

Khosar Gang Expedition 6,024m

Packing List

1. CLOTHING & LAYERS

	ITEM	NOTES
☐	Long-sleeve base layer top ×2	Merino 150gsm, UPF 50. The approach from Kashmal is warm — sun protection essential from Day 1
☐	Short-sleeve trekking shirt ×2	Quick-dry synthetic. For lower sections and Skardu days
☐	Midweight thermal base layer top ×1	Merino. For sleeping at high camps and cold mornings at Camp 2
☐	Midweight thermal base layer bottom ×1	For sleeping at Camp 2 and summit morning start
☐	Fleece jacket — midweight ×1	Polartec 200. Primary camp layer every evening above 4,000m
☐	★ Down jacket — heavyweight ×1	800 fill, -15°C rated. NOT a standard packable puffer. Rab Neutrino Pro or Patagonia Down Sweater Hoody (hooded). For Camp 1, Camp 2 evenings and summit push
☐	Softshell jacket ×1	For active climbing sections. Breathable mid-outer layer. Worn between fleece and hardshell on colder days
☐	Hardshell jacket — Gore-Tex 3L ×1	Waterproof outer for storm days and summit morning. Arc'teryx Beta LT or equivalent
☐	Hardshell / waterproof pants ×1	For summit day and any bad weather at high camp
☐	Trekking pants — convertible ×2	Zip-off ideal. Warm lower sections, cooler at altitude
☐	Warm beanie ×1	Used every evening above 4,000m
☐	Wide-brim sun hat ×1	Lower approach and base camp — sun is intense at Skardu elevation
☐	Balaclava ×1	For summit day and cold camp mornings
☐	Neck gaiter / buff ×1	Sun and wind protection on approach and lower sections
☐	Liner gloves ×1 pair	Thin merino. For dexterity at BC and cold mornings on approach
☐	★ Insulated climbing gloves ×1 pair	Midweight waterproof-insulated gloves. BD Guide Gloves or OR Arete. For summit push — hands at 6,000m are at frostbite risk
☐	Underwear — merino ×4 pairs	Merino only — 10–15 days without laundry facilities

	ITEM	NOTES
☐	Trekking socks — merino ×4–5 pairs	<i>Merino only. Thick pair reserved for high camp and summit day</i>
☐	Liner socks ×1 pair	<i>Worn inside B2 boots on summit day</i>
☐	Sleeping / camp socks ×1 pair	<i>Dedicated DRY warm socks for sleeping only. Never use for climbing</i>

2. FOOTWEAR

💡 Khosar Gang is one of the few 6,000m peaks where expensive double mountaineering boots are NOT required. B2 stiff-soled mountaineering boots are sufficient and compatible with standard crampons. This significantly reduces cost and weight.

	ITEM	NOTES
☐	★ B2 Mountaineering Boots ★ MANDATORY	<i>Stiff-soled, waterproof, compatible with C1/C2 crampons. La Sportiva Trango Tech GTX, Scarpa Marmolada Pro, or Lowa Mountain Expert GTX. NOT standard trekking boots — B2 rating required for crampon compatibility and ankle support on icy sections. Break in before departure — critical.</i>
☐	★ C1/C2 Crampons — 10 or 12-point	<i>Must be compatible with your B2 boots. Grivel G10 or BD Contact. 10-point sufficient on this route; 12-point fine. Verify boot-crampon compatibility before travel.</i>
☐	Camp shoes / Crocs	<i>Relief at Base Camp. Do not use above Camp 1</i>
☐	Full gaiters	<i>For snow sections above Camp 1 and on summit day. Attach over B2 boots.</i>
☐	Spare boot laces ×1 pair	<i>Weights nothing, worth carrying</i>

3. SLEEPING & CAMPING

	ITEM	NOTES
☐	★ Sleeping Bag — -10°C to -15°C comfort	Down preferred for weight. Rab Neutrino 400, Western Mountaineering Lynx, or Mountain Hardwear Phantom 32°F. One bag for the whole expedition — no two-bag system needed for this altitude.
☐	Sleeping bag liner — silk or fleece	Adds 5–8°C. Essential hygiene over 10–15 nights. Silk liner lightweight; fleece adds more warmth.
☐	★ Inflatable sleeping pad — R-value 4+	Therm-a-Rest NeoAir XLite (R3.2) minimum. Cold from below is as harmful as cold from above at high camp. NeoAir XTherm (R7.3) if you run cold.
☐	Camping pillow — compressible	Small comfort item for 5-10 nights.

4. TECHNICAL CLIMBING GEAR

	ITEM	NOTES
☐	★ Ice Axe — general mountaineering	60–65cm walking axe. BD Raven Pro, Petzl Glacier, or similar. Used for balance on steep sections and self-arrest. Guide provides training if needed. Not a technical tool here — a walking axe is correct.
☐	★ C1/C2 Crampons (see Footwear)	Repeated here for emphasis. Must match B2 boots. CANNOT use microspikes for summit day — icy sections require real crampons.
☐	★ Sit harness	Lightweight adjustable. BD Couloir, Petzl Hirundos, or similar. Used to clip into the 80–120m fixed rope section near the summit. Not worn for the majority of the climb.
☐	Locking carabiners ×2	2 HMS/pear shape locking carabiners. One for harness attachment, one spare. You do NOT need 4–6 carabiners for this route.
☐	★ Helmet ★ MANDATORY	Rockfall and ice risk on the rocky sections above Camp 2. Petzl Sirocco or BD Vapor. Worn above Camp 2 at minimum.
☐	Trekking poles — with snow baskets	Collapsible. Highly recommended. Used on the steep approach, lower glacier sections, and return descent. BD Trail or Leki Micro Vario.
☐	★ Headlamp ★ MANDATORY	Summit starts before dawn. Petzl Actik Core or BD Spot 400. LITHIUM batteries only — alkaline fail in cold. Carry 2 spare sets.



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5. HEALTH & SAFETY

	ITEM	NOTES
☐	Personal first aid kit ★	<i>Ibuprofen, paracetamol, Imodium, antihistamine, ORS sachets, Compeed, wound closure strips, antiseptic, blister lancet, throat lozenges</i>
☐	Diamox (Acetazolamide) ★	<i>125–250mg twice daily from 24hrs before significant altitude gain. Discuss with your doctor before departure. Near-universal recommendation above 4,000m on fast ascent profiles.</i>
☐	Dexamethasone ★ MANDATORY	<i>8mg oral or injection — emergency HACE treatment. You are going to 6,046m. Know the AMS / HACE protocol before departure. Do not skip this.</i>
☐	Prescribed antibiotic (Cipro)	<i>For GI illness — can be common in the field even on short expeditions</i>
☐	Pulse oximeter ×1	<i>Monitor SpO2 from Camp 1 upward. Very useful on fast ascent profiles — gives early AMS warning. Inexpensive and lightweight.</i>
☐	★ Glacier sunglasses — Category 4	<i>Full side shields. Julbo Explorer or Céb� S'Track. Glacier and high snow sections above Camp 1 require Cat 4 protection — standard sunglasses are not enough.</i>
☐	Spare sunglasses	<i>Losing glacier glasses above 5,000m is a medical emergency. Carry a cheap spare.</i>
☐	SPF 50+ sunscreen ×3 tubes ★	<i>Apply every 90 minutes above snowline. Skardu altitude + glacier reflection = extreme UV even on overcast days.</i>
☐	SPF 50 lip balm ×4 ★	<i>Cracked lips at 6,000m on summit day is a serious discomfort. One in every pocket.</i>
☐	Grayl Geopress filter bottle ★	<i>All water above BC must be treated. Glacier meltwater contains sediment and pathogens.</i>
☐	Aquatabs / chemical treatment (backup)	<i>Backup if filter freezes at Camp 2</i>
☐	Hand warmers ×6	<i>For inside gloves on summit day and rest stops at altitude</i>
☐	Pee bottle — wide-mouth Nalgene	<i>For Camp 2 at night. At -10°C you should not exit the tent at 2am before summit day.</i>

6. HYDRATION & NUTRITION



	ITEM	NOTES
☐	★ Nalgene 1L wide-mouth ×2	Hard plastic only — soft bottles crack in cold. Wide-mouth for gloved filling at Camp 2. Fill one with hot water as sleeping bag warmer.
☐	Insulated bottle sleeve	Prevents water freezing on summit morning approach
☐	Thermos — 1L vacuum insulated	Fill with hot tea or broth at Camp 2 before summit push. Hot drinks at 6,000m on the way up and down are morale and performance critical.
☐	Electrolyte tablets — 2 tubes ★	Add to water throughout. Critical on both hot lower approach AND at altitude.
☐	Summit day food supply ★	3–5 energy bars + hard candy + glucose tabs accessible with gloves on. Summit push is 8–12 hours.
☐	Personal snack stash — full expedition	!4 Adventure provides all meals. Personal snacks: 2–3 per day. Budget generously for 15–10 days.
☐	Tea / coffee / hot chocolate sachets	Personal tent supply. Morale and warmth management at high camps.

7. PACKS & CARRY SYSTEM

	ITEM	NOTES
☐	Expedition duffel — 80–100L (waterproof)	Porter-carried from Kashmal to BC. North Face Base Camp or Ortlieb. Significantly lighter than Baltoro expeditions — shorter duration means less gear.
☐	Combination padlock	For duffel security from Skardu to BC
☐	★ Daypack — 30–35L with rain cover	Carried personally every day on approach AND used as your summit pack. Hip belt essential. Osprey Stratos 34 or Deuter Speed Lite. Keep it to 5–8 kg.
☐	Dry bags — multiple sizes	10L for sleeping bag, 4L for electronics, 2L for documents. Everything inside the duffel stays dry.
☐	Zip-lock bags ×8+	Documents, snacks, clothing separation

8. ELECTRONICS & POWER

	ITEM	NOTES
☐	Power bank — 20,000mAh ×1	<i>Even though generator will be available at Basecamp for Electronic Recharge, but Good to have.</i>
☐	Camera + spare batteries ×3	<i>Keep batteries in inner pocket. Cold kills batteries within minutes above 5,000m if exposed.</i>
☐	Memory cards ×2+	<i>Bring spares — you will take more photos than planned.</i>
☐	All charging cables — in one pouch	<i>Replace any fraying cables before departure.</i>

9. PERSONAL & HYGIENE

	ITEM	NOTES
☐	Biodegradable wet wipes ×2–3 packs	<i>Primary hygiene method. No showers for 7–10 days above Skardu.</i>
☐	Hand sanitizer ×2 bottles ★	<i>Before every meal. GI illness ends expeditions even this close to Skardu.</i>
☐	Toilet paper ×2–3 rolls	<i>In zip-lock bags. Pack out waste — no burying above snowline.</i>
☐	Antifungal foot powder	<i>Apply daily inside boots throughout expedition.</i>
☐	Biodegradable soap (small)	<i>For BC washing</i>
☐	Microfibre travel towel	<i>Quick-dry; small and lightweight.</i>
☐	Penknife / multi-tool	<i>Pack in CHECKED luggage.</i>
☐	Insect repellent — DEET 30%+	<i>For Skardu and lower valley sections.</i>

10. REPAIRS, FOOT CARE & DOCUMENTS

	ITEM	NOTES
☐	Leukotape P	<i>Tape problem areas BEFORE blisters form. B2 boots are stiffer — begin taping on Day 1.</i>
☐	Compeed blister patches	<i>Once blisters form. Do not pop without clean lancet and antiseptic.</i>
☐	Bodyglide / anti-chafe balm	<i>For approach days and base camp warm periods.</i>

	ITEM	NOTES
☐	Antifungal cream (Canesten)	<i>Extended boot use in a short window causes foot infections.</i>
☐	Tenacious Tape + duct tape	<i>Boot, jacket and gear repairs. Wrap duct tape around a trekking pole.</i>
☐	Sewing kit	<i>Down jacket repair — small tears bleed feathers rapidly.</i>
☐	Spare crampon bails ×2	<i>A bail failure above Camp 1 with no spare is dangerous.</i>
☐	Spare boot laces ×1 pair	<i>For B2 boots.</i>
☐	Passport — original	<i>For ACP documentation</i>
☐	Travel insurance + emergency number ★	<i>Must cover helicopter evacuation and mountaineering above 6,000m. Pakistani military rescue: \$20,000–32,000 USD without insurance. Standard travel insurance is insufficient — verify your policy explicitly covers climbing.</i>
☐	Emergency contact sheet — laminated	<i>14 Adventure Contact detail, insurance emergency line, next-of-kin. One on your person, one at BC.</i>
☐	Pakistani Rupees — cash	<i>Porter / guide / cook tips. ATMs available in Skardu — withdraw before leaving.</i>

11. MORALE & EXTRAS

	ITEM	NOTES
☐	Kindle / books / offline podcasts	<i>Rest days at BC and potential weather holds. Shorter expedition but still 2–4 full days at BC.</i>
☐	Playing cards / small game	<i>Group morale on rest days.</i>
☐	Personal treats / comfort food	<i>Favourite chocolate, coffee, hot sauce. Morale management matters even on short trips.</i>
☐	Earplugs ×6 pairs	<i>Wind on BC tents and high camp.</i>
☐	Small notebook + pen	<i>Summit notes, emergency contacts, porter tip tracking.</i>