



PAKISTAN 8,000M PEAKS

EXPEDITION PACKING MASTER DOCUMENT

K2 · Broad Peak · Gasherbrum I · Gasherbrum II · Nanga Parbat

HOW TO USE THIS DOCUMENT

This document is structured in two parts. Part 1 lists all gear that is identical across all five peaks — pack this list once regardless of which peak you are climbing. Part 2 is a compact differences table showing only what changes per peak. Check Part 2 against your specific objective to adjust quantities, swap items, or add peak-specific gear.

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

PEAK OVERVIEW

Peak	Altitude	Route	O2 Bottles	Technical Level	Key Characteristic
K2	8,611m	Abruzzi Spur	4–6 bottles	High	Baseline reference. Most technical fixed-line ascent of the five.
Broad Peak	8,051m	Normal Route	0–2 bottles (often none)	Moderate	Simplest kit of the five. Frequently done without O2. Shorter time above C3.
Gasherbrum I	8,080m	NW Ridge / Japanese Couloir	2–4 bottles	High	Similar to K2 in kit. Avalanche safety upgraded. More independent rope fixing required.
Gasherbrum II	8,034m	SE Spur	0–2 bottles (often none)	Low–Moderate	Most accessible of the five. Lightest overall kit. Often used as acclimatisation peak.
Nanga Parbat	8,126m	Rupal or Diamir Face	2–4 bottles	High	Avalanche safety critical. Second ice axe on Rupal. More rope needed. Heavier snowfall tent.

PART 1 — COMMON GEAR LIST (identical across all five peaks)

Every item below applies unchanged to K2, Broad Peak, Gasherbrum I, Gasherbrum II, and Nanga Parbat. Pack this list first, then apply Part 2 adjustments for your specific peak.

1. CLOTHING & LAYERING

Down suit must be tested with harness, O2 mask, and goggles on before travel. Items marked BC leave at Base Camp after acclimatisation rotations.



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Item	Specification	Weight	Used For
Base Layer Top ×2	Merino wool or Polartec Power Dry, lightweight. No cotton under any circumstances.	~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 C3 and above.	~300g	Climbing
Mid-Layer Fleece Jacket	Polartec 200/300 weight. Patagonia R2 or similar.	~400g	Climbing
Light Down Jacket	800+ fill power. Arc'teryx Cerium LT or Rab Microlight Alpine. BC use and high camp waiting periods.	~350g	Climbing
★ Hardshell Jacket	Gore-Tex Pro 3-layer. Arc'teryx Alpha SV or equivalent. Worn over suit in storms.	~500g	Climbing
★ Hardshell Bib Pants	Gore-Tex Pro bib preferred over standard pants. Prevents snow ingress at waist in high winds.	~450g	Climbing
Thin Balaclava	Merino or Polartec, full face coverage. Daily use from C2 upward.	~80g	Climbing
Expedition Balaclava	Fleece-lined with wind protection. OR Ninjaclava or equivalent. Summit push only.	~120g	Climbing
Beanie	Wool or fleece. Lower camps and BC use.	~100g	BC
Liner Gloves	Merino or lightweight fleece. For dexterity tasks, O2 regulator adjustment.	~80g	Climbing
Mid-Layer Gloves	Insulated. Black Diamond Midweight or Rab Phantom Contact. Primary working glove.	~150g	Climbing
★ Summit Mitts	Down expedition mitts. OR Alti Mitts or BD Mercury Mitts. ATTACH WRIST LEASH — dropped gloves cause frostbite.	~250g	Climbing
Neck Gaiter	Fleece or merino. All camps throughout expedition.	~80g	Climbing
Underwear ×3–4	Merino wool only.	~200g	Climbing
BC Casual Clothes	T-shirts ×2, trekking pants. Leave at BC throughout.	~500g	BC

2. FOOTWEAR

Item	Specification	Weight	Used For
★ High-Altitude Boot	La Sportiva G2 Evo (most cited 2021–2023 summits) or Koflach Artis Expe. Integrated gaiter strongly preferred over double plastic.	~2,200g/pair	Climbing



Item	Specification	Weight	Used For
★ Down Camp Booties	Western Mountaineering Altitude or Rab Expedition Booties. Essential inside tent at high camps — frostbite prevention.	~200g	Climbing
Trekking Boots	La Sportiva Trango Tech or equivalent. Trek to BC only.	~1,200g	BC
Camp Sandals / Crocs	Lightweight. BC morale item.	~300g	BC
Extra Insoles	Superfeet or custom foam. Multiple accounts recommend adding for warmth and fit optimisation.	~100g	Climbing

3. CLIMBING HARDWARE & TECHNICAL GEAR

Per person unless noted as team item.

Item	Specification	Weight	Used For
★ Crampons	12-point. Petzl Lynx or Grivel G12 New-Matic. Verify binding compatibility with boot before expedition.	~620g	Climbing
★ Harness	Low bulk — must fit over down suit. BD Couloir or Petzl Altitude. Test fit with full summit kit before travel.	~290g	Climbing
Ascenders / Jumars	Petzl Basic. 1 pair per person. Used on fixed lines throughout.	~300g	Climbing
Locking Carabiners	Petzl Am'D or BD RockLock. 4–6 per person.	~375g	Climbing
Non-Locking Carabiners	Standard D-shape. 4–6 per person. Fixed line progression.	~300g	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. Rockfall risk on all five peaks.	~170g	Climbing
Trekking Poles	Carbon, collapsible. 1 pair per person. Approach and lower camps.	~480g	Climbing
★ Headlamp	Petzl NAO+ or BD Spot 400. LITHIUM BATTERIES ONLY above C2 — standard batteries fail at -20°C.	~200g	Climbing
Backup Headlamp	BD Spot or Petzl e+Lite. Consistently cited: 'Very glad I had it'.	~90g	Climbing
Repair Kit (team)	Duct tape, gear patches, pole repair sleeve. 1 per team.	~200g	Climbing



4. SLEEPING & CAMP GEAR

BC tent provided by expedition service. High camp tents are the team's responsibility. See Part 2 for peak-specific tent and sleeping bag spec differences.

Item	Specification	Weight	Used For
★ Sleeping Bag — Lower Camps	Rab Neutrino 600 or WM Ultralite. -20°C comfort rated. C1/C2 rotations. Leave at C2 for summit push.	~950g	Climbing
Sleeping Pad — NeoAir XTherm	Therm-a-Rest. R-value 6.9. Critical thermal isolation from tent floor. Some climbers use two pads at C4.	~430g	Climbing
Foam Pad (backup)	Therm-a-Rest Z Lite half section. Backup insulation and sit pad. Doubles as pack padding.	~200g	Climbing
★ Stove — MSR Reactor	Wind-resistant, efficient snow melt. 1 per tent minimum. Pre-warm fuel canister in sleeping bag before use.	~350g/share	Climbing
Fuel Canisters — MSR IsoPro 450g	Isobutane-propane blend. ~1 canister per person per 2 days above C2. Cold soak significantly reduces output.	~2,250g	Climbing
Cookpot — Titanium 2L	1 per tent, shared.	~200g/share	Climbing
★ Thermos 1L	Wide-mouth vacuum insulated. Pre-fill with warm liquid for summit push.	~350g	Climbing
Water Bottles ×2	1L wide-mouth Nalgene hard plastic only. Soft bottles crack in extreme cold.	~300g	Climbing
Spork — Titanium		~20g	Climbing

5. SAFETY & COMMUNICATION

O2 bottle quantities differ significantly by peak — see Part 2. All other safety equipment is identical across all five peaks.

Item	Specification	Weight	Used For
★ O2 Mask & Regulator	Topout system. Glove-friendly regulator adjustment. Test mask seal with hood and goggles on BEFORE expedition.	~450g	Climbing
★ Garmin inReach Mini 2	Two-way satellite communicator with SOS. 1 per person. Non-negotiable on all five peaks.	~100g	Climbing
VHF Radio	Motorola or Baofeng handheld. 1 per person. Inter-camp communication.	~200g	Climbing
Satellite Phone (team)	Iridium 9555. 1 per team. BC coordination and emergency use.	~200g	BC



Item	Specification	Weight	Used For
Pulse Oximeter (team)	Nonin or Masimo. 1 per team. Monitor nightly above C2 to track acclimatisation.	~60g	Climbing
★ Personal First Aid Kit	Dexamethasone 8mg injection + oral, Nifedipine, Ibuprofen, Diamox, wound care. Review with expedition doctor.	~500g	Climbing
Gamow Bag (team)	Portable altitude chamber. 1 per team. Store at BC or C2.	~700g/share	BC

6. NUTRITION & HYDRATION

Food quantities differ by peak due to varying days above BC — see Part 2. The items below apply to all peaks.

Item	Specification	Weight	Used For
★ Instant Soup / Broth	Chicken bouillon or ramen packets. Consistently the most tolerated food at extreme altitude on all five peaks. Bring more than planned.	~400g	Climbing
Instant Oatmeal ×10	Individual high-calorie packets. Breakfast at high camps.	~400g	Climbing
Nuts & Dried Fruit	High caloric density, no preparation required. Store in inner pocket to prevent freezing.	~600g	Climbing
Hard Candy / Glucose Tablets	Quick energy on summit day.	~200g	Climbing
Electrolyte Powder ×20 servings	Nuun or Skratch Labs. Add to warm water throughout expedition.	~200g	Climbing
Coffee / Tea / Hot Chocolate	Morale critical at all high camps. Bring more than you think you need.	~300g	Climbing
★ Insulated Bottle Setup	Wide-mouth Nalgene in insulated sleeve. Hydration bladder tubes freeze above C3 on all five peaks. No bladder systems above C3.	—	Climbing

7. PERSONAL ITEMS & MISCELLANEOUS

Item	Specification	Weight	Used For
★ Sunscreen SPF 50+	La Roche-Posay Anthelios or Neutrogena Ultra Sheer 70. Apply under O2 mask straps and reapply regularly. ×2 tubes.	~200g	Climbing
★ Lip Balm SPF 50	Bring 4–6 sticks. Consumed and lost faster than expected on every expedition.	~75g	Climbing
★ Glacier Glasses	Category 4 with side shields. Julbo Sherpa or Cebe Shaman. Photokeratitis risk is severe at altitude.	~60g	Climbing



Item	Specification	Weight	Used For
★ Summit Goggles	Photochromic or S3/S4 lens. Oakley Airbrake MX or Smith I/O Mag. Essential for high wind and whiteout.	~200g	Climbing
Camera	Sony RX100 VII or GoPro Hero 12. Keep in inner chest pocket at all times. Batteries fail in cold.	~300g	Climbing
Spare Camera Batteries ×4	Store in inner pocket. Standard batteries fail below -20°C.	~200g	Climbing
Power Bank 20,000mAh	Anker or equivalent. Sleep with it inside sleeping bag at C3+. No charging infrastructure above BC.	~440g	Climbing
Solar Panel 20–30W (BC only)	GoalZero or similar. Stays at BC throughout.	~600g	BC
★ Pee Bottle	Wide-mouth, clearly labelled differently from water bottle. Tent exit at night is a frostbite risk at all high camps.	~100g	Climbing
Sleeping Earplugs — foam	Wind noise at high camps is severe across all five peaks. Impacts sleep quality critically.	~10g	Climbing
Hand Sanitizer	Small bottle. GI illness ends expeditions. BC hygiene discipline applies to all peaks.	~100g	BC
Eye Drops — lubricating	Dry, high UV environment on all peaks.	~50g	Climbing
Pencil + Small Notebook	Pencil only — pens freeze solid at altitude.	~50g	Climbing
Dry Bags / Stuff Sacks ×4	Multiple sizes. Organisation and waterproofing.	~150g	Climbing
Personal Medications	Diamox, Ibuprofen, Acetaminophen, personal prescriptions. Discuss full protocol with expedition doctor.	~200g	Climbing

PART 2 — PEAK-SPECIFIC DIFFERENCES

Only items that differ from the common list appear below. If an item is not in this table, use the specification from Part 1 unchanged.

Cell shading key	
White / light gray	Same as K2 baseline — no change needed
↓ Light green	Less than K2 — fewer items, lighter spec, or lower quantity
↑ Light orange	More than K2 — additional items, heavier spec, or higher quantity
Not needed	Item not required on this peak



Clothing Differences

Item	K2	Broad Peak	Gasherbrum I	Gasherbrum II	Nanga Parbat
★ Down Suit — fill spec	800–850 fill Feathered Friends Arete or TNF L6	↓ 750 fill acceptable (fewer extreme cold nights)	800–850 fill = K2 spec	↓ 750 fill acceptable (often no O2 use)	800–850 fill = K2 spec (equally cold summit)
Softshell Pants	Climbing (often unused above C2)	= Same	= Same	= Same	↑ More useful on Rupal Face mixed sections

Footwear Differences

Item	K2	Broad Peak	Gasherbrum I	Gasherbrum II	Nanga Parbat
Overboots	Optional above C4 at -35°C+ (~400g)	Not needed (rarely cold enough)	Optional on upper sections	Not needed	Optional on Rupal Face
Trekking Boots — spec	Standard stiff waterproof boot	= Same	= Same	= Same	↑ Sturdier boot needed — longer Rupal / Diamir approach
Gaiters	Only if no integrated gaiter	= Same	= Same	= Same	= Same

Hardware Differences

Item	K2	Broad Peak	Gasherbrum I	Gasherbrum II	Nanga Parbat
★ Ice Axe — quantity	1 per person 60–65cm BD Venom	= 1 per person	= 1 per person	= 1 per person	↑ 2 axes recommended on Rupal Face steep sections
Locking Carabiners	4–6 per person	↓ 3–4 sufficient	↓ 3–4 sufficient	↓ 3–4 sufficient	= 4–6 per person
Non-Locking Carabiners	4–6 per person	↓ 3–4 sufficient	↓ 3–4 sufficient	↓ 3–4 sufficient	= 4–6 per person



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Item	K2	Broad Peak	Gasherbrum I	Gasherbrum II	Nanga Parbat
Team Rope — quantity	2 ropes 60–70m 8–9mm dry	↓ 1 rope sufficient	↓ 1 rope sufficient	↓ 1 rope sufficient	↑ 2–3 ropes needed (more independent fixing required)
Ice Screws (team)	4–6 screws 17–19cm	↓ 2–3 sufficient	↓ 2–3 sufficient	↓ 2–3 sufficient	↑ 6–8 on Rupal (more ice anchor building)

Sleeping & Camp Gear Differences

Item	K2	Broad Peak	Gasherbrum I	Gasherbrum II	Nanga Parbat
★ High Camp Tent	BD Fitzroy or Hilleberg Jannu (1 per 2 climbers)	= Same spec	= Same spec	= Same spec	↑ Hilleberg Jannu strongly preferred (heavy snowfall load on Rupal)
★ Sleeping Bag — Upper Camps	-40°C minimum Feathered Friends Snowbunting EX or WM Puma GWS	↓ -30°C comfort adequate for most seasons	-40°C minimum = K2 spec	↓ -30°C comfort adequate	-40°C minimum = K2 spec (equally cold)
Fuel Canisters — quantity	~1 per person per 2 days above C2	↓ Slightly less (fewer high camp nights)	= K2 quantity	↓ Slightly less (fewer high camp nights)	= K2 quantity

Safety & Communication Differences

O2 bottle count is the single biggest variable across all five peaks. Plan logistics carefully with your guiding service.

Item	K2	Broad Peak	Gasherbrum I	Gasherbrum II	Nanga Parbat
★ O2 Bottles — quantity	4–6 per person Summit Oxygen or Poisk ~3.2kg each	↓ 0–2 per person Most climb without O2 entirely	↓ 2–4 per person Strong teams use less	↓ 0–2 per person Frequently climbed without O2	↓ 2–4 per person (route dependent; Rupal needs more)
★ Avalanche Beacon — priority	Standard 1 per person	↑ High priority (serac exposure upper slopes)	↑ High priority (approach couloir avalanche risk)	= Standard	↑ CRITICAL Severe avalanche history on Rupal and Diamir faces
★ Avalanche Probe + Shovel	1 set per team	↑ 1 set per 2 climbers recommended	↑ 1 set per 2 climbers	= 1 set per team	↑ 1 set per 2 climbers (faster response essential)



Nutrition Differences

Quantity differences reflect typical days above BC per peak. Adjust based on your team's actual schedule.

Item	K2	Broad Peak	Gasherbrum I	Gasherbrum II	Nanga Parbat
High-Calorie Bars	×25 ~1,250g (10 days)	↓ ×18–20 (fewer high camp days)	= ×25	↓ ×18–20	= ×25
Freeze-Dried Meals	×12 ~1,440g	↓ ×8–9 (fewer nights high camp)	= ×10–12	↓ ×8	= ×12
Energy Gels	×15 — Gu Roctane or Maurten	↓ ×10 sufficient	↓ ×12	↓ ×10 sufficient	= ×15

Personal Items Differences

Item	K2	Broad Peak	Gasherbrum I	Gasherbrum II	Nanga Parbat
WAG Bags / CMC	×5 (strict enforcement)	↓ ×3–4 sufficient	↓ ×3–4 sufficient	↓ ×3 sufficient	= ×5 (NP also strictly enforced)
Solar Panel use	BC use only	= BC use only	= BC use only	= BC use only	↑ More charging cycles needed (longer BC stay on Rupal approach)

PART 3 — WEIGHT SUMMARY BY PEAK

Per person weights excluding O2 bottles. O2 bottles are typically pre-positioned at C3/C4 via load carry — do not plan to carry all bottles in a single push.

Category	K2	Broad Peak	GI	GII	Nanga Parbat	Notes
Clothing & Layering	6–8 kg	5–7 kg	6–8 kg	5–7 kg	6–8 kg	Down suit dominates (~1.4 kg)
Footwear	4–5 kg	4–5 kg	4–5 kg	4–5 kg	4–5 kg	High-alt boots ~2.2 kg/pair



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Category	K2	Broad Peak	GI	GII	Nanga Parbat	Notes
Climbing Hardware	4–5 kg	3–4 kg	3–4 kg	3–4 kg	4–5 kg	NP carries extra rope & ice screws
Sleeping & Camp Gear	7–9 kg	6–8 kg	7–9 kg	6–8 kg	7–9 kg	Fuel + tent share + sleeping bag
Safety & Comms (excl. O2)	~3 kg	~2.5 kg	~2.5 kg	~2.5 kg	~3 kg	NP has extra avalanche kit
Nutrition (10 days above BC)	5–7 kg	4–5 kg	5–6 kg	4–5 kg	5–7 kg	Adjusted for days above BC
Personal & Misc	1.5–2 kg	1.5–2 kg	1.5–2 kg	1.5–2 kg	1.5–2 kg	Camera + power bank dominant
TOTAL (excl. O2)	~31–41 kg	~27–36 kg	~29–39 kg	~27–34 kg	~31–41 kg	
O2 per carry load	+6–10 kg	+0–6 kg	+6–13 kg	+0–6 kg	+6–13 kg	2 bottles at a time ≈ 6.4 kg

All medical protocols must be confirmed with your expedition doctor before departure. Weights are estimates per person unless noted as a team item. O2 logistics should be coordinated directly with your guiding service. BC food and tent provided by expedition service throughout.