

Snow Lake Trek

PACKING LIST

1. CLOTHING & LAYERS

	ITEM	NOTES
☐	Long-sleeve base layer top ×2	Merino wool — NO cotton ever
☐	Base layer bottoms ×1–2	Merino; doubles as sleeping layer
☐	Synthetic trekking shirts ×2–3	Quick-dry; one designated for sleep
☐	Fleece mid-layer	200–300gsm full-zip
☐	Lightweight down jacket ★ ESSENTIAL	Worn every camp evening above 4,000m
☐	EXPEDITION down jacket ★ CRITICAL	800+ fill; for Snow Lake & pass crossing
☐	Hardshell rain jacket	Gore-Tex or equivalent; pit-zips preferred
☐	Softshell / wind pants	For upper glacier & Snow Lake wind
☐	Trekking pants ×2	Non-cotton; durable for 30 days
☐	Waterproof rain pants	Also serves as wind layer at pass
☐	Warm beanie ×2	One dedicated for sleeping only
☐	Wide-brim sun hat	Critical UV protection on open glacier
☐	Balaclava	For 3–4am pass crossing start
☐	Neck gaiter / buff ×2	Sun & dust protection
☐	Liner gloves	Thin; for dexterity on glacier
☐	EXPEDITION mittens ★ CRITICAL	Waterproof shell + removable liner
☐	Underwear ×5–6 pairs	Merino or synthetic
☐	Trekking socks merino ×6–7 pairs	Inspect & dry daily to prevent blisters
☐	Liner socks ×3–4 pairs	Worn under trekking socks
☐	Thick camp socks ×2–3 pairs	Keep DRY — for sleeping only

2. FOOTWEAR

	ITEM	NOTES
☐	Waterproof trekking boots — B1/B2	Break in fully before departure
☐	INSULATED CAMP BOOTS ★ CRITICAL	#1 most-missed item — for Snow Lake nights
☐	Camp sandals / Crocs	Lower camps only; not above Snow Lake
☐	Full gaiters	Essential for pass crossing & moraine
☐	Microspikes ★ HIGHLY RECOMMENDED	Preferred over crampons for most trekkers
☐	Crampons (experienced only)	Only if you have prior crampon experience

3. SLEEPING & CAMPING

	ITEM	NOTES
☐	Sleeping bag — -15°C to -20°C comfort ★	Mountain Hardwear Phantom 0°F or equivalent
☐	Sleeping bag liner	Adds 3–5°C + keeps bag clean over 30 days
☐	Inflatable sleeping pad — R-value 5.7+	Therm-a-Rest NeoAir XTherm recommended
☐	Closed-cell foam pad (backup)	Emergency insulation if inflatable punctures
☐	Tent footprint / groundsheet	Protects against ice abrasion
☐	Camping pillow	Compressible; significant morale item over 30 nights

4. TECHNICAL & SAFETY GEAR

	ITEM	NOTES
☐	Trekking poles + SNOW BASKETS ★	Snow baskets prevent poles sinking into snow
☐	Helmet ★ REQUIRED	Rockfall risk on Hispar La approach
☐	Harness + 60cm sling + locking carabiner	For roping up through crevasse zones
☐	Locking carabiners ×2	For fixed lines on Hispar La
☐	Prusik cords ×2 (6mm × 60cm)	Crevasse self-rescue backup
☐	Ice axe 50–60cm (guided groups: optional)	Guide provides training on-trek
☐	GPS device + pre-loaded waypoints ★ CRITICAL	Snow Lake whiteout — navigation is life-safety

	ITEM	NOTES
☐	Compass + paper map	Backup to GPS
☐	Wand markers 30–40	Mark route on Snow Lake in poor visibility
☐	Satellite communicator (Garmin inReach)	No cell signal for 13+ days on glacier

5. HEALTH & SAFETY

	ITEM	NOTES
☐	Personal first aid kit	Blister care, painkillers, antiseptic, gauze
☐	Diamox (Acetazolamide)	Consult doctor — AMS risk is real; evacuation is hard
☐	Antibiotics (ciprofloxacin / azithromycin)	Consult doctor before departure
☐	Oral rehydration salts	For altitude dehydration & GI illness
☐	GLACIER SUNGLASSES + side shields ★ CRITICAL	Snow blindness risk within 2–4 hrs without them
☐	Spare sunglasses	Losing glasses on Snow Lake is an emergency
☐	Ski goggles	For pass crossing in wind or whiteout
☐	SPF 50+ sunscreen — large supply ×3–4 tubes	Apply every 90 min on snow; reflected UV doubles exposure
☐	SPF lip balm ×3+	Lips crack quickly at altitude — keep in jacket pocket
☐	Headlamp + spare batteries	Essential for 3–4am Hispar La alpine start
☐	Pee bottle (wide-mouth Nalgene + lid)	Avoid leaving tent at -15°C nights at Snow Lake
☐	Emergency bivy sack	70g survival backup
☐	Grayl Geopress filter bottle	Primary water treatment from glacier melt
☐	Chemical water treatment (backup tabs)	If filter is frozen or unavailable

6. HYDRATION & NUTRITION

⚠ Never use hydration bladders — tubes freeze solid above 4,000m. Nalgene wide-mouth bottles only.



	ITEM	NOTES
☐	Nalgene 1L wide-mouth bottles ×2 ★	Can also fill with hot water as sleeping bag warmer
☐	Insulated bottle sleeve	Prevents water freezing on Snow Lake sections
☐	1L vacuum thermos ★ STRONGLY RECOMMENDED	Hot drink mid-crossing is transformative for morale
☐	Electrolyte tablets — 4+ tubes	1 tube/week; essential on long glacier days
☐	Personal snack stash (30-day supply)	60–80+ items: bars, chocolate, trail mix, instant noodles
☐	Emergency rations (3–4 days extra)	In daypack — in case weather pins group on Snow Lake

7. PACKS & CARRY SYSTEM

	ITEM	NOTES
☐	Expedition duffel 90–120L (waterproof)	Porter-carried bag — must be tough
☐	Combination lock	For porter duffel security
☐	Daypack 25–36L with rain cover	You carry this every day yourself
☐	Dry bags — multiple sizes	10L sleeping bag, 4L electronics, 2L documents

8. ELECTRONICS & POWER

	ITEM	NOTES
☐	Power bank 20,000–26,800mAh	No charging for 13+ days on glacier
☐	Solar charging panel (optional)	Clips to daypack; supplements power bank
☐	Camera + extra batteries ×3+	Keep batteries warm in jacket pocket — cold kills capacity
☐	All charging cables	Phone, GPS, headlamp, camera

9. PERSONAL & HYGIENE

	ITEM	NOTES
☐	Wet wipes / baby wipes ×60–90	Your glacier shower — biodegradable only
☐	Hand sanitizer ×3–4 bottles	Before every meal — GI illness at altitude is dangerous
☐	Toilet paper ×4–5 rolls	In zip-lock bags; pack out or bury — no burning
☐	Antifungal foot powder	Apply every morning for 30 days
☐	Travel towel — microfiber	For lower camp stream washing
☐	Sunscreen carry sachets or small tubes	Keep in daypack for daily access

10. FOOT CARE & REPAIR KIT

	ITEM	NOTES
☐	Leukotape P (medical tape)	Superior to moleskin on wet glacier — blister prevention
☐	Compeed blister patches	Treat early; on Day 20 you can't rest the foot
☐	Lancet / sterile needle	For blister drainage
☐	Bodyglide / anti-chafe balm	Long glacier days cause intertrigo
☐	Tenacious Tape + duct tape strip	Gear & jacket repairs on the go
☐	Sewing kit + spare boot lace	Boot or pack failure at Day 10 with no resupply
☐	Spare buckle set	Daypack buckle breakage is common on long treks

11. DOCUMENTS & MONEY

	ITEM	NOTES
☐	Passport (original)	Keep on your person at all times
☐	Trekking permit / NOC	Arranged by 14 Adventure.
☐	Travel insurance policy + emergency number	Must cover helicopter evacuation above 5,000m
☐	Scanned copies (phone + printed)	Store separately from originals

	ITEM	NOTES
☐	Pakistani Rupees — cash	<i>For tips: PKR 1,500–3,000/day/porter + guide & cook</i>

12. MORALE & EXTRAS

	ITEM	NOTES
☐	Kindle / books / offline podcasts	<i>4–6 hrs tent time daily — entertainment is essential</i>
☐	Playing cards / small travel game	<i>For rest days and rainy weather holds</i>
☐	Lightweight camp chair (optional)	<i>Snow Lake has zero rocks to sit on — only snow</i>
☐	Personal treats / comfort food	<i>Favourite chocolate, coffee sachets, Sriracha packets</i>
☐	Earplugs	<i>Glacier sounds + tent-mate snoring over 30 nights</i>
☐	Small notebook + pen	<i>Route notes; communication with local porters</i>