

SNOW LAKE AND HISPAR LA



Starting the Snow Lake trek passing through fields near village of Askole



HIGHLIGHTS

- This is one of the world's great mountain journeys traversing the huge Biafo and Hispar glaciers connecting Baltistan with Hunza.
- There are superb mountain views and idyllic camp sites in a relatively quiet and unspoilt region of the Karakoram mountains. The high point of the trek is the camp at Hispar La at an altitude of 5,151m.
- The Snow Lake trek is a challenging trek: both the group and porters will have to rope up as we approach Snow Lake, the trail is difficult at times as we cross a number of tributary glaciers, cross glacial streams and crevasses.

REASONS TO CHOOSE THE MOUNTAIN COMPANY FOR SNOW LAKE AND HISPAR LA

- Roland will lead the Snow Lake trek in July 2010. He has visited Pakistan every summer since 2004.
- We have extended our 2010 itinerary by one extra day in order to increase the chances of flying from Islamabad to Skardu. However if the flight is also cancelled on Day 3 then we will drive, this journey should take two days with one night spent at Chilas along the way.
- If we end up driving to Skardu we plan to take a road that avoids the more volatile regions on the Karakoram Highway (KKH), this new route is from Mansera to Balakot, Naran and Chilas. If the new road is not open then we will take the original KKH road.
- We have designed an itinerary based on this first hand experience which is the best in terms of acclimatisation, safety and enjoyment.
- We bring a satellite phone (and solar panel) for logistical, safety and personal use.



- A USD\$6,000 bond is paid to Askari Aviation before the trek so that, in the unlikely case a helicopter rescue is required, they will fly as soon as we contact them on the satellite phone. If the bond has not been paid it will only take off when the money has cleared through their bank account (which can take a few days) even if you have comprehensive insurance coverage.
- We work with the same trekking crew each year, our local trekking guides are very experienced and live in the Northern Areas of Pakistan.
- We provide each porter with rain/windproof jacket & trousers in addition to paying the government regulated equipment money. No other tour operator does this.
- There will be a range of tasty meals for breakfast, lunch and supper. We bring along fresh vegetables and meat (chickens and a goat). We also bring along a supply of chocolate bars, Pringles, nuts and biscuits.
- We bring a comprehensive first aid kit from UK (Life Systems Mountain Leader) plus high altitude medicine, antibiotics and other medicines.
- Everyone's blood oxygen saturation and heart rate is measured twice daily using a pulse oximeter in order to monitor how the group is adjusting to the altitude.
- Pre trip support will be given by Roland via email, phone or face to face meetings. In the past members have arranged to meet up prior to the trek.
- Please get in contact and we will email our Pakistan pre departure notes containing additional information about our trek program in Pakistan, this should help answer some of your questions at this stage.



SNOW LAKE AND HISPAR LA

Total number of days	25 days
Grade & days trekking	Strenuous, 15 trekking days
Accommodation	9 nights hotel, 15 nights camping
2010 price ex Islamabad	£2,145 (US\$3,530)
Minimum group size	6
Dates	July 7 th to 31 st 2011 (Roland Hunter) July 5 th to 29 th 2012



THE FOLLOWING IS INCLUDED IN THE PRICE OF THE TRIP

- Internal flight from Islamabad to Skardu and from Gilgit to Islamabad
- All internal transport and transfers including airport collections.
- Twin share room at private guesthouse in Islamabad and at K2 Motel in Skardu.
- Breakfast only in Islamabad, all meals included in Skardu and on trek.
- Twin share domed tents while on trek.
- All trekking arrangements including permits and fees, Western and Pakistani guides, cook and porters.
- Financial protection insurance with International Passenger Protection.
- Pre departure support and advice from The Mountain Company by email, phone and face to face meetings in London. After booking with us we will send you our comprehensive "Pakistan Trek Information" notes

THE FOLLOWING SINGLE SUPPLEMENT IS AVAILABLE:

Single room supplement	£150 (US\$250)
Single tent supplement	£125 (US\$200)

Please note that if you are a single person booking on one of our trips you do not have to pay the single room supplement, this is only payable if you specifically request to have a room or tent to yourself. You will not have to pay this for this option if you happen to end up with a single room or tent due to odd numbers on the trip.



THE FOLLOWING IS NOT INCLUDED IN THE PRICE OF THE TRIP

- International flight to/from Islamabad (London from £600).
- Travel & trekking insurance (eg. Snowcard from £90).
- Pakistan visa at £55 (obtain before departure).
- Lunch and evening meals in Islamabad.
- Personal clothing & equipment, please see the Appendix for suggested kit list.
- Tips to local trekking crew (these are discretionary however expected for good service in Pakistan, an appropriate amount to budget for would be approx £60 or USD\$100).
- Other items not listed in “What is included”.

YOUR COMPLETE FINANCIAL PROTECTION

In accordance with "The Package Travel, Package Holidays and Package Tours Regulations 1992" all passengers booking with The Mountain Trekking Company Ltd (“The Mountain Company”) are fully protected for the initial deposit and subsequently the balance of all monies paid to us, including repatriation if required, arising from cancellation or curtailment of your travel arrangements due to the insolvency of The Mountain Company.



For further information about our financial protection insurance with International Passenger Protection please see Appendix 2.



PARTICIPATION STATEMENT

Participants should be aware trekking, mountaineering and travelling in a developing country are activities that involve a risk of personal injury or death. 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. Lack of acclimatisation to high altitudes could also be a risk factor. Our itineraries allow optimum time for acclimatising although it is possible that some individuals might be slow acclimatisers.

The majority of our trips visit remote areas where you are away from normal emergency services and medical facilities. In case of a serious injury requiring hospitalisation, it has to be accepted by you, 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.

INTRODUCTION

This trek visits a remote region of the Pakistan Karakoram mountains to Snow Lake and over the Hispar La to Hunza.

A unique journey crossing the longest glacial system in the Karakoram which has the greatest concentration of glacial systems outside Antarctica. The route connects Baltistan with Hunza valley by traversing the huge Biafo and Hispar glacial systems passing Snow Lake and over the Hispar La pass. This area was described by the famous mountaineer explorer Eric Shipton as 'the last blank on the map'.

The journey starts with a flight to Skardu with spectacular views of the Karakoram range including Nanga Parbat and after several nights in Skardu we take jeep transport to the road head at Askole. Once leaving Askole we will be a self contained expedition for the next two weeks. This is a



challenging trek in a remote mountain environment with the route passing over glaciers and moraine where roped glacier travel will be required for several days.

Roland Hunter, founder of The Mountain Company, first visited this Pakistan in summer 2004 while leading the International Broad Peak expedition and has visited every year since then. He is looking forward to returning in 2010 to lead our July Snow Lake and Hispar La trek.

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 minimise your inconvenience.

Day 1. Arrive Islamabad.

Roland will be at the airport to meet you on arrival to Islamabad. Please provide travel plans on booking and we will arrange the pick up and transfer.

Day 2. Fly to Skardu.

Today we will attempt to fly to Skardu, if this flight is cancelled then we will spend another night in Islamabad and try again on Day 3.

Day 3. Fly to Skardu (if flew to Skardu yesterday then we explore the town today).

If the flight was cancelled on Day 2 then we will try again to fly to Skardu this morning, if the flight is cancelled again then we will start driving and will stay the night at Chilas on KKH.

Day 4. Buffer day.

- If we flew to Skardu on Day 2 then we will drive to Askole today thereby keeping an extra buffer day in hand to increase our chances of flying back to Islamabad after the trek.



- If we flew to Skardu on Day 3 then we will spend today exploring Skardu, it is well worth visiting the bazaar and Skardu fort.
- If we drove to Chilas on Day 3 then we will finish the drive to Skardu today. With this scenario we will follow the itinerary below.

Day 5. Skardu to Askole (3,050m) by jeep, 6 to 7 hours driving.

An exciting drive on a winding jeep trail in the arid landscape past villages with fertile terraces and apricot trees, Askole is the last village we will see for a few weeks. Overnight in tents outside Askole.

Day 6. Trek to Namla (3,566m), 8 hours walking.

The trek starts by following the K2 Base Camp trail and then turns west onto the Biafo Glacier.

The trail ascends over a shoulder to reach the left moraine and descends on to the glacier then back on to the left bank where the grassy camping site called Namla is located.

Day 7. Trek to Mango (3,720m), 5 hours walking.

After crossing a fracture zone on the glacier we reach the flat centre of the glacier where the going is easy with spectacular views of granite spires. We set up camp on the left bank of the Biafo in a grassy area.

Day 8. Trek to Baintha (4,035m), 6 hours walking.

The route continues up the centre of the glacier then crosses to the right and comes off the glacier before crossing a sandy area, meadows and several small lakes.

Day 9. Rest day.

A rest day for you and the porters, if you are feeling energetic then there are interesting side valleys to explore from here.

Day 10. Trek to Morfogoro (4,300m), 6 hours walking.

Today there are superb views of many granite peaks and also we will get the first views of the Hispar La and Snow Lake.



Day 11. Trek to Karfogoro (4,590m), 4 hours walking.

Day 12. Hispar la (5,151m), 7 hours walking.

Today we start by crossing the large area known as Snow Lake which will take about 4 hours. Next we ascend to the Hispar La where the views are fantastic of Snow Lake and the surrounding peaks.

For most of today there will be snow on the glacier so we will have to rope up and use glacier travel techniques. We camp overnight at Hispar La.

Day 13. Descend from Hispar La and trek to Khani Basa (4,535m), 6 hours walking.

We descend from the Hispar La being careful to avoid the large crevasses in this area. We reach the junction with the Khani Basa glacier where we camp for the night.

Day 14. Trek to Hugura Shanga (4,305m), 7 to 8 hours walking.

Another day with superb views such as Kanjut Sar II (6,831m). We have to cross the Khani Basa glacier which is a fracture zone where the two glaciers collide. The campsite is on a grassy area on the side of the glacier.

Day 15. Rest day at Hugura Shanga (4,305m).

Day 16. Trek to Shigam Baris (4,120m).

After crossing the Yutmaru glacier we gain a beautiful green valley and will find our campsite several hours walk away.

Day 17. Trek to Bitanmall (3,835m).

After an hour we descend down a steep bank to a side glacier then back to the valley as before where the walking is good. Camp overnight.

Day 18. Trek to Falolinkish (3,353m).

Today we make the last glacier crossing over the Kunyang Glacier. Camp overnight.



Day 19. Trek to Hispar village (2,302m), 6 to 7 hours walking.

We reach the jeep trail quite soon that descends to Hispar village. You will notice the vibrant green of the orchards and terraced fields after the black and white scenery of the Hispar Glacier.

Day 20. Finish the trek, drive to Karimabad (2,438m), 2 to 3 hours walking and 2 hours driving.

Day 21. At leisure in Karimabad.

The Hunza valley is very beautiful and there is lots to do in Karimabad. Today we have the chance to explore Karimabad, it is an interesting town spectacularly situated on a hillside to the north of the road with views of the fertile valley below (due to their extensive irrigation system) and a glimpses of snowy mountains.

We will certainly visit the forts of Alti and Baltit dating from the 13th century- the Baltit fort, once the home of the ruling Mir, guards the valley and is now a museum and the Alti fort is even more dramatic perched above the Hunza river.

Day 22. Drive to Gilgit, 3 hours driving.

Gilgit is an interesting place to explore in the afternoon. You can visit the bazaar, polo field, the rock carving of Buddha and the longest suspension bridge in Asia at 600ft long. You could also visit the old colonial graveyard where George Hayward is buried; he played an important part in the Great Game and early exploration of the area before being murdered by local tribesman.

Day 23. Fly to Islamabad.

The flight to Islamabad takes an hour and has great views of the Karakoram. If the flight is cancelled due to bad weather we will drive to Islamabad which takes 2 days.

Day 24. At leisure in Islamabad.

A day to relax and explore Islamabad or Rawalpindi. If we are unable to fly yesterday this day we will arrive in Islamabad by road.

Day 25. Fly back home.

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ETHICAL AND ENVIRONMENTAL CONSIDERATIONS

The Mountain Company is committed to adopting a responsible attitude to the areas we visit. We are guests of the communities visited and with some thought and care we can ensure that everyone benefits from the experience.

We work closely with the International Porter Protection Group (www.ippg.net) who we support as a Camp 1 sponsor- we abide by their 5 guidelines for porter protection.

We also work with other organisations such as Climate Care (www.climatecare.org), Tourism Concern (www.tourismconcern.org.uk), Friends of Conservation (www.foc-uk.com) and Kathmandu Environmental Education Project (www.keepnepal.org).

We have developed a Responsible Tourism policy which aims to ensure that The Mountain Company and its clients act in a way that is socially, environmentally and culturally sound.

The Mountain Company has joined the UK Foreign and Commonwealth Office (FCO) Know Before You Go campaign. The aim is to make sure travellers are properly prepared before travelling overseas. The best way to get the FCO latest advice is to visit their website at: www.fco.gov.uk/travel.

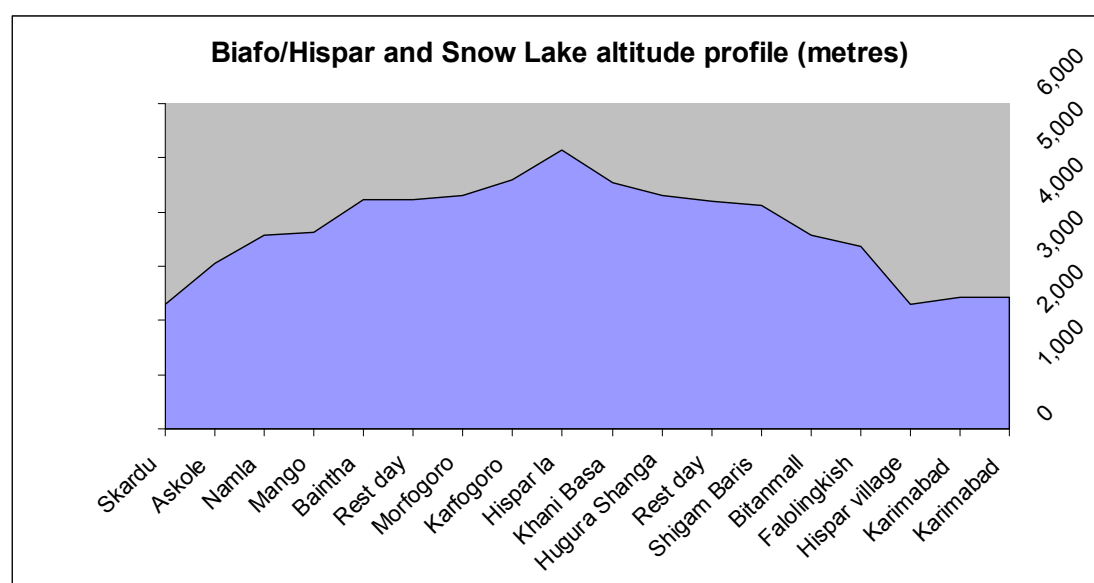




PRACTICAL INFORMATION

ALTITUDE AND ACCLIMATISATION

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



There are ways of helping the acclimatisation 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!
- Drinks lots of water: it is easier for your body to acclimatise 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 thoroughly researching the pros and cons.



For further information we suggest you take a look at the following websites:

Base Camp MD website:

<http://www.BaseCampmd.com/expguide/highalt.shtml>

High Altitude medicine website:

<http://www.high-altitude-medicine.com>

Medex Travel at High Altitude:

<http://www.medex.org.uk/v26%20booklet.pdf>

BMC website:

<http://www.thebmc.co.uk/Feature.aspx?id=1746>

COMMUNICATIONS

We bring a Thuraya satellite phone for logistical, safety and personal use. Personal calls charged at £3 per minute and £2 to send and receive SMS text.

ACCOMMODATION IN ISLAMABAD & SKARDU

In Islamabad we use a private guest house, the facilities are similar to a three star hotel however has a lower profile and better security than larger hotels in Islamabad.

In Skardu we stay at the K2 Motel, this is the best place to stay with beautiful gardens overlooking the Indus River. It is a well known hotel used by generations of expeditions to the Karakorams, we are bound to meet other trekking and expedition groups here.



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.

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 western 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 and Rawalpindi there are a wide range of excellent restaurants to try out, some of the more popular ones are: Pearl Continental buffet, 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, omelettes 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;

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we also provide a supply of chocolate bars, biscuit and nuts.

CLIMATE

The traditional trekking season in Pakistan is June to September. The K2 and Gondogoro La 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 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.

CLOTHING AND EQUIPMENT

A list of suggested clothing and equipment for the Snow Lake trek has been included in the Appendix below. This is a comprehensive list and experienced trekkers will often take only a selection of these items based on what has worked in the past. It is worth pointing out that you will need a sleeping bag for this trip.

If you do not have the clothing and equipment contained in this list then a good option might be to rent from the UK. Trek Hire is a company that rents out high quality items at competitive prices which would save you the expense of buying. The link to their website is <http://www.trekhireuk.com/>



Alternatively if you are going to buy then please contact the office for the Cotswold Outdoor promo code that entitles you, as a client of The Mountain Company, to 15% reduction in their stores and online.

Trekkers should bring all their gear in one large duffel bag and a backpack (40 to 50 litres). Each day you will carry your pack containing items that you might need while trekking such as warm clothes, jacket, camera, water bottle, personal first aid kit and some.

The rest of your personal equipment, contained in your duffel bag, will be carried by a porter. The maximum weight allowance is 18kgs. Please ensure that your bag is marked clearly on the outside for easy identification.

VISA REQUIREMENTS

Citizens from the UK, US, Canada, Australia and New Zealand require an entry visa, it is your responsibility to obtain the entry visa. For the latest visa situation, please look at the Pakistan High Commission website at <http://www.pakmission-uk.gov.pk>

The visa application can also be downloaded from this link:

<http://www.phclondon.org/HC/forms/Visa%20Form.pdf>

Contact details of the Pakistan High Commission in the UK:

35 - 36 Lowndes Square,

London SW1X 9JN.

Tel: 0207 6649200

Fax: 0207 664 9224

There are also consulates in Bradford, Manchester, Birmingham and Glasgow.



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

VACCINATIONS 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 along a comprehensive first aid kit on this trek. See Appendix IV for the contents of The Mountain Company's group first aid kit.

FLIGHTS

We recommend Max Travel (ATOL bonded license# 4705) for booking international flights and other travel arrangements. Please take a look at their website at <http://www.maxtravel.co.uk/> or give them a call on 020 7095 0920.

There are a number of good online agents that we also recommend, they are:

Kayak: *an excellent flight cost comparison website* <http://www.kayak.co.uk/>



Traveljungle: *another good flight cost comparison website*
<http://www.traveljungle.co.uk/>

Cheap Tickets: this site quotes airfares in USD\$ & often is very competitive when translated back to GBP£ <http://www.cheaptickets.com/>

Southall Travel: very competitive prices for India, Pakistan and Nepal both online and telephone support <http://www.southalltravel.co.uk/>

INSURANCE

Travel insurance for any Mountain Company 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. Cancellation insurance is strongly recommended as all deposits paid to The Mountain Company are non-refundable.

To get an online quote for your personal travel and trekking insurance (UK residents only), take a look at Snowcard's website at http://www.snowcard.co.uk/pages/d_select1.asp?referrer_id=MC

Snowcard activity level for Snow Lake trek is 4 and prices start from £90.



Please note that The Mountain Company do not act as an agent of Snowcard Insurance and any policy bought via this web link is effected directly with Snowcard Insurance Services Limited.



CULTURAL CONSIDERATIONS

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, non-revealing shirts and full length pants that cover your ankles. A shalmar 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.
- 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 The Mountain Company's bookstore for a wide selection of books and maps to Nepal, the link is at:

<http://astore.amazon.co.uk/themountainco-21>

K2: Triumph and Tragedy by Jim Curran

The Endless Knot: K2, Mountain of Dreams and Destiny by Kurt Diemberger & Audrey Salkeld

Clouds from Both Sides An Autobiography by Julie Tullis

Regions of the Heart: The Triumph and Tragedy of Alison Hargreaves by David Rose and Ed Douglas

Above the clouds by Anatoli Boukreev

The Last Step: The American Ascent of K2 by Rick Ridgeway

The Ascent of Rum Doodle by WE Bowman

Quest for Kim: In Search of Kipling's Great Game by Peter Hopkirk

Altitude and acclimatisation information and advice

Going higher Oxygen, man and mountains by Charles Houston, MD

The High Altitude Medicine Handbook by Pollard and Murdugh

Medicine for mountaineering by James Wilkerson, MD

MAPS

Karakoram orographical sketch map Sheets 1 & 2. Swiss Foundation for Alpine Research, Zurich. Scale 1:250,000- this is a good map series and shows the whole Karakoram 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

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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



APPENDIX 1

SUGGESTED CLOTHING AND EQUIPMENT LIST

Footwear:

- Walking boots (capable of taking crampons).
- Gaiters. A pair used to keep boots dry if walking through deep snow.
- Wool Socks and liner socks.

Clothing:

- Goretex shell jacket and trousers.
- Light trekking trousers.
- Long sleeve, light coloured polypropylene shirts.
- Microfleece.
- Mid to heavyweight fleece jacket (Polartec 200 to 300).
- Sleeveless (bodywarmer) fleece.
- Lightweight synthetic long underwear for both top & bottom.
- Light to mid weight fleece pants (Polartec 100 to 200).
- Medium weight down jacket (recommended).

Handwear:

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

Headwear:

- 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.
- Light weight climbers 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.

Climbing equipment:

- Climbing harness with 1 m sling and 2 screw gate carabiners
- Crampons (10 or 12 point general mountaineering type).
- Mountaineering ice axe and leash.

Personal Equipment:

- 4 season (minimum) sleeping bag.
- Thermarest self inflating pad and/or foam mat.
- 40 to 50 litre backpack (large enough to carry water bottles, camera, lunch and extra clothing).
- Stuff sacks and plastic bags for keeping your gear dry and organised.
- Two 1 litre water bottles (Nalgene wide mouth bottles are the best).
- Sunscreen and lipsalve with an SPF 30 or better.
- Insect repellent.
- Water purification tablets (Pristine, Biox Acqua or Acqa Mira).
- Favourite snack food
- Paperback books, ipod and cards
- 1 pair adjustable trekking poles.
- Camera and film
- Passport photos



- Insurance certificate
- Baby wipes (optional)
- Anti bacterial hand gel (optional)

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.

Personal first aid kit:

Note: we provide a comprehensive group first aid kit but please bring personal medications and other items you might use regularly such as:

- Any personal medications.
- Malaria prophylactic tablets.
- Blister treatment (Compeed patches are the best).
- Rehydration powder eg Dioralyte.
- Analgesics (paracetamol, ibuprofen and aspirin).
- Plasters and zinc oxide tape.
- Throat lozenges.
- Diamox (helps with acclimatisation).



APPENDIX 2

INTERNATIONAL PASSENGER PROTECTION

In accordance with "The Package Travel, Package Holidays and Package Tours Regulations 1992" all passengers booking with The Mountain Trekking Company Ltd ("The Mountain Company") are fully protected for the initial deposit and subsequently the balance of all monies paid to us, including repatriation if required, arising from cancellation or curtailment of your travel arrangements due to the insolvency of The Mountain Company.

There is no requirement for Financial Protection of day trips, and none is provided. This insurance is only valid for packages booked that DO NOT include flights.

Consumer aware: Your booking is insured by IPP Ltd and its panel of insurers. This insurance is only valid for passengers who book and pay directly with/to The Mountain Company. If you have booked and/ or paid direct to a Travel Agent for a holiday with The Mountain Company please request proof of how the booking is secured as this will not be covered by IPP Ltd in this instance. For further information please go to www.ipplondon.co.uk

This Insurance has been arranged by International Passenger Protection Limited and underwritten by Insurers who are members of the Association of British Insurers & Lloyds Syndicates.

Claim procedures: download claim form from www.ipplondon.co.uk, any occurrence which may give rise to a claim should be advised within 14 days to: International Passenger Protection Limited, Claims Office, IPP House, 22-26 Station Road, West Wickham, Kent BR4 0PR, United Kingdom. Telephone: +44 (0) 208 7763752. Fax: +44 (0) 208 7763751.

In order to deal promptly with any claims hereunder it is essential that you retain all bills, receipts and other documents relating to your travel arrangements. Claims forms must be submitted to IPP within six months of



date of insolvency they cannot consider or pay claims received after this date.