear will be checked by the group guide prior to departure for the trek.

As a reminder, the weather on this trek will vary season to season and day to day as you ascend to higher elevations.



K2 BASE CAMP TREK

PAKISTAN | ASIA | (5,117M)

During the first couple of days on K2 Base Camp trek you will experience hot conditions with temperatures around up to 40°C. You will experience the coldest temperatures at Concordia where overnight lows will be down to around -10°C.

Feet

- Walking/ hiking boots.
- Gaiters. A pair of knee high gaiters used to keep boots dry if walking through deep snow or on wet ground.
- Wool Socks and liner socks.
- Sandals (for use around camp and river crossings).
- Trainers or trail shoes. Can be used on arrival to camp.



K2 BASE CAMP TREK

PAKISTAN | ASIA | (5,117M)

Clothing

- Gore-Tex shell jacket and trousers. For use if it rains or snows during the trek.
- Light trekking trousers. Minimum two pairs of trousers.
- Long sleeve, light colored polypropylene shirts. Minimum two shirts.
- Microfleece.
- Mid to heavyweight fleece jacket (Polartec 200 to 300).
- Sleeveless/ gilet or body warmer type fleece. This will help keep your core warm while not bulking when layering up. Gilet fleece can be used in combination with base layers, other fleeces and down jacket to provide maximum warmth and insulation.
- Lightweight synthetic long underwear for both top & bottom.
- Light to mid weight fleece pants (Polartec 100 to 200).
- Medium weight down jacket (recommended)

Hand Wear

- Fleece gloves.
- Warm mittens and/or gloves.

Head Wear

- Warm wool or fleecy hat/balaclava.
- Sun hat or baseball cap.
- Bandana or scarf. Very useful for the often dusty jeep rides and for protection on hot days (e.g. Buff Headwear check out <http://www.buffwear.com>)
- Light weight climber's headlamp for use at night around the camp. Bring extra batteries and spare bulbs.
- High quality sunglasses with 100% UV protection. Most effective for blocking sunlight are the wrap around type or side covers.



K2 BASE CAMP TREK

PAKISTAN | ASIA | (5,117M)

Personal Equipment

- 4 season sleeping bag (maximum overnight low -15C).
- Fleece or silk liner for your sleeping bag. A liner protects your sleeping bag from getting dirty and helps by adding extra insulation to keep you warm at night.
- Thermosets self-inflating pad and/or foam mat.
- Backpack. Recommended size is 50 liters or larger as you need to have enough space to carry water bottles, camera, lunch and extra clothing as well down jacket for days on the glacier. It is also a good idea to bring a pack cover to keep the contents dry.
- Stuff sacks for keeping your gear dry and organized. Or even better are fold dry bags such as from Expend.
- Two 1 liter water bottles (Nalgene wide mouth bottles are the best) and Camelback type water carrier 2 liter capacity.
- Pee bottle. Highly recommended as means you do not have to get up to find toilet tent at night! For men you can use an old water bottle for women take a look at She Wee at <http://www.shewee.com/>
- Sunscreen and lip salve with an SPF 30 or better.
- Insect repellent.
- Water purification tablets (Pristine, Biox Acqua or Acqa Mira). You will be provided with boiled water at camp however if you refill water bottle at a water tap or steam during the day you should use water purifiers.
- Hand sanitizer. We suggest you keep this in your day pack for use after a toilet break during the trek or before eating any snacks.
- Favorite snack food.
- Paperback books, iPod and cards.
- Trekking poles (Black Diamond with "Flick Lock" are best). Having two poles is mandatory as required for your safety on steep and loose sections of the trail and for walking through deep snow higher up.
- Umbrella. You are likely to get some rain on this trek and also useful for providing shade when hot.
- Camera with spare batteries and memory cards.
- Insurance certificate
- Baby wipes (optional)



K2 BASE CAMP TREK

PAKISTAN | ASIA | (5,117M)

Climbing Equipment

No Climbing Equipment's are required

Travelling

- ✓ Large duffle bag for transporting your personal gear on the trek and during flights. Bring small combination padlocks.
- ✓ Travel clothes. You will need street/casual clothing for air travel days and time spent in Islamabad.
- ✓ Toiletry bag include toilet paper, soap, towel, toothbrush, etc. We provide toilet paper so you do not need to bring this with you.

DETAILED ITINERARY

It is our intention to keep to the day by day itinerary detailed below, although there might be some flexibility due to local conditions or other factors beyond our control. If this is the case the trek leader will do everything possible to work out the changes to the itinerary in order to minimize your inconvenience.

A Detailed Itinerary will be provided in a separate file.

*Chinese Clients can approach us on WeChat: +923175425993

