

K2 Base Camp & Gondogoro La



COUNTRIES VISITED: PAKISTAN

TRIP TYPE: Mountaineering

TRIP GRADE: Strenuous

TRIP STYLE: Camping

TRIP LEADER: International Leader

GROUP SIZE: 5 - 10 people

NEXT DEPARTURE: 17 Jul 2021

This is a challenging trek requiring technical mountaineering skills, we follow Baltoro glacier to Concordia and K2 Base Camp then cross the Gondogoro La pass at 5,560m

This is considered to be one of the world's great treks with breathtaking scenery unsurpassed anywhere else in the high mountains.

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, we start the challenging trek out over the Gondogoro La and descend down the beautiful Hushe valley. The route up and down the Gondogoro La is maintained by a local team from Hushe who fix the ropes for trekkers.

Each year we run two treks to K2 Base Camp at the same time. We have the K2 Base Camp & Concordia group where you walk back down Baltoro glacier from Concordia and we also have K2 Base Camp & Gondogoro La group where mountaineering skills are required to cross this technical pass out to Hushe village.

REASONS TO CHOOSE US

- We are Himalayan and Karakoram trekking specialists and we have been operating trips in Pakistan since 2004. [Roland Hunter](#), owner and founder of The Mountain Company, has modified this itinerary based on his first-hand experience of the K2 region.
- The Mountain Company has organised nine successful K2 Base Camp treks. For more information on how these treks went please take a look at our Trip Reports.
- We work with some of the best mountain leaders and guides with deep knowledge and experience of the Himalaya and Karakoram. Unlike many other operators we still allocate appropriately trained international leaders for more remote and technical trips like Kanchenjunga Circuit.
- Read our [AITO Traveller Reviews for K2 Base Camp](#) where our overall holiday rating is 100%. Our approach to organising trips in the Himalaya and Karakoram has helped The Mountain Company win awards such as 2018 Gold Award as AITO Tour Operator of the Year and 2015 Bronze Award as AITO Tour Operator of the Year.
- In 2020 and 2021 we are organising our K2 Base Camp & Concordia trek at the same time as our K2 & Gondogoro La trek. Please note that mountaineering skills and high altitude trekking experience is required for K2 & Gondogoro La whereas only walking experience for K2 Base Camp & Concordia.
- We work with some of the best mountain leaders and guides with deep knowledge and experience of the Himalaya and Karakoram. Unlike many other operators we still allocate appropriately trained international leaders for more remote and technical trips like K2 Base Camp.
- Our international leader will lead both groups on approach to K2 Base Camp and from Concordia will go over Gondogoro La with this group. One of our Pakistan guides will lead K2 Base Camp group descending Baltoro. The two groups will meet up again at Concordia Motel in Skardu on Day 20.
- We designed an itinerary for K2 Base Camp based on this first-hand experience which is the best in terms of acclimatisation, safety and enjoyment.
- We send a Thuraya satellite phone on all of our treks in Pakistan. It is essential for your guide to have reliable communications with us for logistics, planning and group safety.
- A daily GPS location is sent so your friends and family can track your progress on Google maps.
- We work with the same local trekking crew each year, our local trekking guides are very experienced and live in the Northern Areas of Pakistan.
- There will be a range of tasty meals for breakfast, lunch and supper. We bring along fresh vegetables and meat (chickens and a goat). For breakfast every morning we provide fresh coffee from our Bialetti Moka coffee machine.
- We bring a comprehensive first aid kit from UK plus high altitude medicine, antibiotics and other medicines. There will also be a portable altitude chamber (PAC or Gamow bag).
- The Mountain Company will receive bespoke weather forecasts for the K2 region from EverestWeather.com throughout the duration of this trek.

WHAT'S INCLUDED

- Internal flights to/from Islamabad (if cancelled then we will drive on KKH).
- All internal transport and transfers including airport collections on arrival and departure to/ from Islamabad for group flights only. If you are not on the group flights we can arrange airport transfer for an extra charge of GBP65 (US\$85 or €75) per transfer.
 - the group flights are as follows: From Dubai to Islamabad on Emirates EK0612 arriving at 7.30am and from Islamabad to Dubai on Emirates EK0615 departing at 3.10am.
- Twin share room at hotels.
- Breakfast only in Islamabad, all meals elsewhere.
- Twin share domed tents while on trek.
- All trekking arrangements including permits and fees, International and Pakistani guides, cook and porters.
- Bespoke weather forecasts from EverestWeather.com throughout the duration of this trek.
- Thuraya satellite phone to ensure our guides have reliable communications with us for logistics, planning and group safety.
- Rubberised luggage tag posted to you before departure.
- Full financial protection for all monies paid to us through our membership of Association of Bonded Travel Operators Trust (our ABTOT membership number is 5365) and having an Air Travel Organiser's Licence (our ATOL number is 10921).
- 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 Pre Trip

Information" notes and a 'Fitness Training Plan'.

WHAT'S NOT INCLUDED

- International flight to/from Islamabad.
- Travel & trekking insurance.
- Airport pick up and transfers if not arriving on group flight costing GBP65 (US\$85 or €75).
- Pakistan visa for 30 days (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 £155, USD\$200 or €175).
- Other items not listed in "What is included".

ITINERARY

DAY 1: ARRIVE IN ISLAMABAD (540M)

Arrival in Islamabad

Sightseeing in Islamabad

No meals

Hotel Hillview in Islamabad

You will be met on arrival at Islamabad airport and driven back to the hotel. Please note we provide complimentary airport pick up and hotel transfer for only two group flights on Emirates and Oman Air. If you arrive on a different flight and would like an airport pick-up there will be an extra charge for this service.

At some point during the day (time to be confirmed) the trek leaders will give a full trip briefing at the hotel.

DAY 2: FLY TO SKARDU, IF CANCELLED DRIVE KKH TO CHILAS

1) Flight to Skardu

2) Bus to Chilas (8 to 9 hours)

Breakfast, Lunch and Dinner

1) K2 Motel in Skardu

2) Hotel Shangri La in Chilas

Today we will attempt to fly to Skardu in Gilgit-Baltistan, if the flight is cancelled then we will start driving Karakoram Highway ("KKH") and spend the night in Chilas (at the Shangri La hotel).

DAY 3: SIGHTSEEING DAY IN SKARDU (OR DRIVE KKH TO SKARDU)

1) Sightseeing in Skardu

2) Drive to Skardu (7 hours)

Breakfast, Lunch and Dinner

K2 Motel in Skardu

Drive from Chilas to Skardu on KKH. If we flew to Skardu then this is a day to explore the town. We will start with a walk to the fort which has a good view of the Indus river and it is well worth taking some time to explore going into town to see the bazaar. We might be lucky and get to watch a game of polo in the evening.

DAY 4: JEEPS TO ASKOLE (3,048M)

Drive by jeep to Askole (6 hours)

Breakfast, Lunch and Dinner

Camping

We drive in jeeps along a winding trail with several exposed sections passing through the arid landscape with scattered villages and their fertile terraces and apricot trees. Askole is the last village we will see for a few weeks. The time taken to drive to Askole depends on the condition of the jeep track which varies year to year, this is prone to blockages if there are landslides as this follows a narrow valley.

DAY 5: TREK TO KOROFONG (3,100M)

Walking 11km (4 hours)

Walking ascent 250m

Walking descent 150m

Breakfast, Lunch and Dinner

Camping

We start the trek by following a trail next to the Braldu river and, once passed the snout of the Biafo glacier, we arrive at the green oasis of Korofong. Given that we will be in camp by lunchtime we can spend the afternoon relaxing by the river, and also do a short acclimatisation walk if we wish.

If the sun is out then this can be a very hot day with temperatures often approaching 40°C. It is important to bring plenty of water (at least three litres), wear a sun hat and apply plenty of sun cream.

DAY 6: TREK TO BARDUMAL (3,305M)

Walking 20km (7 to 8 hours)

Walking ascent 250m

Walking descent 150m

Breakfast, Lunch and Dinner

Camping

From Korofong we follow the path up a side valley and cross the river by a good bridge (rather than the old trolley system or "jhola" as used in the past). We then walk for another half an hour or so to reach the Jhola Camp. The views are impressive with Bakhor Das (5,809m) and Paiju Peak's needles in the distance. From Jhola we continue onto Bardumal campsite (also known as Skambong Scok).

DAY 7: TREK TO PAIJU (3,383M)

Walking 7km (3 to 4 hours)

Walking ascent 330m

Walking descent 160m

Breakfast, Lunch and Dinner

Camping

After an early start from Bardumal we will arrive at Paiju by mid-morning. The path is quite loose in places and again it is likely we will have to take boots off where the river has flooded the path in a few places. Paiju is a green oasis under the shadows of Paiju Peak (6,611m). From this camp we have the first views of the immense Baltoro Glacier.

DAY 8: TREK TO KHOBURTSE (3,566M)

Walking 12km (7 hours)

Walking ascent 785m

Walking descent 355m

Breakfast, Lunch and Dinner

Camping

After an hour we will walk up and onto the Baltoro glacier for the first time. The path on the glacier is pretty good although care has to be taken as the moraine on the surface is uneven (trekking poles are useful from here on).

We will probably stop for lunch at the old campsite at Lilligo. After this break we cross below the snout of the Lilligo Glacier and then get back on to the Baltoro and walk up and down several moraine ridges before arriving at the Khoburtse campsite.

DAY 9: TREK TO URDUKAS (4,130M)

Walking 6km (4 hours)

Walking ascent 420m

Walking descent 150m

Breakfast, Lunch and Dinner

Camping

During the walk today there are great views of Trango & Cathedral spires and Uli Biaho and Bial mountains. It is a short day but quite hard work as we walk up the undulating moraine, gaining height all the way. The campsite at Urdukas is very impressive with views over the Baltoro and to the dramatic rock spires on the opposite side of the glacier.

DAY 10: ACCLIMATISING DAY AT URDUKAS (4,130M)

Breakfast, Lunch and Dinner

Camping

We have found in the past that taking a rest day at Urdukas has worked well, the advantages of spending an extra night here are:

- it helps the acclimatisation process and has proved to be more effective than a rest day at Paiju (the traditional place for a rest day after only three trekking days).
- there is a pleasant walk behind the campsite through grassy slopes full of alpine flowers. Climbing high & sleeping low is the best way to help the acclimatisation process.
- this is the last campsite on grassy slopes off the main glacier, it also has facilities for washing and cleaning.
- the western leader will lead a training session in the afternoon explaining in detail the techniques for crossing the Gondogoro La.

DAY 11: TREK TO GORO 2 (4,250M)

Walking 12.5km (6 hours)

Walking ascent 535m

Walking descent 280m

Breakfast, Lunch and Dinner

Camping

The trail on the Baltoro goes past the Yermanandu Glacier, which flows from Masherbrum, and there are views of Muztagh (7,270m), Masherbrum (7,800m) and Gasherbrum IV at the head of the Baltoro glacier and near Concordia. The campsite at Goro II is on the glacier where ledges have been levelled out for the tents.

DAY 12: TREK TO CONCORDIA (4,600M)

Walking 12.5km (6 hours)

Walking ascent 700m

Walking descent 380m

Breakfast, Lunch and Dinner

Camping

Today we reach Concordia where the Baltoro, Abruzzi and Godwin Austen glaciers converge, within a radius of 15 kilometres there are an incredible 41 peaks over 6,500m with 4 over 8,000m. The 360 degree panorama is simply incredible and has to be seen.

DAY 13: TREK TO K2 BASE CAMP (5,150M) AND BACK TO BROAD PEAK BASE CAMP (4,960M)

Walking 16km (8 hours)

Walking ascent 425m

Walking descent 150m

Breakfast, Lunch and Dinner

Camping

From Concordia the route passes through some jumbled ice fins and moraine ridges before gaining the medial moraine of the Godwin Austen glacier. After reaching Broad Peak Base Camp continue the walk up to K2 Base Camp and to Gilkey Memorial.

On the return you pass through Broad Peak Base Camp where you camp for the night. This is located on moraine near the base of the climbing route on Broad Peak. One of the best views of K2 is from Broad Peak Base Camp.

Please be aware that most other operators organising K2 Base Camp trek with their highest camp at Concordia and this means an unfeasible long walk Concordia to K2 Base Camp back to Concordia in one day.

DAY 14: TREK TO BACK TO CONCORDIA (4,600M)

Walking 8km (5 hours)

Walking ascent 450m

Walking descent 500m

Breakfast, Lunch and Dinner

Camping

This morning from Broad Peak Base Camp and back down to Concordia. From Concordia, our western leader will take our K2 & Gondogoro La group out over Gondogoro La and our K2 Base Camp group will descend the Baltoro with our local Pakistani guides. The two groups will meet up again at Concordia Motel in Skardu on Day 21.

DAY 15: TREK TO ALI CAMP (5,000M)

Walking 11km (7 hours)

Walking ascent 560m

Walking descent 160m

Breakfast, Lunch and Dinner

Camping

From Concordia there are several moraine ridges to scramble over to reach the Vigne Glacier which is flatter with fewer crevasses. If it is a clear day we will get some spectacular views of K2 and the other mountains around.

DAY 16: CROSS THE GONDOGORO PASS (5,560M), TREK TO KHUSPANG

Mountaineering 11km (7 hours)

Mountaineering ascent 860m

Mountaineering descent 1,090m

Breakfast, Lunch and Dinner

Camping

This is a tough day but the views from the top of the pass really make it worthwhile. All four 8000'ers are visible in one direction and the other way looks down the Hushe valley with the beautiful Leila peak.

We will start early, probably about 12 o'clock, to minimise the risk of rockfall on the descent down the Hushe side of the pass. If the snow conditions are good and the trail has already been broken the pass can be ascended quite quickly (in about 5 hours).

Depending on snow conditions it may be necessary to rope up for the crossing of the glacier before getting to the base of the pass.

You will need crampons and ice axes on the Vigne side of the pass. There is fixed rope for much of the ascent and you will use an ascender and a carabiner and sling on the rope for safety.

The Hushe side of the pass can be a tricky descent although there are fixed ropes in place at the top. The slope starts at a sustained 50 degrees on snow and finishes on loose scree towards the bottom. On reaching the green oasis of Khuspang, you can put your feet up and relax remembering the excitement of the day.

Important note: the crossing of the Gondogoro La is dependent on good weather and conditions on the approach to the pass. If it is not possible to safely ascend the pass the group will walk back down the Baltoro glacier to Askole.

We believe our itinerary maximises our chances of crossing the pass because:

- everyone should be well acclimatised due to the gradual ascent on the trek and also from the careful monitoring of everyone's acclimatisation by using the pulse oximeter. We have two nights at Concordia and one night at Broad Peak Base Camp.

- we have two buffer days in case of delays or bad weather on Day 17 & 18 of the itinerary.
- we obtain bespoke weather forecasts for K2 region from everestweather.com sent by SMS text direct to the satellite phone.

DAY 17: BUFFER/ SPARE TREK DAYS IN CASE OF DELAYS

Breakfast, Lunch and Dinner

Camping

In case of bad weather on Day 16, these days will give us another chance to cross the pass. If we successfully got over the pass on Day 16, you may enjoy rest or exploration days or the other option is to continue down the valley stopping at Dalsampa on the way.

DAY 18: BUFFER/ SPARE TREK DAYS IN CASE OF DELAYS

Breakfast, Lunch and Dinner

Camping

In case of bad weather on Day 16, these days will give us another chance to cross the pass. If we successfully got over the pass on Day 16, you may enjoy rest or exploration days or the other option is to continue down the valley stopping at Dalsampa on the way.

DAY 19: TREK TO SHAISHO (3,400M)

Walking 17km (8 hours)

Walking ascent 200m

Walking 1,320m

Breakfast, Lunch and Dinner

Camping

After a couple of minutes of easy walking we get onto the glacier where we pick our way across the moraine and ice, finally crossing the glacier up to the camping site to reach Dalsangpa which means 'field of flowers'. There is a spectacular view of Masherbrum and the glacier cascading down from Masherbrum Pass.

It is a beautiful walk to Shaisho as we pass yak pastures and see the first trees since Paiju. Shaisho is a small village and has a shop run by a friendly local who has worked as a High Altitude Porter on a K2 expedition.

DAY 20: TREK TO HUSHE, JEEPS TO SKARDU

Walking 10km (3 hours)

Walking ascent 100m

Walking descent 280m

Drive by jeep to Skardu (6 hours)

Breakfast, Lunch and Dinner

Camping

An easy day walking to the village of Hushe and then a beautiful 6 hour drive through villages to Skardu.

DAY 21: FLY TO ISLAMABAD/DRIVE KKH

1) Flight to Islamabad

2) Bus to Chilas (7 hours)

Breakfast, Lunch and Dinner

1) Hotel Hillview in Islamabad

2) Hotel Shangri La in Chilas

We will hopefully take the early morning flight to Islamabad (inshallah!), if unable to fly we will drive the KKH to Chilas and stay at the Shangri La.

DAY 22: SIGHTSEEING IN ISLAMABAD/DRIVE KKH

1) Sightseeing in Islamabad

2) Drive to Islamabad on KKH (8 to 9 hours)

Breakfast, Lunch and Dinner

Hotel Hillview in Islamabad

If driving down the KKH we will arrive in Islamabad late afternoon. If we managed to fly the day before then we will spend today sightseeing in Islamabad. In the evening we will have a final group meal.

DAY 23: FLY BACK HOME

Flight back home

Breakfast

Transfer to Islamabad airport for the flight back home. End of trip.

DATES & PRICES

2021

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
17 Jul 2021 to 08 Aug 2021	Robert Mads Anderson	US\$4,450pp US\$4,350pp	US\$315pp / US\$415pp	5 Left to Guarantee Early Bird Discount

2022

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
16 Jul 2022 to 07 Aug 2022	International Leader	US\$4,450pp US\$4,350pp	US\$350pp / US\$450pp	5 Left to Guarantee Early Bird Discount

PRACTICAL INFORMATION

A Typical Day On Camping Trek

A TYPICAL DAY ON CAMPING TREK

The day starts with an early morning mug of tea brought to your tent by one of the assistant guides. Before heading over to the mess tent for breakfast you will 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 6-7pm. After supper the international 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 provided on Camping Trek

While on the trek, the cook will provide good quality food in sufficient quantities. For breakfast you are likely to get porridge or cereal, toast or chapatis, omelettes and a range of hot drinks. For our camping treks in Nepal we provide fresh coffee from our Bialetti Moka coffee machine. On arrival to camp in the afternoon you will be given tea and biscuits and a three course meal will follow later in the evening.

Communications

COMMUNICATIONS

We bring a Thuraya satellite phone for logistical, safety and personal use. Personal calls charged at £4 (US\$5 or €4.50) per minute and £2 (US\$3 €4.50) to send and receive SMS text.

Clothing and Equipment List

CLOTHING AND EQUIPMENT LIST FOR K2 BASE CAMP & GONDOGORO LA

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 & Concordia Trek. Your gear will be checked by the group leader in Islamabad 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. During the first couple of days on K2 Base Camp & Concordia 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.

Each trekker should bring one backpack for gear 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 maximum weight allowance for back pack is 5kg.** The rest of your personal equipment packed in a duffel or kit bag will be carried by a porter. **The maximum weight allowance for your duffel bag is 20kg.** Please ensure that your bag is marked clearly on the outside for easy identification.

We suggest you print the kit list and tick items off as you pack them then weigh your kit bag before you come on trek.

Footwear

- B2 rated mountaineering boots.
- Walking Boots. A pair of water repellent boots with ankle support. Boots must be in good condition, the best approach is to get new boots and break in before the trek. Over the years of organising treks in Pakistan we have had several boots fall apart so it is essential you also bring trail shoes as a backup.
- Trail shoes. Can be used around camp and as a replacement if your walking boots fall apart!
- Sandals. fully enclosed sandals are best to protect your feet during river crossings. These are required for river crossings as well as two trekking poles.
- Walking socks.

Clothing

- Waterproof and Windproof jacket (with hood) and trousers (goretex or similar). For use if it rains or snows during the trek and in windy conditions.
- Trekking trousers. (eg. Mountain Hardwear Mesa V2 or The North Face Paramount Peak) Minimum two.
- Soft Shell Trousers.
- Long sleeve tops or shirts (not cotton). Minimum two.
- Micro fleece.
- Mid to heavyweight fleece or synthetic/ primaloft top.
- Sleeveless/ gilet or body warmer type fleece / synthetic top. This will help keep your core warm while not bulking when layering up. Gilet can be used in combination with base layers, other fleeces and down jacket to provide maximum warmth and insulation.
- Thermals or base layer for top & bottom (merino wool or synthetic).
- Fleece or synthetic pants. To be worn around the lodge or added as an additional layer when the temperatures start to drop higher up.
- Medium weight down jacket.

Heads and Gloves

- Fleece gloves.
- Mountaineering gloves (eg. Mountain Hardwear Medusa glove or Black Diamond Enforcer or Guide glove).
- Warm mittens and/or gloves.
- Wool or fleece hat.
- Sun hat.
- Bandana or scarf. (eg. [Buff Headwear](#) or purchase a [#myTMCbuff](#)).
- Headtorch. Bring extra batteries.

- Sunglasses. The lenses need to be Category 4 rated and should have side protection or wraparound design to prevent light getting through to your eyes that could cause sun blindness.

For crossing river crossing, ice and the pass

- 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, river crossings and for walking through deep snow higher up.
- [Kahtoola Microspikes](#) or [YakTrax Summits](#). These are for your safety and security when descending passes if snowy or icy conditions. These are not crampons - they can be fitted directly to your walking boots.
- Gaiters. A pair of knee high gaiters used to keep boots dry if walking through deep snow or on wet ground.

Climbing equipment

- Climbing harness with two 60cm slings, four screw gate carabiners, Figure 8 belay device and 3m of 5mm static cord for prusiks. *[we have a limited number of "Harness packs" for rent, this includes harness (medium size Black Diamond Alpine BOD), belay device with large carabiner, three screwgate carabiners, Petzl handle ascender, two slings and prussik cord. Please contact TMC office for further prices and availability]*
- Jumar ascender (eg. [Petzl handled ascender](#)).
- Crampons, 12 point general mountaineering type are the best (eg Grivel G12s)
- Mountaineering ice axe with leash.
- Climbing helmet (mandatory as there is a risk of rockfall on the Gondogoro La).

Personal equipment

- Sleeping bag. Maximum overnight lows will be around -10°C.
- 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.
- Sleeping mat (eg. Thermarest). On trek we provide everyone with one foam mat however we recommend two layers for maximum insulation and comfort. We also provide everyone with a pillow.
- Daypack. Recommended size is 35 to 40 litres or larger as you need to have enough space to carry water bottles, camera, snacks and extra clothing as well as climbing gear and down jacket. The pack should have a good waist belt. It is also a good idea to bring a rain cover to keep the contents dry.
- Stuff sacks for keeping your gear dry and organised. Or even better are fold- drybags such as from Exped.
- Two water bottles (Nalgene wide mouth bottles are the best). You may use a hydration pack lower down but the tube will freeze in the cold so ensure you still have 2 water bottles.
- 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 [SheWee](#).
- Sunscreen and lipsalve with a high SPF.
- Water purification tablets (Pristine, Biox Aqua or Aqua Mira).
- Favourite snack food.
- Books, ipod and cards etc.
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Earplugs (optional).
- Baby wipes (optional).
- 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. We provide sanitizer for use before meals.

Travelling

- Duffle bag for your personal gear on the trek (carried by a porter). A rugged, waterproof duffle bag made of a plastic material 100-120 litres in size is recommended eg. [Mountain Equipment 100l](#) or [Rab 120l](#). Bring a small combination padlock to secure the bag.
- Travel clothes. You will need casual clothing for air travel days and time spent in Islamabad.
- Toiletry bag, soap, travel towel, toothbrush, [travel wash](#) etc. You will be provided with toilet paper on trek.

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.
- 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).

Suggested reading

SUGGESTED READING AND MAPS

Maps

Karakoram Trekking Map 1:175,000 laminated published by TerraQuest- the best map to purchase for K2 Base Camp and Snow Lake treks

K2 and Baltoro Glacier Satellite Image Map 1:80,000 (Geosystems) - this is a superb satellite photography. Available at Stanfords, London.

Karakoram geographical sketch map Sheets 1 & 2. Swiss Foundation for Alpine Research, Zurich. Scale 1:250,000- shows the whole Karakoram range including Ladakh in India. A copy of this will be available to look at on trek.

The Karakoram Highway by Open Road Guides, England Scale: 1:1,000,000

Books

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

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

ACCOMMODATION

K2 MOTEL IN SKARDU



K2 Motel is operated by Pakistan Tourism Development Corporation (PTDC) and is located in a lovely position overlooking the Indus river.

It is a short walk taking about 15 minutes into the main part of Skardu town and the bazaar. K2 Motel has 28 rooms and restaurant plus a garden at the back of the property.

HILL VIEW HOTEL IN ISLAMABAD

Hill View Hotel is located in the F7 neighbourhood of Islamabad. It is a short walk to Jinnah market where there are a number of good restaurants and shops.

Hotel Hill View has a store room where you can leave luggage not required while on trek (you can also leave any gear not needed on trek at Concordia Motel in Skardu). There is wifi at the hotel.

Notes downloaded on: 09-07-2020

