



CHOGOLISA EXPEDITION

(BRIDE PEAK) 7,665 m

EXPEDITION PACKING LIST

Concordia Region · Baltoro Glacier · Karakoram, Pakistan

Base Camp food and tent are provided by the expedition service. All weights per person unless noted as team item. ★ marks critical non-negotiable items.

EXPEDITION OVERVIEW

Peak	Chogolisa (Bride Peak) — SW Summit 7,665m NE Summit 7,654m
Route	Askole → Baltoro Glacier → Concordia → Chogolisa BC (~5,000m) → C1 (~5,900m) → Saddle Camp (~6,400m) → SW Ridge → Summit
Duration	40–45 days total including approach and optional Gondogoro La exit
Max Altitude	7,665m SW summit. Saddle camp at ~6,400m. High camp at ~6,700m. Multiple nights above 6,000m.
Technical Level	Moderate — broadly comparable to Broad Peak. No extreme technical climbing but serious high altitude, corniced ridge navigation, and deep wind-loaded snow. The summit ridge cornice is the defining danger.
O2 Bottles	0–2 bottles. Majority of ascents completed without O2. Carry 1–2 as emergency backup. Will store some at BC for emergency.
Key Hazards	CORNICES — the defining danger, killed Hermann Buhl 1957. Seracs above approach glacier. Avalanche risk from upper slopes. Deep wind-loaded snow on long summit ridge. Severe weather exposure.
Permit	Ministry of Tourism climbing permit + CKNP environmental fee. Alpine Club of Pakistan briefing required. Arranged by 14Adventure.
Porter Limit	25 kg to BC Expedition duffel weighed at Askole

1. CLOTHING & LAYERING SYSTEM

Down suit must be tested with harness and goggles on before travel. Test dexterity with summit mitts for all tasks including crampon buckles. Items marked BC are left at Base Camp throughout climbing rotations.

Item	Specification & Notes	Weight	Used For
Base Layer Top ×2	Merino wool or Polartec Power Dry, lightweight. No cotton under any circumstances. Moisture management is critical on the long glacier approach and ridge days.	~300g	Climbing
Base Layer Bottom ×2	Merino or synthetic. Same principle as top.	~250g	Climbing
Heavyweight Base Layer Top	Icebreaker 260 or Polartec 100 fleece. For sleeping at high camps and cold mornings above 6,000m.	~300g	Climbing
Mid-Layer Fleece Jacket	Polartec 200/300 weight. Patagonia R2 or similar. Primary warmth layer at camp every evening from BC upward.	~400g	Climbing
Light Down Jacket	800+ fill, packable. Arc'teryx Cerium LT or Rab Microlight Alpine. BC comfort and high camp waiting periods.	~350g	Climbing
★ High-Altitude Down Suit	800–850 fill minimum. Feathered Friends Arete or TNF L6. At 7,665m this is non-negotiable. MUST be tested with harness fitted over the suit before travel — test dexterity with summit mitts on. Saddle camp at 6,700m with sustained wind requires full suit protection.	~1,400g	Climbing



Item	Specification & Notes	Weight	Used For
★ Hardshell Jacket	Gore-Tex Pro 3-layer. Arc'teryx Alpha SV or equivalent. Worn over suit in storms and on the exposed summit ridge. Hood must seal over expedition balaclava.	~500g	Climbing
★ Hardshell Bib Pants	Gore-Tex Pro bib preferred over standard pants. Prevents snow ingress at waist in high winds on the ridge. Bib design is non-negotiable above BC.	~450g	Climbing
Softshell Pants	More useful on Chogolisa than on steeper peaks. The broad glacier approach and lower-angled ridge sections make softshell a climbing layer here, not just a BC item. Mammot Taiss Pro or Arc'teryx Gamma MX.	~350g	Climbing
Thin Balaclava	Merino or Polartec. Full face coverage. Daily use from C1 upward.	~80g	Climbing
Expedition Balaclava	Fleece-lined with wind protection. OR Ninjaclava or equivalent. Summit push and saddle camp only.	~120g	Climbing
Beanie	Wool or fleece. Lower camps and BC use only.	~100g	BC
Liner Gloves	Merino or thin fleece. For dexterity tasks and camp work.	~80g	Climbing
Mid-Layer Gloves	Insulated waterproof. BD Midweight or Rab Phantom Contact. Primary working glove on approach and lower ridge.	~150g	Climbing
★ Summit Mitts	Down expedition mitts. OR Alti Mitts or BD Mercury Mitts. ATTACH WRIST LEASH — dropped gloves cause frostbite. Non-negotiable above saddle camp.	~250g	Climbing
Neck Gaiter	Fleece or merino. All camps throughout expedition.	~80g	Climbing
Underwear ×4	Merino wool only. Hand-washable and odour-resistant over a 40-day expedition.	~200g	Climbing
BC Casual Clothes	T-shirts ×2, trekking pants. Leave at BC throughout climbing rotations.	~500g	BC

2. FOOTWEAR

High-altitude boots must be broken in before departure. The Baltoro approach is 5–6 days of hard trekking — new boots mean blisters before you reach Base Camp.

Item	Specification & Notes	Weight	Used For
★ High-Altitude Boot	La Sportiva G2 Evo (most cited) or Koflach Arctis Expe. Integrated gaiter strongly preferred over double plastic. Must be broken in before departure — new boots cause blisters on the long Baltoro approach. Verify crampon compatibility at purchase.	~2,200g/pair	Climbing
★ Down Camp Booties	Western Mountaineering Altitude or Rab Expedition Booties. Essential inside tent at saddle camp (6,700m) and C1 — frostbite prevention during long high camp periods.	~200g	Climbing
Trekking Boots	La Sportiva Trango Tech or equivalent. For the trek to BC only. Swap to high-altitude boots at Chogolisa BC — do not approach the glacier in trekking boots.	~1,200g	BC
Camp Sandals / Crocs	Lightweight slip-on for BC comfort. Morale item for evenings. Not carried above BC.	~300g	BC
Extra Insoles	Superfeet or custom foam. Multiple expedition accounts recommend adding a second insole for warmth and fit optimisation in high-altitude boots.	~100g	Climbing
River Crossing Shoes	Lower Baltoro approach has multiple wade crossings. Old trainers or lightweight water shoes. Do NOT cross glacial streams in trekking boots — wet boots on day 2 is a serious problem.	~200g	Approach

3. CLIMBING HARDWARE & TECHNICAL GEAR



Wand markers are the most important Chogolisa-specific item. The summit ridge has no visual features in cloud. Hermann Buhl and Kurt Diemberger walked off a cornice in 1957 in exactly this situation. This is not optional weight.

Per person unless noted as team item.

Item	Specification & Notes	Weight	Used For
★ Crampons	12-point. Petzl Lynx or Grivel G12 New-Matic. Verify binding compatibility with boots before departure. Essential from C1 throughout.	~620g	Climbing
★ Ice Axe	60–65cm general mountaineering axe. BD Venom or Petzl Sum'tec. 1 per person. No second axe needed — Chogolisa's route does not have steep ice sections. Used throughout approach and all ridge sections.	~460g	Climbing
★ Harness	Low bulk — must fit over down suit. BD Couloir or Petzl Altitude. Test fit with full summit kit (down suit + summit mitts) before travel. Mandatory from C1.	~290g	Climbing
Ascenders / Jumars	Petzl Basic. 1 pair per person. For fixed lines on approach to saddle camp.	~300g	Climbing
Locking Carabiners	Petzl Am'D or BD RockLock. 3–4 per person sufficient. Less fixed-line complexity than steeper peaks.	~300g	Climbing
Non-Locking Carabiners	Standard D-shape. 3–4 per person sufficient.	~240g	Climbing
Prusik Cord	6mm. Two lengths: ~120cm and ~60cm per person. Self-rescue and fixed line backup.	~100g	Climbing
Belay / Rappel Device	Petzl Reverso or BD ATC Guide. Descent rappels.	~90g	Climbing
★ Helmet	Lightest viable. Petzl Sirocco or BD Vapor. Serac and ice debris hazard on the Chogolisa approach glacier. Non-negotiable from BC.	~170g	Climbing
★ Wand Markers ×60–80	CRITICAL Chogolisa-specific item. The summit ridge is heavily corniced and completely featureless in cloud — this is how Hermann Buhl died in 1957. Place wands every 20–30m on ascent and follow them precisely on descent. Guides carry some — supplement with your own. Do not skip wands to save weight.	~500g (shared)	Climbing
★ Avalanche Beacon	Mammut Barryvox or Pieps DSP Sport. 1 per person mandatory — serac exposure on the approach glacier and lower ridge requires individual coverage, not just team coverage.	~250g	Climbing
★ Avalanche Probe + Shovel	1 set per 2 climbers. Serac exposure on approach justifies higher density than standard. Lightweight carbon probe.	~600g (shared)	Climbing
Snow Pickets — team	4–6 pickets for team. Used for anchoring ropes on the broad upper snowfield where ice screws have insufficient purchase in soft snow. This is not a screw route above the saddle.	~800g (team)	Climbing
Ice Screws — team	2–3 screws sufficient. Main anchor building uses pickets on this route. Petzl Laser Speed 16cm.	~300g (team)	Climbing
Team Rope	1 × 60m 8mm dry-treated rope per team sufficient. Guides set main lines. Less independent fixing required than on K2 or NP.	~1,700g (team)	Climbing
Trekking Poles	Carbon, collapsible. 1 pair. Essential for balance on the long summit ridge snow traverse — not just the approach.	~480g	Climbing
★ Headlamp	Petzl NAO+ or BD Spot 400. LITHIUM BATTERIES ONLY above C1 — alkaline batteries fail at -20°C. Carry spare set.	~200g	Climbing
Backup Headlamp	BD Spot or Petzl e+Lite. Critical backup on long summit days.	~90g	Climbing
Repair Kit (team)	Duct tape, gear patches, pole repair sleeve. 1 per team.	~200g (team)	Climbing

4. SLEEPING & CAMP GEAR

Saddle camp at 6,700m is fully exposed to sustained Karakoram winds. A -40°C sleeping bag and a Hilleberg-grade tent are not over-specification for this site — they are the correct specification.

BC tent provided by expedition service. High camp tents are the team's responsibility.



Item	Specification & Notes	Weight	Used For
★ High Camp Tent	BD Fitzroy or Hilleberg Jannu — Hilleberg Jannu strongly preferred. Saddle camp at 6,700m is fully exposed to sustained Karakoram winds. Do not use a lightweight 3-season tent above BC. 1 tent per 2 climbers.	~1,300g/share	Climbing
★ Sleeping Bag — Upper Camps	-35°C to -40°C comfort rated. Feathered Friends Snowbunting EX or Western Mountaineering Puma GWS. Saddle camp sustained winds make effective temperature far below ambient — do not use a -30°C bag above BC. Manufacturer ratings are optimistic by 5–8°C in Karakoram conditions.	~1,360g	Climbing
★ Sleeping Bag — Lower Camps	-20°C comfort rated. Rab Neutrino 600 or WM Ultralite. For C1 rotations. Leave at C1 on summit push and use upper bag throughout.	~950g	Climbing
Sleeping Pad — NeoAir XTherm	Therm-a-Rest. R-value 6.9. Critical thermal isolation from tent floor at high camps. Some climbers use two pads at saddle camp.	~430g	Climbing
Foam Pad (backup)	Therm-a-Rest Z Lite half section. Backup insulation and sit pad. Doubles as pack padding on approach.	~200g	Climbing
★ Stove — MSR Reactor	Wind-resistant, efficient snow melt. 1 per tent minimum. Pre-warm fuel canister inside sleeping bag before use — cold canisters lose significant output.	~350g/share	Climbing
Fuel Canisters — MSR IsoPro 450g	Isobutane-propane blend. Budget ~1 canister per person per 2 days above BC. Cold temperatures reduce output — carry more than your calculation suggests.	~2,250g	Climbing
Cookpot — Titanium 2L	1 per tent, shared.	~200g/share	Climbing
★ Thermos 1L	Wide-mouth vacuum insulated. Pre-fill with warm liquid at saddle camp the night before summit push.	~350g	Climbing
Water Bottles ×2	1L wide-mouth Nalgene hard plastic only. Soft bottles crack in extreme cold. Keep one inside down suit on summit day.	~300g	Climbing
Spork — Titanium		~20g	Climbing

5. SAFETY & COMMUNICATION

Every person carries their own avalanche beacon — not one per team. Serac exposure on the approach glacier makes individual coverage essential on Chogolisa.

Item	Specification & Notes	Weight	Used For
O2 Mask & Regulator	Topout system recommended. Carry even if planning no-O2 ascent — conditions may force use above 7,000m. Test mask seal with hood, goggles and summit mitts on before expedition. 0–2 bottles standard on Chogolisa; 1–2 as emergency backup is common practice.	~450g	Climbing
O2 Bottles — quantity	0–2 per person. Majority of Chogolisa ascents completed without supplemental O2. Carry 1–2 as emergency backup rather than planned summit use. Summit Oxygen or Poisk cylinders, ~3.2 kg each full.	~0–6.4kg	Climbing
★ Garmin inReach Mini 2	Two-way satellite communicator with SOS. 1 per person. No cell signal after Askole. Non-negotiable.	~100g	Climbing
VHF Radio	Motorola or Baofeng handheld. 1 per person. BC to high camp communication.	~200g	Climbing
Satellite Phone (team)	Iridium 9555. 1 per team. BC coordination, weather, and emergency use.	~200g	BC
Pulse Oximeter (team)	Nonin or Masimo. 1 per team. Monitor SpO2 nightly above 6,000m to track acclimatisation and flag AMS.	~60g	Climbing



Item	Specification & Notes	Weight	Used For
★ Cornice Probe / Test Pole	Chogolisa-specific critical item. A lightweight avalanche probe or spare trekking pole section used to test the snow surface ahead of the lead climber on the corniced summit ridge. Essential navigation and safety tool on this route.	~200g	Climbing
★ Personal First Aid Kit	Dexamethasone 8mg injection + oral (HACE treatment), Nifedipine (HAPE), Ibuprofen, Diamox (AMS prevention), rehydration sachets, wound closure, antiseptic. Review all protocols with expedition doctor before departure.	~500g	Climbing
Gamow Bag (team)	Portable altitude chamber. 1 per team. Store at BC. For severe AMS/HACE/HAPE evacuation.	~700g/share	BC

6. NUTRITION & HYDRATION

Appetite suppression above 6,500m is significant. Force feed on schedule regardless of hunger. Instant soup and broth are consistently the most tolerated food at the saddle camp — bring double what you plan.

Item	Specification & Notes	Weight	Used For
★ Instant Soup / Broth	Chicken bouillon or ramen packets. The single most consistently tolerated food at extreme altitude across all high-altitude expedition accounts. Bring significantly more than you think you need.	~400g	Climbing
Instant Oatmeal ×8–10	Individual high-calorie packets. Breakfast at high camps. Easy to prepare with one pot of water.	~400g	Climbing
High-Calorie Bars ×20–22	Clif Bars, Lärabars, or RX Bars. Budget ~2–3 per day for approximately 8–10 days above BC. Chocolate and nut flavors best tolerated at altitude. Store in inner pocket to prevent freezing.	~1,100g	Climbing
Freeze-Dried Meals ×8–10	Mountain House or equivalent. Pasta, rice, and potato-based meals best tolerated. Lighter requirement than K2 — fewer high camp nights on Chogolisa. One per night above C1.	~1,200g	Climbing
Nuts & Dried Fruit	High caloric density. No preparation required. Store in inner pocket to prevent freezing solid on summit day.	~500g	Climbing
Energy Gels ×10–12	Gu Roctane or Maurten. Summit push and hard climbing days. Store warm — they freeze solid and become unusable.	~300g	Climbing
Hard Candy / Glucose Tablets	Quick energy on long ridge sections. Keep in outer pocket accessible with mitts on.	~200g	Climbing
Electrolyte Powder ×20 servings	Nuun or Skratch Labs. Add to warm water throughout. Critical for hydration management at altitude.	~200g	Climbing
Coffee / Tea / Hot Chocolate	Morale critical at high camps. Bring more than planned. Essential at saddle camp evenings.	~300g	Climbing
★ Insulated Bottle Setup	Wide-mouth Nalgene in insulated sleeve. Hydration bladder tubes freeze above C1 on Chogolisa — no bladder systems above BC.	—	Climbing

7. PERSONAL ITEMS & MISCELLANEOUS

Item	Specification & Notes	Weight	Used For
★ Sunscreen SPF 50+	La Roche-Posay Anthelios or Neutrogena Ultra Sheer. Bring 3 tubes minimum. Apply every 2 hours on glacier — UV reflection at altitude is severe. Apply under O2 mask strap lines.	~300g	Climbing
★ Lip Balm SPF 50	4–6 sticks. Consumed and lost faster than expected on a 40-day expedition. Lips crack severely at altitude.	~75g	Climbing
★ Glacier Glasses — Cat 4	Full side shields. Julbo Sherpa or Cebe Shaman. Photokeratitis (snow blindness) risk is severe. Never remove on glacier regardless of cloud cover.	~60g	Climbing



Item	Specification & Notes	Weight	Used For
★ Summit Goggles	Photochromic or S3/S4 lens. Oakley Airbrake MX or Smith I/O Mag. Critical for Chogolisa's exposed summit ridge in wind and whiteout.	~200g	Climbing
Camera	Sony RX100 VII or GoPro Hero 12. Keep in inner chest pocket at all times — batteries fail rapidly in cold.	~300g	Climbing
Spare Camera Batteries ×4	Store in inner pocket against body heat. Standard batteries fail below -20°C.	~200g	Climbing
Power Bank 20,000mAh	Anker or equivalent. Sleep with it in sleeping bag at high camp. No charging infrastructure above BC.	~440g	Climbing
Solar Panel 20–30W (BC only)	GoalZero or similar. Stays at BC throughout. A 40–45 day expedition requires solar for sustainable electronics charging.	~600g	BC
★ Pee Bottle	Wide-mouth, clearly labelled differently from water bottle. Tent exit at night is a frostbite risk at saddle camp and C1.	~100g	Climbing
Sleeping Earplugs — foam	Wind noise at saddle camp is severe and directly impacts sleep quality and recovery. Multiple accounts cite this as essential.	~10g	Climbing
Hand Sanitizer	Small bottle. GI illness ends expeditions. BC hygiene is critical throughout.	~100g	BC
Eye Drops — lubricating	Dry, high UV environment throughout expedition.	~50g	Climbing
Pencil + Small Notebook	Pencil only — pens freeze solid at altitude. For route notes and permit checkpoints.	~50g	Climbing
Dry Bags / Stuff Sacks ×4	Multiple sizes. Organisation and waterproofing inside porter duffel and summit pack.	~150g	Climbing
Personal Medications	Diamox, Ibuprofen, Acetaminophen, personal prescriptions. Discuss complete protocol with expedition doctor before departure.	~200g	Climbing
WAG Bags / CMC ×4–5	Human waste management required above snowline. CKNP strictly enforces this on the Baltoro. Budget 1 per day above BC.	~100g	Climbing

WEIGHT SUMMARY

Per person weights. O2 bottles excluded from base total — typically not used on Chogolisa.

Category	Weight (per person)	Notes
Clothing & Layering	6–8 kg	Down suit dominates (~1.4 kg). Softshell pants more useful here than on steeper peaks — don't leave them at home.
Footwear	4–5 kg	High-alt boots ~2.2 kg/pair. Two pairs (approach + summit) standard. River crossing shoes ~200g.
Climbing Hardware	3–4 kg	Lighter than K2 — 1 rope only, fewer carabiners. Add wand markers (~0.5 kg shared) and avalanche kit — heavier than GII.
Sleeping & Camp Gear	7–9 kg	Full -40°C bag + pad + stove share + thermos. Same spec as K2 — saddle camp demands it.
Safety & Comms (excl. O2)	~2.5–3 kg	Avalanche kit upgraded. Beacon + probe/shovel share adds ~0.5 kg vs. simpler peaks. Cornice probe included.
Nutrition (~8–10 days above BC)	4–6 kg	Slightly less than K2 — fewer high camp nights. More than GII due to longer approach camp schedule.
Personal & Misc	1.5–2 kg	Camera + power bank + personal items. Standard.
TOTAL (excl. O2)	~28–37 kg	Lighter than K2/GI but heavier than GII due to avalanche kit and wand markers. Very manageable weight for the route.
O2 (emergency backup)	+ 0–6 kg	Most teams carry 0–2 bottles as emergency backup only. 1 bottle ≈ 3.2 kg. Pre-position at C1 if carrying any.



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All medical protocols must be confirmed with your expedition doctor before departure. Weights are estimates per person unless noted as team item. O2 logistics and wand marker strategy should be confirmed with your 14Adventure.