

Laila Peak Expedition 6,096m

Packing List

Charakusa Glacier · Hushe Valley · Masherbrum Sub-Range, Karakoram, Pakistan

1. CLOTHING & LAYERS

	ITEM	NOTES
☐	Long-sleeve merino base layer top ×2	150gsm. UPF 50. Long sleeves mandatory — open glacier and moraine approach on the Charakusa Glacier; no shade
☐	Short-sleeve trekking shirt ×2	Quick-dry synthetic. For Hushe, Saicho Camp, and lower BC days
☐	Midweight thermal base layer top ×2	Merino or synthetic. For above Camp 1 and sleeping at all high camps
☐	Midweight thermal base layer bottom ×1	Merino. Camp 1 and above at night
☐	Fleece jacket — midweight ×1	Polartec 200. Camp layer, worn every evening from Camp 1 up
☐	Lightweight down jacket ×1	Packable 800-fill. For BC and lower camp evenings. Compact — carried in top lid on summit day as emergency layer only
☐	EXPEDITION HEAVYWEIGHT DOWN JACKET ★	800+ fill, rated to -20°C. Rab Neutrino Pro, PHD Minimus, or Patagonia DAS Parka. Primary summit-day insulation. Fits over all climbing layers — test before departure
☐	Softshell jacket — windproof ×1	Active layer for all climbing sections. Breathable over base layers below the headwall
☐	Hardshell — Gore-Tex 3L ×1	Full waterproof outer. Laila gets heavy summer snowfall — storms arrive with no warning on the exposed upper face
☐	Hardshell / waterproof pants ×1	Worn on summit day over insulated pants. Waterproof shell is essential on the headwall ice sections
☐	Insulated softshell climbing pants ×1	Primary climbing trouser above Camp 1. Must allow full crampon kick movement — avoid stiff or bulky fabrics
☐	LIGHT DOWN PANTS ★ RECOMMENDED	For Camp 2 pre-dawn wait (-18°C). Worn over climbing pants for warmth at camp; removed before technical sections
☐	Trekking pants — convertible ×2	For Hushe → Saicho → BC approach. 2 pairs: one on body, one dry at BC
☐	Warm beanie ×2	One for camp, one for sleeping. Used nightly from Camp 1 onwards

	ITEM	NOTES
☐	BALACLAVA ×2 ★	<i>Critical for summit day headwall. One on face under helmet; one spare dry in pack. Wind on the upper NW face is extreme</i>
☐	Sun hat with full brim ×1	<i>Open glacier approach to BC — 2 days of intense UV with no shade</i>
☐	Neck gaiter / buff ×1	<i>Dust on jeep approach; rock dust when rockfall occurs between C1 and C2</i>
☐	Thin liner gloves ×1 pair	<i>For dexterity tasks: clipping ropes, adjusting gear, camp duties below C2</i>
☐	MIDWEIGHT TECHNICAL GLOVES ★	<i>Waterproof shell + insulation. Black Diamond Arc or Mammüt Astro Guide. For climbing sections between C1–C2. Must allow trigger-finger dexterity for ice tool placements</i>
☐	EXPEDITION MITTS ★ CRITICAL	<i>Full down/Primaloft liner + waterproof shell. For summit headwall and descent. Keep in summit pack accessible with one hand — your life depends on speed of access in a storm</i>
☐	Underwear — merino ×4 pairs	<i>19-day expedition. Merino only</i>
☐	Trekking socks — merino ×4–5 pairs	<i>Heavier weight pair reserved for high camps only</i>
☐	Liner socks ×2 pairs	<i>Inside double boots on all technical days above C1</i>
☐	Sleeping socks — merino ×1 pair	<i>DRY pair used for sleeping only. Non-negotiable above 5,000m</i>

2. FOOTWEAR

	ITEM	NOTES
☐	DOUBLE MOUNTAINEERING BOOTS ★ MANDATORY	6,000m-rated double boots: La Sportiva Trango Ice Cube, Scarpa Phantom Tech, or La Sportiva G5 Evo. C2 crampon compatibility is non-negotiable. Break in aggressively — 6+ days of hiking — before departure
☐	Trekking boots — B2 (approach)	For Hushe → BC approach (2 days). The approach involves moraine rubble and glacier sections where double boots are overkill. Swap to double boots at BC
☐	FULL GAITERS ★	Mandatory from Camp 1 upward — snow and ice debris on the headwall sections. Integrated with double boot system
☐	Camp sandals / Crocs ×1	For BC relief only. Do not use above Camp 1
☐	River crossing shoes	The approach from Hushe crosses glacial streams near Saicho. Separate crossing shoes protect trekking boots from soaking
☐	12-POINT STEEL CRAMPONS — C2 RATED ★	Grivel G12 or BD Cyborg. Anti-balling plates mandatory — soft snow sections will clog standard crampons. C2 binding is mandatory to accept double boot rigidity. Check fit before departure — non-adjustable crampons save weight but tolerances are tight
☐	Spare crampon bails ×2	Bail failure at Camp 2 on summit morning is an expedition-ending problem

3. SLEEPING & CAMPING

	ITEM	NOTES
☐	SLEEPING BAG — -20°C comfort rated ★	Down preferred. Rab Neutrino 600, Western Mountaineering Antelope MF, or Feathered Friends Hummingbird UL 20. -20°C comfort is right for this elevation — do not under-buy. The peak is 6,096m at summit; Camp 2 (-18°C) is your coldest sleeping point
☐	Sleeping bag liner — silk	Adds 5–7°C, hygiene benefit for 15–18 nights without shower
☐	SLEEPING PAD — inflatable R-value 5+ ★	Therm-a-Rest NeoAir XTherm (R7.3). Camp 2 at 5,650m on snow — cold from below will break your sleep and sap your energy for summit day
☐	Closed-cell foam half-pad (backup)	Emergency backup if inflatable punctures at Camp 2 before summit day
☐	Camping pillow — compressible	BC has rest days between rotations. Sleep quality drives performance on the climb

4. TECHNICAL CLIMBING GEAR

	ITEM	NOTES
☐	PRIMARY ICE AXE — technical curved ★	<i>LAILA SPECIFIC. 50–55cm technical ice tool: Petzl Quark, BD Cobra, or Grivel Machine. Required for the summit headwall at 55–60°. A walking axe cannot safely arrest a fall or provide purchase on steep ice. This is the most important item difference from Spantik/Pastore</i>
☐	SECONDARY ICE AXE — walking axe ★	<i>60–65cm straight walking axe (BD Raven Pro or Petzl Glacier). Used between BC and Camp 1 for glacier travel and self-arrest on moderate terrain. Carry both from Camp 2 upward on summit day</i>
☐	12-POINT C2 CRAMPONS ★ (see Footwear)	<i>Repeated for emphasis. Anti-balling plates mandatory on Laila's mixed snow/ice terrain</i>
☐	HELMET ★ CRITICAL — non-negotiable	<i>LAILA-SPECIFIC EMPHASIS. Active rockfall between Camp 1 and Camp 2 during afternoon solar heating. Multiple climbers reports cite rockfall as a consistent hazard on this section. Petzl Sirocco or BD Vapor. Worn at all times above BC</i>
☐	HARNESS ★ — adjustable alpine	<i>Must fit over all summit-day layers. BD Couloir or Petzl Altitude. Test in full summit kit before travel. The harness is active throughout the entire climb — not just the headwall</i>
☐	ASCENDER / JUMAR ×1 ★	<i>Petzl Basic or Petzl Tibloc. Fixed ropes installed by your team on the headwall through acclimatisation rotations. Ascender is used on every summit day pass through these sections</i>
☐	BELAY / RAPPEL DEVICE ★	<i>Petzl Reverso or ATC Guide. Rappels on descent of the headwall are technical — no walking descent is possible on the steepest sections</i>
☐	ICE SCREWS ×3–4 per person ★	<i>LAILA SPECIFIC. Petzl Laser Speed Light or BD Express Ice Screws. Used for anchor building on the headwall and placing protection on steep ice. Spantik required none — Laila's ice headwall requires personal screw rack</i>
☐	ROCK PROTECTION — nuts/hexes assortment	<i>LAILA SPECIFIC. Small nut set (Metolius or DMM) for the mixed rock section on the upper NW ridge near the summit. Bolted anchors are NOT present on this route — natural gear placements required</i>
☐	Locking carabiners ×5–6	<i>More than other peaks — anchor building at multiple points on headwall. HMS/pear for belay, smaller lockers for ice screw attachment</i>
☐	Non-locking carabiners ×4	<i>For fixed-rope clipping and rope management during climbing</i>
☐	120cm slings ×3	<i>Dyneema. For belay anchors, equalising ice screws, and clipping fixed ropes</i>
☐	60cm slings ×2	<i>Additional rigging on mixed sections</i>

	ITEM	NOTES
☐	Prusik loops ×2 (6mm × 60cm)	<i>Self-rescue backup. On a technical route with real fall consequences, prusiks are not optional</i>
☐	7–8mm tag line or trail rope — 30m	<i>Optional but valuable for hauling packs through the steepest headwall sections without wearing full summit load. Confirm with guide</i>
☐	HEADLAMP — 400+ lumen ★ MANDATORY	<i>Summit push leaves Camp 2 at 0100–0200. Petzl NAO+ or BD Spot 400. LITHIUM batteries ONLY — alkaline fail at -15°C. 3 spare battery sets minimum</i>
☐	Clear-lens eye protection	<i>For night summit push in the dark when glacier glasses are too dark</i>
☐	Trekking poles + snow baskets ★	<i>For approach BC and lower acclimatisation rotations. Not used on technical climbing above Camp 1 — store at BC on summit push days</i>
☐	GPS / Garmin inReach ★	<i>No cell signal beyond Hushe. Satellite communicator required — the Charakusa cirque is remote. Two-way messaging and SOS capability throughout the expedition</i>
☐	Wand markers ×20–30	<i>For marking glacier crevasse route below Camp 1 in whiteout conditions. Fewer needed than on Spantik — route is more defined on the technical face</i>

5. HEALTH & SAFETY

	ITEM	NOTES
☐	Personal first aid kit ★	<i>Compeed, ibuprofen, paracetamol, Imodium, antihistamine, ORS sachets, wound closure, antiseptic, throat lozenges, Leukotape, blister kit</i>
☐	Diamox (Acetazolamide) ★	<i>125–250mg twice daily from 24hrs before significant altitude gain. The BC→C1→C2 rotation structure makes Diamox near-universal for Laila's rapid altitude gains</i>
☐	DEXAMETHASONE 8mg ★ MANDATORY	<i>Emergency HACE treatment — oral or injection. Must be in your pack above BC. Know the dose protocol before departure. Confirm with your expedition doctor whether Nifedipine (HAPE) should also be carried</i>
☐	EMERGENCY SUPPLEMENTAL OXYGEN	<i>Please ask in advance if you want it to have</i>
☐	Prescribed antibiotic (Cipro / Azithro)	<i>GI illness and respiratory infection are both common. Expedition doctor prescribes based on your medical history</i>
☐	Pulse oximeter ×1 (group)	<i>Monitor SpO2 daily above 4,000m. The rapid ascent from Hushe makes early AMS detection critical. If SpO2 drops below 75% at rest — descend immediately</i>
☐	GLACIER SUNGLASSES — Category 4 ★	<i>Full side shields. Julbo Explorer or Cébé S'Track. The Charakusa Glacier approach is 2 days of open snow — photokeratitis risk is extreme</i>
☐	Summit goggles — S3/S4 ★	<i>For summit push and headwall in any wind. Keep accessible in top of summit pack — putting goggles on with mitts must be practiced before departure</i>
☐	Spare sunglasses	<i>Glacier glasses lost above 5,000m is a medical emergency. Carry a second pair</i>
☐	SPF 50+ sunscreen ×4+ tubes	<i>Apply every 90 minutes. Open glacier approach + high camp snowfields = extreme UV exposure</i>
☐	SPF 50 lip balm ×4+	<i>One in every pocket and every pack lid</i>
☐	Grayl Geopress filter bottle ★	<i>Primary water treatment. All glacier meltwater must be treated</i>
☐	Chemical purification tablets (backup)	<i>Aquatabs. If filter freezes at Camp 2</i>
☐	Emergency bivy sack ★ LAILA SPECIFIC	<i>Mandatory on this peak. Unlike Spantik or Pastore, a rappel-descent route means the team could be benighted on the headwall. ~70g, carried in summit pack at all times above C2</i>
☐	AVALANCHE BEACON ×1 per person	<i>LAILA SPECIFIC. The NW face serac zone above C2–summit line is documented for release events. Transceiver, probe, and shovel are standard protocol for any glacier/serac-threatened route</i>
☐	Avalanche probe — telescoping	<i>Compact version. Attached to pack</i>

	ITEM	NOTES
☐	Avalanche shovel — collapsible	One per rope team. Folding blade
☐	Pee bottle — wide-mouth Nalgene	For 0100–0200 summit departure from C2. At -15°C you cannot safely exit the tent. Use and seal
☐	Hand warmers ×8+	Chemical heat packs. In mitts on summit day and for warming electronics
☐	Insect repellent — DEET 30%+	Hushe Valley (3,050m) and lower Charakusa approach below 3,500m have mosquitoes in summer

6. HYDRATION & NUTRITION

	ITEM	NOTES
☐	Nalgene 1L wide-mouth bottles ×2 ★	Hard plastic only — bladder tubes freeze at Camp 2. Fill one with boiling water at 0000 before 0100 departure; use as sleeping bag heat pack AND as morning hot drink base
☐	Thermos — 1L vacuum insulated ★	Pre-filled at C2 the night before. Hot liquid on descent from the summit headwall is transformative — your team will not want to stop to melt snow
☐	Electrolyte tablets — 3+ tubes	Minimum 1 tube per week. Heavy sweating on approach days and dehydration at altitude both require electrolytes
☐	Summit day fuel ★ — high calorie	4–6 energy bars or gels for the summit push from C2. Plus glucose tablets accessible with mitts on. Summit push is 8–12 hours round trip from C2
☐	Personal snack stash — full expedition	14 Adventure provides all meals. 2–3 personal snacks per day across 19 days
☐	Tea / coffee / hot chocolate sachets	Personal supply for tent evenings at BC, C1, and C2. Long weather waits require morale management
☐	Emergency rations — 2 days extra	In summit pack. A stuck team above C2 in weather cannot safely descend until conditions improve

7. PACKS & CARRY SYSTEM

Porter allowance from Hushe to BC is 45kg per person. The approach is only 2 days — maximise comfort gear at BC. Above BC, you are carrying all technical gear, sleeping systems, and summit kit yourself across 4 acclimatisation rotations. A summit pack that carries two ice axes, a rack, and a sleeping system without exceeding 12–14kg is essential.

	ITEM	NOTES
☐	Expedition duffel — 100–120L waterproof ★	<i>Porter-carried Hushe to BC. Ortlieb Gear Pack or North Face Base Camp Duffel. 45kg allowance — fill thoughtfully. 2 days of moraine and glacier terrain</i>
☐	Combination padlock	<i>For duffel security Hushe to BC</i>
☐	TECHNICAL SUMMIT PACK — 35–40L ★	<i>LAILA SPECIFIC. Must be sized to carry: double ice axes (external), full rack, sleeping bag, bivy sack, 2 Nalgene, thermos, summit food, emergency kit. Hip belt mandatory — you will carry this on 4 rotations before summit day. Osprey Mutant 38 or Deuter Guide 35+</i>
☐	ICE AXE ATTACHMENT SYSTEM	<i>Both axes must be externally mounted on the summit pack — they cannot fit inside. Test the system before departure and verify axes are truly secure (carrier's death from dropped axe above C2 is a real hazard)</i>
☐	Dry bags — multiple sizes	<i>10L for sleeping bag, 4L for electronics, 4L for summit day food/kit</i>
☐	Zip-lock bags ×8+	<i>Documents, snacks, and electronics compartmentalization</i>

8. ELECTRONICS & POWER

	ITEM	NOTES
☐	Power bank — 20,000mAh ×2	Adventure provides generator at BC.
☐	Solar charging panel — 20W	Optional but better to have your own.
☐	Camera + spare batteries ×4	Keep batteries in sleeping bag at C2 overnight. Summit views of Masherbrum, K7, Chogolisa, and Gondogoro La are exceptional
☐	Memory cards ×3+	Bring more than you expect to use — summit opportunities are rare on Laila
☐	Walkie-talkie / radio	BC to high camp communication. 14 Adventure provides VHF system — confirm model and frequency at Islamabad briefing
☐	All charging cables	In one sealed waterproof pouch. No replacements are available above Hushe

9. PERSONAL & HYGIENE

	ITEM	NOTES
☐	Biodegradable wet wipes ×3 packs	Your Shower items
☐	Hand sanitizer ×2 bottles ★	Before every meal without exception
☐	Toilet paper ×3–4 rolls	In zip-lock bags. Pack out above snowline — strict environmental regulations in Hushe Valley
☐	Antifungal foot powder	Apply every morning throughout expedition
☐	Biodegradable soap	For wash at Saicho and BC stream
☐	Microfibre towel	Quick-dry
☐	Penknife / multi-tool	Checked luggage only
☐	Insect repellent — DEET 30%+	Hushe Valley and Saicho Camp; not needed above 3,500m

10. REPAIRS, FOOT CARE & DOCUMENTS

	ITEM	NOTES
☐	Leukotape P	Tape BEFORE blisters. Double boots on mixed terrain create pressure points different from trekking boots — identify them on the first high-camp day

	ITEM	NOTES
☐	Compeed blister patches	<i>For treatment once blisters form</i>
☐	Lancet + antiseptic wipes	<i>For blister drainage — sterile technique only</i>
☐	Bodyglide / anti-chafe balm	<i>Harness wear over multiple days of technical climbing causes severe chafing</i>
☐	Antifungal cream (Canesten)	<i>Extended double boot use across 4 rotations plus summit day</i>
☐	TENACIOUS TAPE + DUCT TAPE ★	<i>Jacket, glove, boot, and tent repairs. Down jacket tears in crampon-heavy environments are common. Wrap duct tape around a trekking pole</i>
☐	SEWING KIT + SPECTRA/VECTRAN THREAD ★	<i>LAILA SPECIFIC. Mixed rock sections mean abrasion on harness webbing and sling edges. Inspect and repair after each rotation</i>
☐	Gear repair adhesive (Aquaseal UR)	<i>Boot sole and gaiter waterproofing repair</i>
☐	Spare ice axe leash	<i>For technical axes — leashes fail under load on steep ice</i>
☐	Passport — original	<i>Alpine Club of Pakistan briefing, army check posts Hushe Valley</i>
☐	CLIMBING PERMIT + CKNP FEE RECEIPT ★	<i>Laila Peak requires a climbing permit. Liaison officer mandatory (peak over 6,000m). 14 Adventure arranges all permits</i>
☐	TRAVEL INSURANCE — technical climbing ★	<i>Must cover helicopter evacuation AND technical mountaineering above 6,000m. Helicopter from Hushe Valley: ~\$10,000–15,000 USD. Standard travel insurance is NOT sufficient for this peak — confirm cover explicitly includes ice/mixed climbing above 6,000m and serac/avalanche rescue</i>
☐	Emergency contact sheet — laminated	<i>14 Adventure emergency line, insurance SOS number, next-of-kin contact. One copy on person, one at BC</i>
☐	Pakistani Rupees — cash	<i>Porter and staff tips. No ATMs beyond Skardu</i>

11. MORALE & EXTRAS

	ITEM	NOTES
☐	Kindle / offline books / podcasts	<i>BC rest days between 4 rotations. Expect 4–7 days at BC waiting between climbs — reading material is essential</i>
☐	Playing cards / dice game	<i>Group morale with a small team (2–8 people). Long BC waits benefit from group engagement</i>
☐	Personal comfort food	<i>Favourite chocolate, instant coffee, nut butter sachets. The C2 pre-dawn wait (-15°C, 0100 alarm) is significantly improved by a favourite hot drink</i>



14Adventure

info@14adventure.com
+92 3306775990

	ITEM	NOTES
☐	Earplugs ×8+ pairs	<i>Glacier sounds, wind on BC tents, tent-mate noise over 15+ nights</i>
☐	Small notebook + pen	<i>Route beta from other teams, gear notes, emergency contacts, summit diary</i>
☐	Lip balm extras	<i>You will go through more than you expect on the headwall</i>