

K2 BASE CAMP & CONCORDIA TREK



Highlights

- Explore the spectacular Karakoram mountains of Pakistan, home to some of the wildest landscapes on Earth
- Trek past the impressive towers of Trango, Cathedral and Lobsang
- From Concordia, cross the crevasses of the Baltoro Glacier and the Medial moraine of the Godwin-Austen Glacier to K2 Base Camp
- Experience both Broad Peak and K2 Base Camps
- Gain fascinating insights into the lives of the Balti people
- Led by an expert local leader in conjunction with an experienced local crew to help maximise a safe and successful trek
- Our local operator is a fellow family run business who have been operating K2 Base Camp Treks since 1992
- Private trips available for groups over 6 people
- FREE Adventurous Ewe [Water-To-Go Bottle](#) when you join this trek to reduce our plastic footprint in Pakistan
- Experience the pride of knowing your trek is helping us support the leading climate change charity, [Cool Earth](#).



WELCOME

Overview

The spectacular Karakoram mountains of Pakistan are home to some of the wildest landscapes on Earth. At the heart of the Karakorum, the glacial junction known as Concordia is dominated by huge, encircling peaks. Nowhere else on earth can you stand so close to so many of the world's highest peaks including Broad Peak (8047m), Gasherbrum (8080m) and the mighty south face of K2 (8611m). This is unquestionably one of the most spectacular places on the planet with fascinating insight into the lives of the Balti people.

Following good trails, your approach to this remote area takes you from the village of Askole into a wilderness of rugged valleys and towering peaks. Your rocky trail winds up the mighty Baltoro Glacier, passing through a colossal amphitheater of sky-scraping summits – including seven of the 19 highest mountains on the planet – enroute to the base of the infamous K2. Each day the scenery becomes more impressive as you trace a route across the moraines of the vast Baltoro Glacier, overshadowed by the sheer granite walls of the Trango Towers to the left and the shapely summit of Masherbrum to the right. The crown of the Karakoram is K2. At 8,611m it is the world's second-highest mountain and an expedition to its base camp at 5,150m makes for one of the most exciting mountain treks in the world with wild and remote scenery of unmatched grandeur.

Plus, our commitment to the rights and fair treatment of porters and trekking guides and our support of the environmental charity, [Cool Earth](#), means you can rest assured knowing you're doing the trek of a lifetime in an ethical and meaningful way.



TRIP SUMMARY



Activity:	Mountain Trekking
Duration:	21 days & 20 nights (6 x hotel & 14 x camping)
Active days:	13 days trekking
Route:	Includes both K2 & Broad Peak Base Camps
Ascent:	5,400 metres
Cost from:	Deposit: £395 per person
(Land only package)	Remaining balance: £2,800 per person Total cost: £3195 per person

Group size:
Trip grading:

6 – 12 people



Extreme

Dates:

June, July & August

Why go:

K2 is the world's 2nd highest peak. Trek amid the sheet majesty of towering 8000m plus mountains with local guides & crew to the region.

ITINERARY

2 boots. 1 epic mountain range. 1 incredible adventure

DAY 1

Arrive in Islamabad, Pakistan

A warm greeting is awaiting you on your arrival at Islamabad Airport where you will be transferred to your hotel. Here your Local Guide will provide you with a comprehensive trek briefing so you're all set for your thrilling mountain adventure ahead.

Flight time permitting, discover the twin cities of Islamabad and Rawalpindi. Rawalpindi is an old British-era settlement and Islamabad is the capital city and administrative centre built after the partition of India in elevation in 1947. The cities are located in the hot and steamy plains of Pakistan's upper Punjab at an elevation of approx. 1,500 feet. You may wish to explore Rawalpindi by wandering among its many and varied bazaars or visit the imposing Shah Faisal Mosque superbly situated at the foot of the Margalla Hills. This mosque is one of the largest in the world, with room for 15,000 worshippers inside and 85,000 in the courtyard.

Included

Transfer: For designated flight arrival time. You will be met at the airport and transferred to your hotel. For those of you who are not on or near this flight, you will simply catch a taxi to the hotel.

Accommodation: Hotel Hill View (twin share basis)

Meals: Not included

Flights

Flights are not included in your K2 Base Camp adventure giving you the flexibility to depart from the airport of your choice and extend your stay Pakistan if you wish.

We will provide you with the recommended flights for this trip in order for you to take up the airport transfers included in Pakistan. Alternately, you can book your flights through our Flight Agent who is ATOL & ABTA protected.

DAY 2

Flight to Skardu

This morning you'll travel to the airport and take the spectacular 1-hour flight (weather permitting) across the mountains to Skardu. The rest of the day is free to explore Skardu. The town is the main trekking and expedition hub in the Karakoram and you can visit the historic fort of Skardu situated on the northern hillside of main Skardu city (2228m).

If taking the Karakoram Highway, it is a 2-day journey to Chilas along what was once an ancient Silk Road which is now an international highway connecting Pakistan, as well as the entire Indian subcontinent, to China.

Included

Transfer:	Private vehicle
Domestic flight:	Islamabad to Skardu
Accommodation:	Concordia Motel Skardu (twin share basis)
Meals:	Breakfast



ITINERARY CONTINUED

2 boots. 1 epic mountain range. 1 incredible adventure

DAY 3

Free day in Skardu

(or in case of flight cancellation, road transfer to Skardu)

Today there's free time to explore the town and visit the historic fort of Skardu situated 40 feet high on the northern hillside of main Skardu city. Locally it's called "Kharpocho" which means Strong Fort. In the afternoon visit the narrow bazaars and the turquoise Sadpara Lake by bus or jeep which is about 4 miles south of the town. A prominent rock inscription of the Lord Buddha on the drive up to Satpara is a reminder that this area was a part of the Buddhist world before the arrival of Islam.

In the afternoon as a group you may also need to visit the Ministry of Tourism for an official briefing and to have your official documents cleared to start the trek.

If travelling by road to Skardu, the first 2 hours is along the Indus river before heading northeast towards Skardu. The drive through the Indus Gorge is guaranteed to knock your socks off! The view after crossing the Raikot Bridge of Nanga Parbat is incredible. Standing at around 1,000m you'll see the largest land escarpment in the world. This is also where the three greatest mountain ranges meet; Himalaya, Hindukush and Karakorum.

Included

Transfer:

Private vehicle

Accommodation:

Concordia Motel (twin share basis)

Meals:

Breakfast

DAY 4

Drive through spectacular mountainous landscapes to Askole

With your crew and supplies you'll travel by jeep along the Shigar and Braldu valleys to Askole (3000m). Village in Shigar.

This area has scarcely changed in over five hundred years. Farms with fields of barley, wheat and vegetables surrounded by stone walls and stands of poplar, willow and apricot trees. The apricot is a very important crop in the north, having a multitude of uses to the Balti and Hunzakut people. With friendly greetings from villagers as you pass through on the rugged dirt and stone road that leads to Baltoro.

On approach, the landscapes become desert-like and once within the sheer valley of the Braldu, it is necessary to cross the river several times by suspension bridges. At various points, the road may have collapsed due to erosion.

The journey may take anywhere from 6 – 12 hours, with patience and an adventurous spirit, you'll arrive at your first camp of the trek. In Askole, the highest village in the valley, villagers grow their own cereals, vegetables and fruit and own large herds of sheep, goats and dzos.

Included

Transfer:

Private vehicle

Accommodation:

Full-service camp

Meals:

Breakfast, lunch & dinner

ITINERARY CONTINUED

2 boots. 1 epic mountain range. 1 incredible adventure

DAY 5

Trek from Askole - cross the snout of the Biafo Glacier to Jhola

Following the organisation of equipment, supplies and the porter loads, you'll start making your way towards Jhola. The valley opens out to reveal the Biafo Glacier flowing for more than 50kms from the Hispar La pass to the Braldu. You'll have your first taste of moraine walking as you cross the snout of the glacier and descend to your lunch spot beside the river at Korofon.

You'll also experience the harsh, stark environment that forms the base of these great mountains. Your route takes you to the confluence of the Braldu and Dumordo Rivers where the infamous flying fox or 'jola' is located. It is still there, however, a footbridge has now been built making the passage much easier by every perspective. In past years it was necessary to make a high traverse across a rocky face and descend steeply to the riverside of the Dumordo to gain the flying fox. There is now a safe and pleasant pathway above the river. It is this valley, fed by the Panmah Glacier, which was once a passage between Baltistan and Yarkhand across the West Mustagh Pass (5370m) into China. Once across, you'll descend beside the river to the Braldu and then follow along its banks to your camp at Jhola.

Trek details

Trek time: approx. 7 – 8 hours
Altitude: approx. 3150m

Included

Accommodation: Camp
Meals: Breakfast, lunch & dinner

DAY 6

Trek from Jhola and follow the Braldu gorge along the river bank to Paiju

Today your route mainly follows the Braldu gorge along the riverbank, moving up and down according to the level of erosion and water levels. With views of the fantastic granite rock shapes of Trango Towers and Cathedral coming in to sight. Walking conditions can be hot and dry. As you approach camp several glacially-fed rivulets flow down into the main valley and you may have to use our river crossing shoes depending on water levels. On a clear day you may be able to spot K2 in the far distance and the vast snout of the Baltoro glacier, the fourth-longest in Pakistan, is also visible but it's hard to gather a sense of scale from here.

The day ends with a climb away from the river to your camp at Paiju (3450m), set in a clump of trees – the last ones you'll see for a while!

Trek details

Trekking time: 7 – 8 hours
Altitude: approx. 3450m

Included

Accommodation: Camp
Meals: Breakfast, lunch & dinner

ITINERARY CONTINUED

2 boots. 1 epic mountain range. 1 incredible adventure

DAY 7

Acclimatisation day at Paiju (3420m) with optional day walks

Today is a key preparation day for acclimatisation and for the crew to make necessary arrangements as well. Paiju is the traditional stopping point for all groups headed for Concordia, located at a widening of the Braldu Valley and within sight of the snout of the mighty Baltoro Glacier. This became a key staging point for climbing expeditions and trekking groups due to the presence of spring water and a sparse population of trees which were originally used for cooking fires.

Spending a complete day at Paiju, to help with your acclimatisation and is also a useful time for your crew to bake roti (bread) for the trek before you climb up onto the glacier.

Option for a short acclimatisation walk in the late afternoon out and back towards the snout of the glacier which will reward you with different views of the remarkable granite spires of the Trango and Cathedral Tower group at sunset. You'll spend a second night at Paiju.

Trek details

Altitude: approx. 3450m

Included

Accommodation: Camp

Meals: Breakfast, lunch & dinner

DAY 8

Trek beside the glacier with views of Trango Towers to Urdukas

Making the short approach to the glacier, the great expanse of ice stretching across the Braldu comes into perspective when you'll see the many porters forming an ant-like trail across it. Ice cliffs tower more than 60m above the turbulent waters at the origin of the Braldu River. As a result of its continually changing nature, the glacial moraine may be difficult to trek upon at this stage and our route varies somewhat each time. One should be prepared for a hard day of walking and carry plenty of fluid. Once on the other side, the trail will hug the side and occasionally necessitate a glacier or river crossing. There are now uninterrupted views of Paiju Peak (6610m), Uli Biaho group, Trango Group and Cathedral Group – a majestic, spired collection of mountains that the Karakoram is so well known for. Behind you lies the steep grassy slopes make high grazing pastures for ibex and the rocks are home to mouse hares (Pikas) and colourful hoopoe birds.

Trek details

Trekking time: 7 – 8 hours

Altitude: 3900m

Included

Accommodation: Camp

Meals: Breakfast, lunch & dinner

ITINERARY CONTINUED

2 boots. 1 epic mountain range. 1 incredible adventure

DAY 9

Trek along the Baltoro Glacier with views of Masherbrum to Goro II

Leaving Urdukas behind, your route follows the moraine edge eastwards until it is possible to climb up onto the broad back of the glacier. Now crossing to the centre ground where the 'flow' is generally smoother and soon you'll come within sight of the spectacular Masherbrum (7821m) on your right hand side.

Ascending and descending the mountains of rubble which are strewn over the ice, you'll also have glimpses ahead to the peaks which surround Concordia. Especially prominent is the stunning Gasherbrum IV (7925m) at the head of the glacier. There are good views back towards the Trango and Cathedral peaks as you approach your camp at the place known as 'Goro' (4295m).

Tonight you'll spend your first night camping on the Baltoro Glacier at Goro II, one of the largest pieces of ice outside the polar regions, so make sure to wrap up warmly for the cooler nights ahead. From camp, you'll have superb views of Masherbrum and up the Younghusband Glacier, named after Sir Francis Edward Younghusband, explorer and spiritual writer to the impressive Muztagh Tower.

Trek details

Trekking: 7 – 8 hours
Altitude: 4295m

Included

Accommodation: Camp
Meals: Breakfast, lunch & dinner

DAY 10

Trek on the Baltoro Glacier past Mustagh Tower to Concordia

The final approach day to Concordia takes you through some of the most spectacular mountain scenery in the world! Your approach to Concordia continues along the heaving swells of the Baltoro Glacier as you pass Mustagh Tower (7284m), an imposing monolith of rock first climbed by Joe Brown and Ian McNaught-Davis in 1956. Ahead lies Gasherbrum IV (7925m) which acts like a beacon drawing you in, whilst at some points on today's walk you will also see Gasherbrum II (8035m) which peeks out to the right of Gasherbrum IV.

Making your way up the Baltoro, the aptly named Broad Peak (8051m) comes into view above the ridge connecting Marble Peak and Crystal Peak on your left. K2 keeps itself hidden until the very moment you reach Concordia when suddenly its full height is revealed in sweeping lines that climb almost 4000m from the valley floor to the summit – a sight that will be forever etched in your memory.

Concordia is a wide area where glaciers coming down from K2 meet those from the Gasherbrums and Chogolisa. It was given its name by Sir Martin Conway, explorer and alpinist who named the place after another famous glacial junction in the Swiss Bernese Oberland. It is undoubtedly one of the most spectacular places on the planet and where you can stand within 20kms of no fewer than 4 eight-thousanders and 10 of the world's 30 highest peaks! A very special place on the planet!

Tonight's camp is at approximately 4500 metres on a moraine ridge surrounded on all side by jagged peaks including Gasherbrum IV, Mitre Peak, Chogolisa, Crystal Peak, Marble Peak, Baltoro Kangri, Broad Peak and K2. This is a day to remember!

Trek details

Trek time: 6 – 7 hours
Altitude: 4500m

Included

Accommodation: Camp
Meals: Breakfast, lunch & dinner

ITINERARY CONTINUED

2 boots. 1 epic mountain range. 1 incredible adventure

DAY 11

Trek to Broad Peak Base Camp

North of Concordia, the Godwin-Austen Glacier leads directly to the foot of K2, just 10kms away. The first part of today's walk is the most difficult, crossing the chaotic meeting of the Godwin-Austen and Baltoro glaciers and involving the negotiation of a maze of crevasses and meltwater rivers. Beyond, the underfoot conditions are slightly easier, sometimes on long, level sections of gritty ice.

Reaching Broad Peak basecamp is a fantastic achievement in itself and rewards you with the incredible views of the Karakoram. Looking back into Concordia the bulk of the 7,665m Chogolisa stands out with its perfect symmetry and further back Mitre Peak, Chogolisa and the Gasherbrums – the mountains you'll have come to know so well that stand like sentries along the Baltoro. It takes around 4 hours to reach Broad Peak Basecamp (4850m) where you will overnight.

Trek details

Trekking time: approx. 4 hours
Altitude: 4850m

Included

Accommodation: Camp
Meals: Breakfast, lunch & dinner

DAY 12

Trek to K2 Base Camp and back to Concordia

Reaching K2 Base Camp will, for many, be the main focus of this once in a lifetime expedition. As you follow the glacier towards K2 the mountain seems to grow bigger and bigger. Just before Base Camp, amongst the boulder and ice strewn landscape is the Art Gilkey Memorial. A short scramble brings you to the place where those whose lives K2 claimed are remembered. Plaques and engraved tin plates are attached to a small rocky outcrop at the foot of this great mountain. There are wonderful views directly above you of K2 and you may catch a glimpse into the life of the climbers wanting to attain its summit. At the foot of over two vertical miles of rock and ice, the second highest mountain on Earth stands proudly as reward for your days of trekking this remote and awe-inspiring part of the world!

You'll then retrace your steps back down the glacier to Concordia to enjoy the special ambience of the 'throne room of the mountain gods'. Time to reflect on this magnificent environment whilst you recharge and prepare for your return journey.

Trek details

Trekking time: approx. 8 hours
Altitude: approx. 5100m

The distances and time may vary from those given, depending on how the moraine has moved and which trail we can follow.

Included

Accommodation: Camp
Meals: Breakfast, lunch & dinner

ITINERARY CONTINUED

2 boots. 1 epic mountain range. 1 incredible adventure

DAY 13

Retrace your steps down the Glacier to Goro I

This morning you'll take a last look at K2 before packing up the gear and heading back down the Baltoro. Trekking this route back allows you to savour the summits from a different perspective and, as you're fully acclimatised and trekking fit, you're able to start the day at a leisurely pace and explore small side valleys and sections of the glacier you may not have had the chance to see on your ascent.

Trek details

Trekking: approx. 6 hours
Altitude: 4600m

Included

Accommodation: Camp
Meals: Breakfast, lunch & dinner

DAY 14

Trek back to Khobursay with views across to Trango Towers

Today sees you following the same trail down to the spectacular campsite at Urdukas with great views across to Trango Towers before reaching Khobursay. Trango's Nameless Tower (6239m), was first climbed by Joe Brown and Mo Anthoine in 1976. To the left of the Tower a smaller pinnacle is known as 'The Monk' and to the right is the graceful prow of Great Trango (6286m) first climbed in 1977 by John Roskelly and Galen Rowell. In August of 1992 two Australians Nic Feteris and Glenn Singleman climbed to a ledge on Great Trango at 5955m and then BASE jumped, falling hundreds of metres close to the rock walls before opening their chutes and landing on the glacier. At the time this was the highest BASE jump on record.

Although you are retracing your steps on the glacier, the views are completely different and no doubt you'll catch glimpses of epic mountain-scapes you missed during your ascent.

Trek details

Trek time: approx. 6 hours
Altitude: 4250m

Included

Accommodation: Camp
Meals: Breakfast, lunch & dinner

ITINERARY CONTINUED

2 boots. 1 epic mountain range. 1 incredible adventure

DAY 15

Trek down the side of the Glacier back to Paiju

You'll continue your walk down the side of the glacier through Liligo, from where the route crosses the glacier for one more time before stepping off the moraine onto more stable ground. You'll head back down to the trees and the relative comforts of Paiju campsite. On your first arrival here you may have relished the prospect of a cooler climate ahead. Now you'll welcome its warmth!

Trek details

Trekking: approx. 6 hours
Altitude: 3800m

Included

Accommodation: Camp
Meals: Breakfast, lunch & dinner

DAY 16

Trek back beside the Braldu into the Panma Valley to Jhola Camp

Now off the glacier and at a lower elevation it is considerably warmer and we may make an early start to use the cool of the morning. Leaving Paiju there's a good trail down the valley. Once again it is surprising how different the experience is compared to your ascent.

The trail rises and falls as it crosses several alluvial fans. There are several side streams to navigate today, mostly using makeshift bridges or stepping stones, but it may be necessary also to wade across, especially later in the day. The source of all these streams is meltwater and so they grow bigger as the day becomes warmer. At one point the trail passes close to the river beside walls of conglomerate and it is possible to feel its tremendous power. You'll follow the main Braldu River downstream to its confluence with the Panma River where you'll turn north-east to reach a camping place beside the toll bridge at the place known as Jhola.

Trek details

Trek time: approx. 7 hours
Altitude: 3100m

Included

Accommodation: Camp
Meals: Breakfast, lunch & dinner

ITINERARY CONTINUED

2 boots. 1 epic mountain range. 1 incredible adventure

DAY 17

Trek back to the main valley and follow the river to Askole

You'll start the day with a walk up the side river to the bridge. After crossing the bridge your route heads back to the main valley and continues following the river all day through Korofon and finally returning to the village of Askole.

Trek details

Trekking: 6 - 7 hours
Altitude: 3000m

Included

Accommodation: Camp
Meals: Breakfast, lunch & dinner

DAY 18

Drive to Skardu in jeeps for a rewarding hot shower

From here, you set off the long drive back to civilisation after almost two weeks in the wilderness. Following the remarkable jeep road through the Braldu Gorge and then travel down the fertile Shigar Valley to its confluence with the Indus. Arriving in the Balti capital Skardu, you'll check in to your hotel and there will be time for a welcome shower before sitting down to dinner for a group meal in a local restaurant.

Tonight you'll enjoy the comfort of a comfy bed!

Transfer details

Transfer time: approx. 6 – 7 hours

Included

Transfer: Jeep transfer
Accommodation: Concordia Motel Skardu (twin share)
Meals: Breakfast

ITINERARY CONTINUED

2 boots. 1 epic mountain range. 1 incredible adventure

DAY 19

Drive to Batakundi

We opt to return to Islamabad by road along the spectacular Karakoram Highway. This is to allow you to see Nanga Parbat (8124m), cross Babusar Pass (4100m), the Western Himalayan green valley of Kaghan, and experience the local way of life first hand in this incredible area with interactions with locals on the road.

Your journey is via the Chilas-Naran-Manshera Route rather than Chilas-Besham-Manshera route (which has a travel advisory notice against it) between Skardu and Islamabad. The drive down the Indus River to Islamabad takes two days.

Stopping amid the lush green hillsides of Batakundi village (2624m) in the Kaghan Valley, the local Gujars who speak Hindko and Urdu are renowned for their warm hospitality and friendliness.

Included

Transfer: Jeep transfer
Accommodation: Shan Pearl Continental Hotel (twin share)
Meals: Breakfast

DAY 20

Drive to Islamabad

Today is a contingency day to allow for any delays due to weather – you will either spend the day in Islamabad or finish up your scenic drive along the KKH if there are no flights available.

Included

Transfer: Jeep transfer
Accommodation: Hotel Hill View (twin share)
Meals: Breakfast

DAY 21

Departure

Filled with a huge sense of achievement, incredible memories, a greater understanding of this amazing country & it's people and with new found friends. You'll share stories and experiences of a lifetime for many years to come.

It's time to depart Islamabad for your return flight home. Airport transfers are included for those who are on the recommended Adventurous Ewe flight.

Those not flying on the recommended flights will leave the hotel after breakfast and make your own travel arrangements.

TRAVEL APP

Once signed up, all your trip details and updates will be available through our free travel app. It's accessible 24/7 and the excitement will build with the countdown to your adventure starts. Plus no more paper, A'ppy days.



TRIP SUMMARY

Quick overview of trek



TRIP DETAILS

Itinerary, activity details and inclusions



TRAVEL DOCUMENTS

Training guide, kit list & exclusive discount codes, meet the team, emergency contact details, safety & wellbeing guidelines



OTHER INFO

Weather, maps, etc.



ESSENTIAL INFO

The nuts & bolts of your adventure



Safety & wellbeing

Adventurous Ewe puts the safety and wellbeing of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and wellbeing is our top priority and as such we have thorough risk assessments, safety management and emergency procures in place for all our trips.

The K2 Base Camp Trek will require preparation as the challenge is designed to take you out of your every-day comfort zone and achieve something extraordinary.

You're in safe hands with Adventurous Ewe.

Leaders & crew

You will be accompanied by certified Adventurous Ewe Leader and Local Mountain Guide for your trek together with an incredible support crew who will accompany you throughout your journey. They're a friendly bunch with a huge level of care and a great sense of humour.

Our Local Guides are very experienced, knowledgeable and have the renowned warmth and hospitality of the Balti people. They are constantly self-driven to go above and beyond to ensure you will have an amazing experience. Mountain climbing for the local guides is more than just a career, it's a passion which they are proud to share with others.

Our Guides are responsible for ensuring the complete safety, well-being and enjoyment of the team whilst also retaining a flexible and supportive attitude. The Leaders/s have satellite phone, radio and mobile phone contact with base, the local office in Skardu and Adventurous Ewe's HQ.

Trip grading

The K2 Base Camp Trek is graded as '**Extreme**'. This is a tough trek with 13 days of trekking at altitude – maximum altitude of 4,500m at Concordia (5,120m Gilkey Memorial just below K2 Base Camp – optional) and an average of 3,650m. However, it is one that is achievable with the correct preparations. It requires a good level of strength, stamina, endurance and determination. Even if you consider yourself fit, you may still find the climb very challenging, depending on how well your body acclimatises to high altitude.

Previous altitude experience is preferred and you must be prepared physically. The trekking on the Baltoro glacier is fairly tough and is definitely not recommended for those who have not previously been walking at a strenuous level in high mountain regions in recent years. It can also be extremely hot in the early stages of the trek and on the glacier during the day, so please also bear this in mind. There are river crossings, and if the rivers are too high we may have to use alternative trails.



02



03



04



05

Group size

We pride ourselves in small group trips to minimise the impact on the environment, to maximise your safety & wellbeing and to make your experience more authentic.

The minimum group size for event is **6 people** and the maximum group size is **12 people**.

You are most welcome to join this adventure as a group of friends, family or colleagues or as a solo traveller. You are also welcome to use this trip as a fundraiser for the charity of your choice.

If you have a group of over 6 people, we would be more than happy to run a private trip for your team, your charity or your company. Please get in touch for more info.

Training

A bespoke training programme will be provided when you join this trip to help you with your preparations.

For more info and offers with our training partners, please visit <https://www.adventurousewe.co.uk/training-kit/>

The more you are prepared, the more you will enjoy the challenge.

Our motto is:
Train hard, smile harder and enjoy the journey!

Kit and discount codes

A full kit list can be found on page 28 of these Trip Notes. An exclusive Adventurous Ewe discount code for an outdoor retailer to use both online and in store will be provided on booking this trip.

There is also the option to rent kit and we have an exclusive discount code for **Expedition Kit Hire**.



06

07



Adventure with purpose

We're very proud to have teamed up with leading climate change charity **Cool Earth** and invest a % of our revenue into supporting their critical conservation projects around the world.

This partnerships means that just by joining the flock and taking part in this trip, you will not only have an incredible experience, but you can do so by knowing you are actively supporting rainforest communities across the globe, sustainably.

Porters welfare: We also understand porters, and the whole mountain crew in general, are the heart and soul of our K2 Base Camp trek and we believe that fair treatment of our crew on the mountain is not merely an industry requirement but the tenet of every K2 Base Camp expedition. Ensuring our crew is well fed, equipped, paid and cared for is a priority for us together with the potential to advance in their career path on the mountain.

Any queries?

Feel free to contact Jim or Sue at:

jim@adventurousewe.co.uk

susan@adventurousewe.co.uk

call 01492 588 069 or chat to us online via the website.

We're here to help, support and guide you as much as you need.

Travel Admin

A quick snapshot of what you need to know...

Financial security

Rest assured, your money is safe in any and all circumstances. There has been and always will be full financial protection on your booking through IPP (International Passenger Protection). If your adventure needs to be cancelled for any reason, like say a global pandemic, you won't be left stuck and you'll be offered plenty of alternative options thanks to our financial protection through our insurance. What's more, in the very unlikely event of Adventurous Ewe going under, you'll get your money back and be repatriated if you were on a trip at the time. Our Flight Agent is ATOL protected too.

Passport

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit.

Visa

All nationalities must have a Tourist Visa to enter Pakistan. Please visit the Pakistan Government's visa website [here](#) to start your application. Please submit your intent to travel at least 48-72 hours before your planned trip to Pakistan to receive an Electronic Travel Authorisation (ETA). You can travel to Pakistan if you receive a valid ETA in favor of your application.

You will need the following documentation for your Tourist Visa Application:

1. Photograph
2. Passport
3. Invitation Letter from local operator (Adventurous Ewe will supply this letter when you have booked on the trip)

Insurance

Travel Insurance is an important part of any booking. It is compulsory that everyone who travels with us has taken out adequate travel insurance which includes, among other things, cover for the full value of your trip, medical (emergency, evacuation and repatriation) arrangements, activities undertaken, personal liability, cancellation, curtailment and loss of luggage and personal effects and COVID-19 travel cover.

For UK residents we have partnered with **Campbell & Irvine Direct** to provide you with a travel insurance. If you would like to obtain cover for your trip please feel free to contact specialist Insurance Brokers, [Campbell Irvine Direct](#) for a quote.

Global Rescue Membership

For peace of mind whilst trekking in the mountains, Global Rescue provides short term membership giving access to travel, security, medical advisory and evacuation services up to \$US500,000. They're a specialised field rescue company, and assist from the point of illness or injury by getting you to the closest and most appropriate medical facilities to get stabilised. Once fit to fly if you require additional inpatient treatment Global Rescue will further evacuate and repatriate to your home hospital on record. These services are all covered through their upfront membership fee with no claims process. For more info, please click [here](#).

Recommended Vaccinations

For the most up to date info on vaccinations, please consult with your GP or travel healthcare practitioner 8 weeks in advance of travel. There are no mandatory vaccination requirements. Recommended vaccinations are: **Polio, Tetanus, Diphtheria, Typhoid, Hepatitis A**. For up to date vaccination information please check the NHS government website '[Fit for Travel](#)'.



ALTITUDE

Altitude

This trip includes five or more overnight stays over 3500 metres/11500ft, where there is a genuine risk of being affected by Acute Mountain Sickness (AMS). If left untreated AMS can be life-threatening. We would expect the majority of the team to notice the effects of being at high altitude, and while most will only feel discomfort and headaches, it is not uncommon for a small number of people to need extra care which will be provided by our leaders and local crew. During your pre-trek briefing, altitude sickness will be discussed in more detail and advice on how to best cope with it. The most important thing is not to fear it, but to respect it. Know the signs & symptoms of AMS, be aware of how it affects the body and report any illness to your leader straight away. Our leaders and crew are there to help and are fully experienced with high altitude conditions and all the scenarios that trekking at these altitudes bring. You're in good hands.

Symptoms

Symptoms of altitude sickness usually develop between 6 and 24 hours after reaching altitudes more than 3,000m (9,842 feet) above sea level. Symptoms are similar to those of a bad hangover, including:

- headache, dizziness, tiredness
- nausea & vomiting
- loss of appetite
- shortness of breath

The symptoms are usually worse at night.

Tips

In most cases, AMS can be avoided following these guidelines:

- Drink around 4-5 litres each day to achieve suitable hydration levels. Try and avoid tea & coffee and definitely no alcohol
- Walk slowly, even when in camp
- Keep warm, especially at night
- Eat well, even when you don't feel like eating
- Breathing through a buff reduces cold air effects on lungs on summit night.

Medication

Diamox has been shown to reduce the risk of AMS by speeding acclimatisation during ascent. Those considering using it should check with their GP's that they don't have any conditions preventing safe use. Our Expedition Doc (Dr Bob Minns) suggests you take a test dose before your K2 Base Camp & Concordia Trek to check you can tolerate any side effects. Other medications that may help you are:

- Ibuprofen and paracetamol for headaches
- Anti-sickness medication, like promethazine, for nausea



TOP TIPS

Packing

- Pack different kit into different coloured dry bags for organisational purposes. Have a spare dry bag or cloth bag for laundry items
- Ensure your sleeping bag is packed in a good quality dry bag. Please refrain from using plastic bags or bin liners so we are not impacting on single use plastic litter in Pakistan
- Carry medicines in hand luggage and spares in hold luggage
- Have your GP's print out of prescribed medicines in case of any checks by airport security
- Wear your boots and main trekking kit on the plane
- Carry all your essential items in your hand luggage
- Rain cover for your daypack.



TOP TIPS

Camping

- Keep all camera, mobile phone, batteries, head torch warm at night (in sleeping bag)
- Use down jacket as a pillow plus you know where it is when you need to get up at night
- Always sleep with your head at the higher end of the tent
- Put your kit bag at your feet to stop you sliding down your sleeping mat
- Have your trek clothes at the top of your bag or even in the bottom of your sleeping bag, ready for the next day
- Small paper bags for rubbish bag in your tent
- When in camp, take it easy and allow your body to acclimatise. Bring a pack of cards, book, head-phones, etc.
- Ensure you keep warm in camp. Have a spare set of warm clothes and shoes to change into
- Don't forget to check out the night skies in camp too.

TOP TIPS

Other tips

- Bring favourite, high-calorie snacks for the trek as the higher you go the less appetite you will have
- Use wide mouthed bottle to avoid the neck of your bottle freezing over
- Have a cover for your mouth-piece on camelbaks or platypus
- Ensure you have lip-balm or Vaseline for your lips which can also be used on your nose (prevents moist air freezing in nostrils)
- Look after your feet – blister prevention
- Nail brush
- Have a buff for the loos if you're sensitive to smells
- Sections of the route can be dusty and are on scree – buff (essential) & gaiters (optional)
- There is mobile reception along sections of the route. Bring charger pack/s if planning to use mobile
- Learn some Urdu
- Be respectful of the communities, the people, their land and their homes
- **ENJOY THE ENTIRE EXPERIENCE!**





WHY ADVENTUREOUS EWE

Big adventures, small footprints

Here at Adventurous Ewe we think, talk, love, live and breathe adventure. We create and deliver worldwide adventures, whether they be trailblazing itineraries to remote pockets of the globe or classic bucket list adventures. At the core of each trip creation is real and meaningful connections to destinations and people.

We're a friendly family business operating since 2007 with decades of adventure travel experience, knowledge and insight that you can depend on. We're passionate about igniting your adventurous spirit and achieving the extraordinary in some of the world's most incredible places. We're also proud to be the main UK trip supplier for **Much Better Adventures**.

We're also proud to operate adventures with reason by supporting both local and global environmental charities, the **Snowdonia Society** and **Cool Earth**. So by joining the flock for your next trip, experience the feel-good factor that you're helping the planet through these partnerships. We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

Why join us:

- ✓ Reconnect and gain a fresh perspective through the lens of adventure
- ✓ Be bold, be ambitious and experience an adventure to remember
- ✓ Feel protected, feel safe and know your wellbeing is our focus
- ✓ Be part of something bigger and help the environment and local communities grow
- ✓ Meet and mingle with the people of the planet
- ✓ Enjoy the *whole* journey - the support & guidance from AE, the new friend-sheeps made, the thrill of travelling, the people & places, the great achievements and difference you can make - not only to your life, others too!

We're excited to be immersed in your adventure from your very first step. Travel is a force for good, for everyone!

All you need is the....

1. **Courage** to start
2. **Strength** to endure
3. **Determination** to finish! **#ewecandoit**

SUSTAINABLE TRAVEL IN PAKISTAN

Adventurous Ewe is committed to delivering our trips in a responsible and ethical manner with sustainability at its core. We respect and strive to operate our adventures to benefit local people, the local economy and the environment!

Some of the ethical features embedded in our K2 Base Camp Concordia Trek are:

- Using local crew who are qualified Leaders, support crew and drivers who are all extremely knowledgeable and experienced and armed with a big friendly smile
- Fair wages and ethical treatment of porters and guides
- Staying in smaller-scale locally owned accommodation
- Buying locally produced food and drink, and dining in locally owned restaurants
- Minimising plastic waste wherever possible
- Since August 2022, our local operator has renovated and running a local school. They pay 1 teacher a salary and there are 40-50 students are educated
- We pay \$US150 per trekker to Central Karakorum National Park (CKNP) for cleaning and upkeep of the Baltoro area. CKNP in turn hires locals to clean the trekking route and bring all the plastic and organic waste back to the villages for appropriate disposal
- Our Skardu sightseeing and the old bazaar of Rawalpindi is done on foot as opposed to vehicles
- Careful management of limited energy and water resources
- Offering real life experiences which promote cross-cultural understanding
- Respect the local people and their property. Do not take photos without introducing yourself and ask permission before snapping away
- Pakistan is a conservative country therefore women should have their legs and shoulders covered and men should wear full-length trousers and tops with long sleeves.
- Keep waste to a minimum – remove any packaging from items you are taking with you to Pakistan. When in country avoid accepting plastic bags from shops and take a reusable bag with you. You are welcome to bring a rubbish bag on your trek, so you can pick up any additional litter you might spot and take particularly harmful waste, such as batteries, back to Islamabad with you.
- Operating with a 'leave no trace' ethos – *take only memories, leave only footprints*
- Adventurous Ewe will make a financial contribution to the environmental charity, **Cool Earth**, as part of our business partnership.

Together, we can all make a difference in helping preserve this precious and wonderful planet.



TOURISM DECLARES CLIMATE EMERGENCY



Want to know more?

We believe that with great travel, comes even greater responsibility. Tourism is one of the most important and largest industries on the planet. It employs more people worldwide than any other, with millions of families relying on tourism for their daily needs. At Adventurous Ewe we believe that our type of small scale, positive impact tourism can bring benefits to many communities, help preserve the environments we travel to see, and provide real and positive social exchanges. [Here](#) is our plan to do our part towards helping reduce factors that we can contributing to climate change as part of [Tourism Declares a Climate Emergency](#).

HELPING SHAPE THE FUTURE OF TOURISM

Adventurous Ewe may only be a small tour operator however we are proud to be part of these fantastic initiatives with our operations and as a collective collaboration, make a difference to the safety and future of tourism.

AITO

Following a rigorous assessment process, Adventurous Ewe is delighted to be a member of AITO, the association for specialist travel companies. The membership is formed of companies, usually owner-managed, who strive to create travel experiences with high levels of professionalism and a shared concern for quality and personal service. The Association promotes the unique range of its members' travel packages and encourages the highest standards in all aspects of tour operating. Our membership also dictates that we have financial protection for all our trips and other arrangements (including accommodation only) booked by you.

World Travel & Tourism Council's #SafeTravels

We have implemented the protocols for tour operators which have been compiled based on input from leading tour operators either directly or from their public announcements around the healthy, and responsible reopening of tour operations to the public. The protocols also take into account World Health Organisation (WHO), the US' Centres for Disease Control and Prevention (CDC) and the European Centre for Disease Prevention and Control (ECDC) guidelines. The objective is to ensure that protocols are in place across all relevant functions with an increased focus on health, hygiene, and reduction of physical contact guidance which travellers will need and expect to embrace a safe travel experience.

Tourism Declares Climate Emergency

As part of being part of Tourism Declares a Climate Emergency, we have put in place an action plan to reduce our carbon emissions in the next 12 months.

Future of Tourism

We've also joined the movement to reshape the Future of Tourism. We are excited to announce that Adventurous Ewe has signed the new set of Guiding Principles launched by the Future of Tourism Coalition. As a signatory, we commit to please destination needs at the centre of our recovery strategies and do our part to build a better tomorrow for travel and tourism.

Learn more at www.futureoftourism.org. #FutureofTourism

Glasgow Declaration

Launched at COP26, the Glasgow Declaration aims to unite everyone in the tourism sector around a common set of pathways for climate action. As a signatory, Adventurous Ewe commits to:

Support the global commitment to halve emissions by 2030 and reach Net Zero as soon as possible before 2050;

Deliver climate action plans within 12 months from becoming a signatory and begin implementing;

Align plans with the five pathways of the Declaration (Measure, Decarbonise, Regenerate, Collaborate, Finance) to accelerate and co-ordinate climate action in tourism.

For more info please visit: <https://www.adventurousewe.co.uk/tourism-declares-a-climate-emergency/>



ADVENTURE WITH PURPOSE

Our mission: to harness the power of travel to conserve and protect the world's precious natural spaces, one epic adventure at a time.

Our goal: to ensure rainforest communities benefit from adventure tourism, and to educate and inspire our flock to help actively support these communities across the planet.

Now more than ever our commitment to maintain our support of one of the leading global climate change charities, **Cool Earth** and the local protection and sustainability work of the **Snowdonia Society**, is of utmost importance.

To do this we'll continue to contribute a % from every booking to Cool Earth and maintain our partnership with the Snowdonia Society. It's time that we all live in a more responsible world. This means that not only will you have a fabewelous experience when you travel with Adventurous Ewe, you can do so whilst taking pride in knowing that you are helping support both of these fantastic causes.

Snowdonia National Park Ambassador

Adventurous Ewe have been a founding member of the Snowdonia National Park Ambassador Scheme since 2019. The scheme was formed to strengthen links between stakeholders working within the tourism industry and the National Park and provide training to create a greater understanding and knowledge about the area's natural and cultural resources, in order to improve the overall visitor and local experience.

For more info please visit: <https://www.adventurosewe.co.uk/about-us/adventurous-ewes-partnership-with-cool-earth/>

COOL EARTH





COST

Land only package

Deposit: £395 per person payable on booking

Balance: £2800 per person payable 6 weeks prior to start of trip

Total cost: £3195 per person

Book & Travel with Confidence

As well as carefully crafting amazing and meaningful adventures across the planet, we've made booking them as flexible, safe and as simple as possible.

For the latest info regarding booking and travelling with Adventurous Ewe, please visit our [website](#).

Fundraising

You're welcome to fundraise for a charity of your choice if you wish to do so. All sponsorship monies are to be sent directly to your chosen charity.

INCLUSIONS & EXCLUSIONS

K2 BASE CAMP & CONCORDIA TREK

INCLUDED

Pre-trip:

- Personalised support in the lead up to your trip
- Training guide and top tips
- Discount on personal kit from a reputable outdoor retailer, both online and in store
- Trip info supplied via our free mobile travel app
- Public liability insurance
- Financial Protection for your booking
- Monthly payment plan available
- Risk assessment and emergency management plan adventurousewe.co.uk/trip/k2-base-camp-and-concordia/
- Free [Adventurous Ewe Water-to-Go Bottle](#)

During your trip:

- Adventurous Ewe UK High Altitude Leader (for groups over 6 people)
- Qualified & experienced Local Mountain Guide
- Services of assistant guide/s and porters on the trek
- Trekking permit and CKNP fee
- All museum and national park fees
- Domestic flight from Islamabad to Skardu
- Private vehicle road transfers within Pakistan per your itinerary including airport transfers (for recommended flights), inter-city transfer in private vehicle and return Jeep from Skardu to Trek head
- Accommodation – 20 nights hotel & camping (6 nights hotel & 14 nights camping) twin share basis
- Meals as outlined in your itinerary | full board on trek (breakfast x 20, lunch x 14 and dinner x 14)
- Support crew including porters (max. 12kgs per porter) and cooks
- All camping equipment
- Medical safety equipment and supplies
- All logistical and safety management whilst in Pakistan.

NOT INCLUDED

- Travel insurance (mandatory)
- [Global Rescue Membership](#) (not mandatory but recommended)
- Return flights to Islamabad Pakistan. These can be arranged for you at an additional cost through our Flight Agent who is ATOL protected
- Airport transfers in Pakistan if flights booked are outside of our recommended flight times
- Visa – please refer to [Pakistan Entry Requirements](#)
- Vaccination/s. Please refer to [Pakistan Fit for Travel](#)
- Personal spending money
- Meals not listed in your itinerary
- Water purification tablets
- Kit and equipment as listed on your kit list and medication
- Tips for local crew
- Single room supplement where available (approx. £355pp)
- Any associated costs with leaving the trek early.
- Any expense because of force majeure, cancellation of flights, landslides, evacuation or accident or delay beyond the control of our local operator

Currently not included but can be organised at an additional cost

- Flights are not included in your K2 Base Camp Trek giving you the flexibility to depart from the airport of your choice and/or extend your adventure.
- We will provide you with the recommended flights for this trip in order for you to take up the airport transfers included in Pakistan. Alternately, you can book your flights through our flight agent who is ATOL protected.
- Any trip extensions or additional night's accommodation
- Single room supplement at approx. £355 per person.

KIT LIST

Good quality, durable kit could mean the difference between a fantastic adventure and an uncomfortable one. This is a list of recommended kit to take on your trip.

BAGS

- ❑ **Main kit bag (soft sided duffle bag)** – recommend 90L – 100L soft duffle bag with back straps, weather resistant fabric and without wheels. Your kit bag will be transferred by porters on the mountain therefore it must weight no more than 12kgs. Please ensure it has a clearly marked name tag
- ❑ **Daypack** - 35 litres with waist band straps which you will carry daily on the mountain containing your water-proofs, a warm layer, beanie, gloves, snacks, water, camera, sunscreen and any personal medication & first aid items
- ❑ **Rain cover** – for your daypack
- ❑ **Dry bags** – for all your items in your mountain kit bag and daypack
- ❑ **Foldaway luggage bag** - left at the hotel for any items you are not taking on the mountain ie. casual clothes, toiletries, etc.
- ❑ **Travel padlocks** – for your main kit bag and luggage bag

TRAVEL ADMIN

- ❑ **Passport**
- ❑ **Visa**
- ❑ **Any COVID-19** or other health forms required by either the UK or Pakistan Governments for entry / re-entry requirements
- ❑ **Flight tickets / e-tickets**
- ❑ **Travel insurance policy and emergency number**
- ❑ **Debit/credit cards**
- ❑ **Cash** – US dollars (small denominations) and Pakistani Rupee. Please allow **\$US150 - \$US180** for **tips** for the local crew. For the most up to date exchange rates, please visit <https://www.xe.com/>

EQUIPMENT

- ❑ **Sleeping bag** - minimum 4 season bag which has a comfort rating of -15°C. Pack inside a compression sack and dry liner.
- ❑ **Sleeping bag liner** - for extra warmth and protection of your sleeping bag, use a sleeping liner (silk or fleece).
- ❑ **Sleeping mat** - full-length mat such as a therm-a-rest which provides insulation from the cold ground. Please note, self-inflating mats often still require you to inflate
- ❑ **Water bottle** – essential and ability to carry a minimum of 1 litre. Wide mouth water bottle is ideal as narrow mouth bottles and camelbaks/platypus/bladder systems will freeze on summit night. We recommend Nalgene wide mouthed bottles which you can carry inside your jacket on summit night. They are also easy to fill and easy to add electrolytes.
- ❑ **Camelbak/platypus** - essential and a minimum 2 litre capacity. A bite valve cover is ideal to help keep the valve clean especially with the dusty mountain conditions. Please note, insulated pipes will still freeze on summit night therefore it is essential to bring a 1 litre water bottle as well.
- ❑ **Head torch** & spare batteries – good quality
- ❑ **Sunglasses** – strong UVA/UVB protection preferable. Ensure they are comfy
- ❑ **Gaiters** – (optional) water-proof knee-high gaiters which will prevent scree from entering your boots particularly on your descent.
- ❑ **Trekking poles** – very helpful with your descent. If you plan to use trekking poles, please train with these prior to your trek.

ADDITIONAL ITEMS

- ❑ **Antibacterial hand sanitiser** (essential)
- ❑ **Face mask** – may be required for travel
- ❑ **Sunscreen and lip block** – minimum SPF50
- ❑ **Favourite snacks** - both sweet and savoury, high in calories
- ❑ **Electrolytes** – ie. High5 Zero Electrolyte Drink Tablets
- ❑ **Water purification tablets** and/or **Water-to-Go Bottle**
- ❑ **Camera** – enclosed in a dry bag
- ❑ **Portable charger or spare batteries** – for mobile phone/camera
- ❑ **Toiletries for trek** – including biodegradable / antibacterial hand soap, eco-friendly wet-wipes, biodegradable loo paper/tissues, toothpaste & bamboo toothbrush, deodorant, chap-stick, etc.
- ❑ **Biodegradable rubbish bags** - for any litter in your tent and your rubbish whilst on the trek including loo paper
- ❑ **Small travel towel** – for use when washing hands/face
- ❑ **Personal First Aid** - any personal medications, fabric & blister plasters/compeeds, expedition plus insect repellent, bug bite relief cream, paracetamol, ibuprofen, rehydration satchels, diarrhoea tablets, knee or ankle support if you experience knee or ankle problems, antiseptic cream/ointment/wipes, anti-histamines, safety pins and Diamox (consult your GP in the first instance). Please note, the Adventurous Ewe expedition first aid kit is designed for emergencies and akin to A&E rather than a pharmacy on your trek, so please come prepared
- ❑ **Multi-tool/Swiss army knife**
- ❑ **Contact lenses** (plus spare glasses)*

KIT LIST CONTINUED

Good quality, durable kit could mean the difference between a fantastic adventure and an uncomfortable one. This is a list of recommended kit to take on your trip.

TREK CLOTHING

- ❑ **Waterproof jacket with hood** – essential to have a good quality and breathable water-proof jacket with an adjustable hood. We recommend the following fabrics: Gore-Tex Pro, Gore-Tex or Páramo.
- ❑ **Waterproof trousers** – essential to have good quality and breathable waterproof over trousers. Trousers with zips at the side to allow ventilation are ideal together with zips at the base of the legs to allow for ease of putting on over your hiking boots. We recommend the following fabrics: Gore-Tex Pro, Gore-Tex or Páramo.
- ❑ **Wind-stopper / soft shell jacket** - ensure this jacket is wind-proof and insulated as not all soft-shell jackets are wind-proof.
- ❑ **Down jacket** - ideally with a hood. Ideal for when having breaks higher on the mountain, for wearing in camp and for extreme weather conditions.
- ❑ **Midlayer / fleece** - microfleece or similar technology that provides varying degrees of warmth and insulation without being overly bulky or heavy to pack.
- ❑ **Trekking trousers** - two pairs – light-weight & breathable x 1 (zip-off trousers legs for use as shorts is ideal for start and finish days on mountain) and soft-shell/wind-proof trousers x 1
- ❑ **Base layers** - long-sleeved top x 2 and long johns x 2 (one pair for trekking and one pair for sleeping). Ideally Merino wool or wicking fabric.
- ❑ **Headwear** - cap/sunhat which can be worn under your helmet plus sunhat that can be worn casually
- ❑ **Neck warmer** - or merino wool buff – which can also be pulled over the lower half of your face in poor weather conditions (there are face masks available with an airhole for breathing).

- ❑ **Buff** – for sun protection and warmth. Ideal for descent on scree as it can be very dusty (plus they come in handy when using camp loos to cover your nose). We recommend at least 2 x buffs
- ❑ **Beanie** – which covers your ears and is lined for extra warmth
- ❑ **Gloves / mittens** - insulated and water-proof gloves or mitts. Gore Tex outer shell is ideal or we recommend Hestra Alpine or Mountaineering gloves
- ❑ **Inner/liner gloves** - ideally merino wool and windproof
- ❑ **Clothes for camp** – base layers can be worn. Ensure you layer up for warmth
- ❑ **Underwear** - merino wool or wicking material, not cotton. How many pairs is up to you.

TREK FOOTWEAR

- ❑ **Hiking boots** - well-worn in water-proof boots with mid to high ankle support. Bring spare boot laces too.
- ❑ **Trainers or crocs** – light and durable! For camp in order to give your feet a break from your hiking boots yet still provide protection and warmth in camp.
- ❑ **Socks** – liner socks x 3-4, merino wool mid weight hiking socks x 2-3, merino wool mountaineering thick socks x 1. We recommend Smartwool Merino Mountaineering Extra Heavy Crew socks for summit night.

OTHER CLOTHING & OTHER ITEMS

- ❑ **Casual clothes** – for free time, celebration meal & travel
- ❑ **Swimwear**
- ❑ **Sandals or flip-flops** – casual wear
- ❑ **Socks and underwear**
- ❑ **Toiletries for hotel**

NICE TO HAVE

- ❑ **Dextrose tables** for extra energy
- ❑ **Duct tape** for emergency repairs – wrap some around your water bottle or trekking pole rather than carrying a whole roll
- ❑ **Ear plugs** for camping
- ❑ **Reading material / card games**
- ❑ **Portable charger**
- ❑ **Plug converter** – for hotel
- ❑ **Poncho** which can be worn over your daypack
- ❑ **Nail brush**
- ❑ **Dental check up** - we recommend having a dental check-up before your trip. Fillings can be an issue at altitude if there is an air-pocket left in the gap

KIT TIPS

Please find below some of top tips to ensure you will be well kitted for your trip:

- Mark all your personal kit clearly, as no doubt there will be others with similar items
 - Ensure your luggage has your name tags clearly displayed
 - Think light and small wherever possible
 - Keeping warm at night is essential, so ensure you have a good sleeping bag and full length sleeping matt
- Test and train in your kit so you become familiar with any shortfalls, rubbing issues, breathability, quick drying ability, etc.

Hiking boots

Your trekking experience and performance will depend on footwear. Your boots must be waterproof to keep your feet dry, not too heavy and have enough stiffness so that you have good control over the varying terrain and potential snow.

Correctly fitted hiking boots is one of the most important aspects of your trek. Get the right boots and the right fit and you'll have a great experience. The most reliable way of finding a pair that's suited to you is by visiting a reputable outdoor store such as our kit partners Joe Brown/The Climbers Shop, or Cotswolds Outdoor, Ellis Brigham or ideally your local outdoor store who is renowned for great hiking boot product knowledge and will provide a personalised fitting service. Remember to wear your liner socks and thick winter socks when trying on your boots.

At Adventurous Ewe we have tried and tested the Salomon Quest 4D 3 GTX, Scarpa Ranger Activ Lite GTX, Scarpa Trek GTX and La Sportiva TX4 Mid GTX boots which were suitable for this trek. Therefore, we recommend any of these boots or similar. Feel free to chat to us if you have any questions.



Daypack (35L) and main kit bag (90L – 100L)

A correctly fitted pack is arguably the most important aspect of the decision-making process. Get the right fit and you'll have a pack that is comfortable, supportive and stable, get it wrong and shoulder, hip and back pain may ensue. The most reliable way of finding a pack that's suited to you is by visiting a reputable outdoor store who will provide a personalised pack fitting service.

Other elements to consider with purchasing your daypack and kit bag

- Straps – comfy straps including shoulder & waist straps
- Waterproofness – ensure they're constructed from tough and durable fabrics which offer some water resistance but can also be coated with a Durable Water Repellent treatment to increase wet weather protection. Use a pack liner or dry bags; not only do they protect from moisture they also make organising gear a lot easier.
- Platypus/bladder – If you plan to take a bladder system for hydration, ensure your rucksack has a section for this system.

Daypacks recommended by Adventurous Ewe are the Osprey Tallon 33, Osprey Womens Tempest 40, Low Alpine Airzone Trail 35 or packs similar to these.



Sleeping bag – 4 season (comfort level -20°C)

It's essential that you invest or hire a good quality sleeping bag as it gets very cold on the mountain. The information is displayed as a set of three temperature ratings:



Comfort Temp – this is the temperature at which a 'standard' adult woman can expect to have a comfortable night's sleep.

Limit Temp – this is the temperature at which a 'standard' adult male can expect to have a comfortable night's sleep.

Extreme Temp – this is a survival only rating for a 'standard' adult female. At this temperature there is a serious risk of hypothermia.

Four season – this is the recommended level for your sleeping bag as they're designed for winter trekking. They feature the highest quality components and superior materials to keep you warm.

Types of insulation

Sleeping bags are filled with either down or synthetic insulation; both have their pros and cons and will affect the performance, weight and price tag of the sleeping bag.

Down

Ounce for ounce nothing insulates as effectively as down. Down filled bags are very light, warm and compressible, and when cared for correctly will last for many years.

Pros - Light, warm, compressible

Cons - Susceptible to moisture, more expensive

Synthetic

Synthetic insulation retains a much higher percentage of its insulating properties when wet. It also tends to be easier to clean and comes with a more wallet-friendly price tag too.

Pros - Good water resistance, easier to care for, cheaper

Cons - Heavier and bulkier than down equivalent

CONTACT US

For any further info or any questions,
please feel free to contact us at:



01492 588 069



jim@adventurousewe.co.uk
susan@adventurousewe.co.uk



Online chat on our website at
<https://www.adventurousewe.co.uk/>



@Adventurous Ewe





Adventurous
ewe

We look forward to welcoming you to the spectacular Karakoram mountains of Pakistan for this once in a lifetime adventure.
#ewecandoit

