

# Pastore Peak Expedition 6,209m

## Packing list

### 1. CLOTHING & LAYERS

|                          | ITEM                                                        | NOTES                                                                                                                                                                                                                   |
|--------------------------|-------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | Long-sleeve base layer top ×2                               | Merino 150gsm, UPF 50. Long sleeve essential — Baltoro sun is intense                                                                                                                                                   |
| <input type="checkbox"/> | Short-sleeve trekking shirt ×2                              | Quick-dry synthetic. For hot lower Baltoro sections (Paiju, Urdukas)                                                                                                                                                    |
| <input type="checkbox"/> | Midweight thermal base layer top ×2                         | Merino or synthetic. For above Concordia and sleeping                                                                                                                                                                   |
| <input type="checkbox"/> | Midweight thermal base layer bottom ×1                      | Merino. For sleeping and cold mornings at high camps                                                                                                                                                                    |
| <input type="checkbox"/> | Lightweight thermal bottom ×1                               | Thinner pair for general high camp use                                                                                                                                                                                  |
| <input type="checkbox"/> | Fleece jacket — midweight ×1                                | Polartec 200. Primary mid layer at camp. 'Used every single evening'                                                                                                                                                    |
| <input type="checkbox"/> | Lightweight down jacket ×1                                  | 800 fill, packable. For Concordia and BC camp evenings                                                                                                                                                                  |
| <input type="checkbox"/> | <b>Expedition-grade heavyweight down jacket ★ ESSENTIAL</b> | 800+ fill, -20°C rated — NOT a standard packable puffer. Rab Neutrino Pro, PHD Minimus, or Mountain Hardwear Phantom. For high camp nights and summit day. A regular lightweight down jacket is inadequate above 5,500m |
| <input type="checkbox"/> | Softshell jacket ×1                                         | Active layer for climbing — breathable and wind-resistant. Worn under the expedition down jacket on summit day                                                                                                          |
| <input type="checkbox"/> | Hardshell jacket — Gore-Tex 3L ×1                           | Full waterproof outer. For storms on approach and any precipitation on the mountain                                                                                                                                     |
| <input type="checkbox"/> | Hardshell / waterproof pants ×1                             | For pass day and storm days on approach                                                                                                                                                                                 |
| <input type="checkbox"/> | Softshell / insulated pants ×1                              | For high camp and climbing above BC                                                                                                                                                                                     |
| <input type="checkbox"/> | <b>DOWN PANTS ★ STRONGLY RECOMMENDED</b>                    | For high camp nights and morning starts above 5,000m. Camp comfort and warmth are critical at this altitude                                                                                                             |
| <input type="checkbox"/> | Trekking pants — convertible ×2                             | For lower Baltoro approach. Zip-off recommended: warm mornings, cold afternoons                                                                                                                                         |
| <input type="checkbox"/> | Warm beanie ×2                                              | One for camp, one for sleeping. Used nightly from Concordia onwards                                                                                                                                                     |
| <input type="checkbox"/> | Wide-brim sun hat ×1                                        | Lower Baltoro has no shade — neck and ears must be covered for days                                                                                                                                                     |

|                          | ITEM                               | NOTES                                                                                                                                                                        |
|--------------------------|------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | Balaclava ×2                       | <i>For summit day and high camp mornings. Have a spare — one may get wet</i>                                                                                                 |
| <input type="checkbox"/> | Neck gaiter / buff ×2              | <i>Sun on lower glacier; cold on upper mountain</i>                                                                                                                          |
| <input type="checkbox"/> | Thin liner gloves ×1 pair          | <i>For dexterity tasks on the approach and at base camp</i>                                                                                                                  |
| <input type="checkbox"/> | Midweight insulated gloves ×1 pair | <i>For climbing sections and cold approach days</i>                                                                                                                          |
| <input type="checkbox"/> | <b>EXPEDITION MITTS ★ CRITICAL</b> | <i>Waterproof shell + thick down/Primaloft liner (e.g. BD Guide Gloves or OR Alti Mitts). For summit day — hands at 6,200m with wind chill are at serious frostbite risk</i> |
| <input type="checkbox"/> | Underwear — merino ×5 pairs        | <i>Merino only — anti-odour for multi-day expedition without laundry</i>                                                                                                     |
| <input type="checkbox"/> | Trekking socks — merino ×5–6 pairs | <i>Merino only. Thicker pair for climbing days</i>                                                                                                                           |
| <input type="checkbox"/> | Liner socks ×3 pairs               | <i>Inside trekking socks on approach; inside mountaineering boots on summit</i>                                                                                              |
| <input type="checkbox"/> | Sleeping / camp socks ×2 pairs     | <i>Dedicated DRY warm merino pair — sleeping only. Non-negotiable at high altitude</i>                                                                                       |

## 2. FOOTWEAR

⚠ Standard trekking boots are NOT suitable for Pastore Peak summit. Double mountaineering boots rated for 6,000m+ are mandatory. This is the single most important gear decision.

|                          | ITEM                                           | NOTES                                                                                                                                                             |
|--------------------------|------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | <b>DOUBLE MOUNTAINEERING BOOTS ★ MANDATORY</b> | 6,000m-rated double boots: La Sportiva G2 Evo, Scarpa Phantom 6000, or Koflach Arctis. Must accept C2 crampons. Break in on day hikes before departure — critical |
| <input type="checkbox"/> | <b>Trekking boots — B1/B2 (approach)</b>       | For Askole → Concordia approach days (10+ days of walking before any climbing). Lowa Renegade GTX or Scarpa Zodiac. Swap to double boots at Pastore Peak BC       |
| <input type="checkbox"/> | <b>Camp shoes / Crocs</b>                      | Relief at lower camps. Do not use above Concordia                                                                                                                 |
| <input type="checkbox"/> | <b>River crossing shoes — separate</b>         | Lower approach has wade crossings. Do NOT cross glacial streams in trekking boots                                                                                 |
| <input type="checkbox"/> | <b>Full gaiters</b>                            | For snow on upper glacier, Gondogoro La (if combined), and moraine debris on Baltoro                                                                              |
| <input type="checkbox"/> | <b>12-POINT CRAMPONS ★ MANDATORY</b>           | Steel, C2-rated, compatible with your double boots. Grivel G12 or BD Cyborg. CANNOT substitute microspikes at 6,000m                                              |
| <input type="checkbox"/> | <b>Spare boot laces ×1 pair</b>                | For trekking boots. Carrying a spare weighs nothing                                                                                                               |

## 3. SLEEPING & CAMPING

|                          | ITEM                                           | NOTES                                                                                                                                                                                                               |
|--------------------------|------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | <b>SLEEPING BAG — -15°C to -20°C comfort ★</b> | Down preferred for weight/warmth. Rab Neutrino 400/600, Western Mountaineering Lynx, or Mountain Hardwear Phantom 0°F. One bag covers the whole expedition including K2 BC and Ali Camp if Gondogoro La is combined |
| <input type="checkbox"/> | <b>Sleeping bag liner — silk</b>               | Adds 5–8°C. Essential hygiene over 3+ weeks without laundry                                                                                                                                                         |
| <input type="checkbox"/> | <b>INFLATABLE SLEEPING PAD — R-value 6+ ★</b>  | Therm-a-Rest NeoAir XTherm (R7.3). At high altitude, cold from below is as dangerous as cold from above                                                                                                             |
| <input type="checkbox"/> | <b>Closed-cell foam pad (backup)</b>           | Emergency use if inflatable punctures at high camp                                                                                                                                                                  |
| <input type="checkbox"/> | <b>Camping pillow — compressible</b>           | Small morale item over 20+ nights in a tent                                                                                                                                                                         |

#### 4. TECHNICAL CLIMBING GEAR

|                          | ITEM                                      | NOTES                                                                                                                                                   |
|--------------------------|-------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | <b>ICE AXE — general mountaineering ★</b> | 60–70cm walking axe with leash. Petzl Sum'tec or BD Raven Pro. Used for balance on ascent and self-arrest. Guide provides training at BC                |
| <input type="checkbox"/> | <b>12-POINT CRAMPONS ★ (see Footwear)</b> | Repeated here for emphasis — <b>MANDATORY</b> and must be C2-rated to match double boots                                                                |
| <input type="checkbox"/> | <b>SIT HARNESS ★</b>                      | Adjustable — size up one from normal to fit over all layers. BD Couloir, Petzl Hirundos. For clipping into fixed ropes on upper mountain                |
| <input type="checkbox"/> | <b>ASCENDER / JUMAR ★</b>                 | Full-size handled ascender (Petzl Ascension or BD Ascension). <b>CRITICAL</b> for fixed rope sections — tube devices (ATC) will not work on fixed lines |
| <input type="checkbox"/> | <b>BELAY / DESCENDER DEVICE ★</b>         | Figure-8 (NOT ATC on fixed lines). Used for descent on fixed ropes. Petzl Reverso acceptable for rappel sections                                        |
| <input type="checkbox"/> | <b>Helmet ★ MANDATORY</b>                 | Rockfall and ice fall risk on upper mountain. Petzl Sirocco or BD Vapor. Also worn on approach to Gondogoro La if combined                              |
| <input type="checkbox"/> | <b>Locking carabiners ×4</b>              | HMS/pear shape. For harness, ascender, belay device, and clipping fixed lines                                                                           |
| <input type="checkbox"/> | <b>120cm slings ×2</b>                    | Dyneema. For clipping fixed ropes and building anchors                                                                                                  |
| <input type="checkbox"/> | <b>Prusik loops ×2 (6mm × 60cm)</b>       | Self-rescue backup on fixed ropes. Made from 4m of 6mm cord                                                                                             |
| <input type="checkbox"/> | <b>Trekking poles + SNOW BASKETS ★</b>    | For the 10+ day Baltoro approach AND for support on lower angled glacier sections on Pastore. Collapsible. BD Trail or Leki Micro Vario                 |
| <input type="checkbox"/> | <b>Headlamp — high output ★ MANDATORY</b> | Summit starts at midnight. Petzl Actik Core or BD Spot 400. LITHIUM batteries only — alkaline fail in cold. Carry 3 spare sets                          |
| <input type="checkbox"/> | <b>Clear-lens eye protection</b>          | For windy summit nights when glacier glasses are dark. Inexpensive clear safety glasses protect eyes on night summit push                               |
| <input type="checkbox"/> | <b>GPS / Garmin inReach</b>               | No cell signal for entire expedition after Askole. Satellite communicator essential — two-way messaging home and SOS capability                         |
| <input type="checkbox"/> | <b>Wand markers ×30–40</b>                | For marking route through glacier approach to Pastore BC. Guides typically carry these — confirm                                                        |

#### 5. HEALTH & SAFETY

|                          |                                                |                                                                                                                                                                                                                   |
|--------------------------|------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | <b>Personal first aid kit ★</b>                | <i>Compeed, ibuprofen, paracetamol, Imodium, antihistamine, ORS sachets, wound closure strips, antiseptic, throat lozenges, blister kit</i>                                                                       |
| <input type="checkbox"/> | <b>Diamox (Acetazolamide) ★</b>                | <i>125–250mg twice daily from 24hrs before significant altitude gain. Prescription required. Near-universal recommendation above 5,000m</i>                                                                       |
| <input type="checkbox"/> | <b>Dexamethasone ★ MANDATORY</b>               | <i>Emergency HACE treatment — 8mg oral or injection. Must be in your kit. Know the protocol before departure. Ask your expedition doctor also about Nifedipine (HAPE treatment) if recommended for your group</i> |
| <input type="checkbox"/> | <b>Prescribed antibiotic (Cipro / Azithro)</b> | <i>For GI illness — common and debilitating on long expeditions</i>                                                                                                                                               |
| <input type="checkbox"/> | <b>Pulse oximeter ×1 (group)</b>               | <i>Monitor SpO2 DAILY above 5,000m. Essential for early AMS detection. Shared one per team</i>                                                                                                                    |
| <input type="checkbox"/> | <b>GLACIER SUNGLASSES — Category 4 ★</b>       | <i>Full side shields. Julbo Explorer or Céb  S'Track. Photokeratitis risk is extreme on open glacier and high snowfields</i>                                                                                      |
| <input type="checkbox"/> | <b>Spare sunglasses</b>                        | <i>Losing glacier glasses above 5,500m is a medical emergency — carry a spare</i>                                                                                                                                 |
| <input type="checkbox"/> | <b>SKI / SUMMIT GOGGLES ★</b>                  | <i>For summit night and any storm. S3 or S4 lens. Keep in top of summit pack — accessible with mitts on</i>                                                                                                       |
| <input type="checkbox"/> | <b>SPF 50+ sunscreen — large supply ×4+</b>    | <i>Apply every 90 minutes on snow. Altitude + glacier reflection = extreme UV. More than you think you need</i>                                                                                                   |
| <input type="checkbox"/> | <b>SPF 50 lip balm ×5+</b>                     | <i>Cracked lips at 6,000m for 2 days of summit attempts is debilitating. One in every pocket</i>                                                                                                                  |
| <input type="checkbox"/> | <b>Leukotape P — blister prevention ★</b>      | <i>Start taping problem areas on Day 1 of the approach — 10+ days of walking before any climbing</i>                                                                                                              |
| <input type="checkbox"/> | <b>Compeed blister patches</b>                 | <i>Treatment once blisters form</i>                                                                                                                                                                               |
| <input type="checkbox"/> | <b>Grayl Geopress filter bottle ★</b>          | <i>Primary water treatment. All glacier meltwater must be treated</i>                                                                                                                                             |
| <input type="checkbox"/> | <b>Chemical treatment tablets (backup)</b>     | <i>Aquatabs. If filter freezes at altitude</i>                                                                                                                                                                    |
| <input type="checkbox"/> | <b>Emergency bivy sack</b>                     | <i>~70g. For emergency bivouac on descent if conditions deteriorate unexpectedly</i>                                                                                                                              |
| <input type="checkbox"/> | <b>Pee bottle — wide-mouth Nalgene</b>         | <i>For high camp and summit night. At -20°C you cannot safely exit the tent at 2am</i>                                                                                                                            |
| <input type="checkbox"/> | <b>Hand warmers ×10+</b>                       | <i>Chemical heat packs. For inside mitts on summit day and during rest stops on exposed sections</i>                                                                                                              |
| <input type="checkbox"/> | <b>Insect repellent — DEET 30%+</b>            | <i>Lower Baltoro sections (below 3,500m) have mosquitoes June–August.</i>                                                                                                                                         |

## 6. HYDRATION & NUTRITION

|                          | ITEM                                   | NOTES                                                                                                                                              |
|--------------------------|----------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | Nalgene 1L wide-mouth bottles ×2 ★     | Hard plastic only — bladder tubes freeze at high camp. Wide-mouth for gloved filling. Fill one with hot water as sleeping bag warmer               |
| <input type="checkbox"/> | Insulated bottle sleeve                | Prevents water freezing on summit day approach and at high camp                                                                                    |
| <input type="checkbox"/> | Thermos — 1L vacuum insulated ★        | Fill with hot tea at BC the night before summit push. Pre-warm with boiling water before filling. Hot drinks on summit descent are transformative  |
| <input type="checkbox"/> | Electrolyte tablets — 4+ tubes         | 1 tube per week minimum. Critical both on hot lower Baltoro AND at high altitude                                                                   |
| <input type="checkbox"/> | HIGH-CALORIE summit day supply ★       | 4–6 energy bars or gels specifically for summit day. Plus hard candy and glucose tabs accessible with gloves on. You may be moving for 14–16 hours |
| <input type="checkbox"/> | Personal snack stash — full expedition | 14 Adventure provide all meals. 2–4 personal snacks per day. Budget generously — appetite at altitude is unpredictable                             |
| <input type="checkbox"/> | Tea / coffee / hot chocolate sachets   | Personal tent stash. Morale and warmth management at high camps                                                                                    |
| <input type="checkbox"/> | Emergency rations — 3 days extra       | In summit pack. Weather can pin you at high camp. No resupply is possible                                                                          |

## 7. PACKS & CARRY SYSTEM

|                          | ITEM                                        | NOTES                                                                                                                                                                                                                 |
|--------------------------|---------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | Expedition duffel — 100–120L (waterproof) ★ | Porter-carried on approach. North Face Base Camp Duffel 150L or Ortlieb Gear Pack. Must withstand 10+ days of rough handling across moraine and glacier                                                               |
| <input type="checkbox"/> | Combination padlock                         | For porter duffel security from Skardu to BC                                                                                                                                                                          |
| <input type="checkbox"/> | Daypack — 30–40L with rain cover ★          | Carried daily on approach AND doubles as your summit pack. Hip belt essential. Osprey Mutant 38 or similar climb-specific model — must fit comfortably when you are wearing all layers. Test the fit before departure |
| <input type="checkbox"/> | Dry bags — multiple sizes                   | 10L for sleeping bag, 4L for electronics, 2L for documents. Waterproof everything inside the duffel                                                                                                                   |
| <input type="checkbox"/> | Zip-lock bags ×10+                          | Documents, snacks, dry clothing separation                                                                                                                                                                            |

## 8. ELECTRONICS & POWER

|                          | ITEM                             | NOTES                                                                                                                       |
|--------------------------|----------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | Power bank — 20,000–26,800mAh ×2 | No electricity on glacier. Base camp may have a generator — do not rely on it. Cold reduces power bank output significantly |
| <input type="checkbox"/> | Solar charging panel             | Strongly recommended — 20–25 day expedition. Anker or BigBlue 28W. Attach to duffel during approach marches                 |
| <input type="checkbox"/> | Camera + spare batteries ×4+     | Keep all batteries in sleeping bag overnight. Cold at high camp kills batteries within minutes if exposed                   |
| <input type="checkbox"/> | Memory cards ×3+                 | Bring far more than you think you need                                                                                      |
| <input type="checkbox"/> | Walkie-talkie / radio            | Used for BC to high camp communication on summit days                                                                       |
| <input type="checkbox"/> | All charging cables              | In one labelled waterproof pouch. Replace any fraying cables before departure                                               |

## 9. PERSONAL & HYGIENE

|                          | ITEM                             | NOTES                                                                        |
|--------------------------|----------------------------------|------------------------------------------------------------------------------|
| <input type="checkbox"/> | Biodegradable wet wipes ×4 packs | No showers for 15–20+ days. Primary hygiene method for the entire expedition |
| <input type="checkbox"/> | Hand sanitizer ×3 bottles ★      | Before every meal without exception — GI illness ends expeditions            |
| <input type="checkbox"/> | Toilet paper ×4–5 rolls          | In zip-lock bags. Pack out at high altitude — no burying above snowline      |
| <input type="checkbox"/> | Antifungal foot powder           | Apply every morning for the entire expedition                                |
| <input type="checkbox"/> | Biodegradable soap (small)       | For lower camp stream washing on Baltoro approach                            |
| <input type="checkbox"/> | Microfibre travel towel          | Quick-dry; for lower camp washes                                             |
| <input type="checkbox"/> | Penknife / multi-tool            | Pack in CHECKED luggage — not carry-on                                       |
| <input type="checkbox"/> | Insect repellent — DEET 30%+     | For Askole and lower Baltoro sections only                                   |

## 10. REPAIRS, FOOT CARE & DOCUMENTS



|                          | ITEM                                  | NOTES                                                                                                                                                                                |
|--------------------------|---------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | Leukotape P                           | Tape problem areas BEFORE blisters form — especially on Day 1 of the long Baltoro approach                                                                                           |
| <input type="checkbox"/> | Compeed blister patches               | Treatment kit once blisters form                                                                                                                                                     |
| <input type="checkbox"/> | Lancet + antiseptic wipes             | For blister drainage — clean sterile technique only                                                                                                                                  |
| <input type="checkbox"/> | Bodyglide / anti-chafe balm           | Long hot approach days cause serious chafing                                                                                                                                         |
| <input type="checkbox"/> | Antifungal cream (Canesten)           | Extended boot use — prevent foot infections                                                                                                                                          |
| <input type="checkbox"/> | Tenacious Tape + duct tape            | Jacket, gear, boot, and tent repairs. Wrap duct tape around a trekking pole                                                                                                          |
| <input type="checkbox"/> | Sewing kit + heavy thread             | Down jacket and gear repair — a small tear in down insulation bleeds feathers rapidly                                                                                                |
| <input type="checkbox"/> | Spare crampon bails + screws          | Crampon bail failure at 5,500m with no spare is dangerous. Carry 2 spare bails                                                                                                       |
| <input type="checkbox"/> | Spare boot laces x2 pairs             | For trekking boots AND double boot gaiters/lace systems                                                                                                                              |
| <input type="checkbox"/> | Passport — original                   | Required at Alpine Club of Pakistan briefing, CKNP check posts, and army posts throughout the route                                                                                  |
| <input type="checkbox"/> | Climbing permit + CKNP permit         | Arranged by 14 Adventure's. Carry originals in waterproof pouch                                                                                                                      |
| <input type="checkbox"/> | Travel insurance + emergency number ★ | Must cover helicopter evacuation AND mountaineering above 6,000m. Pakistani military rescue: ~\$13,000 USD. Standard travel insurance is NOT sufficient — confirm it covers climbing |
| <input type="checkbox"/> | Emergency contact sheet — laminated   | 14 Adventure Contact detail, insurance emergency line, next-of-kin. One copy on your person, one at BC                                                                               |
| <input type="checkbox"/> | Pakistani Rupees — cash               | Porter / guide / cook tips. No ATMs beyond Skardu                                                                                                                                    |

## 11. MORALE & EXTRAS

|                          | ITEM                              | NOTES                                                                                    |
|--------------------------|-----------------------------------|------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | Kindle / books / offline podcasts | Long evenings at BC. You may spend 3–5 days waiting at BC for a summit weather window    |
| <input type="checkbox"/> | Playing cards / small travel game | Group morale on rest days and weather holds — genuinely important on a 3-week expedition |



# 14Adventure

info@14adventure.com  
+92 3306775990

|                          | ITEM                           | NOTES                                                                                                                       |
|--------------------------|--------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | Personal treats / comfort food | <i>Favourite chocolate, coffee sachets, instant noodles, hot sauce. Morale management at 6,000m is a real consideration</i> |
| <input type="checkbox"/> | Earplugs ×10+ pairs            | <i>Glacier sounds, wind on BC tents, and tent-mate noise over 3 weeks</i>                                                   |
| <input type="checkbox"/> | Small notebook + pen           | <i>Summit diary, route notes, porter tip tracking, emergency contacts</i>                                                   |
| <input type="checkbox"/> | Small pillow                   | <i>Compressible. You will spend many nights at BC waiting — quality sleep is directly tied to summit performance</i>        |