

Spantik (Golden Peak) Expedition 7,027m

Packing List

Rakaposhi–Haramosh Massif · Chogolungma Glacier · Karakoram, Pakistan

Spantik (Golden Peak) is the most accessible 7,000m peak in the Karakoram. The approach follows the Chogolungma Glacier from Arandu — just 3 days trekking from Skardu, far shorter than Baltoro expeditions. The SE Ridge is predominantly low-angle snow (30–45°) with no extreme technical sections. Key hazards: avalanches after snowfall, crevasses on glacier sections, and serious cold at summit elevation (-30°C on summit night). O2 not required. Liaison officer mandatory (peak >6,500m).

1. CLOTHING & LAYERS

	ITEM	NOTES
☐	Long-sleeve base layer top ×2	Merino 150gsm, UPF 50. Long-sleeve essential — Chogolungma Glacier sun is intense on the open glacier walk
☐	Short-sleeve trekking shirt ×2	Quick-dry synthetic. For hot sections: Arandu, lower glacier days
☐	Midweight thermal base layer top ×2	Merino or synthetic. For above Camp 2 and sleeping at all high camps
☐	Midweight thermal base layer bottom ×1	Merino. For sleeping and cold mornings above Camp 1
☐	Lightweight thermal bottom ×1	Thinner pair for general high camp use
☐	Fleece jacket — midweight ×1	Polartec 200. Primary mid-layer at camp. Used every evening from Camp 1 upward
☐	Lightweight down jacket ×1	800 fill, packable. For BC and lower camp evenings
☐	EXPEDITION-GRADE HEAVYWEIGHT DOWN JACKET ★ ESSENTIAL	800+ fill, -25°C rated. NOT a standard puffer. Rab Neutrino Pro, PHD Minimus, or Mountain Hardwear Phantom. For high camp nights and summit day. At 7,000m a lightweight jacket is inadequate
☐	Softshell jacket ×1	Active climbing layer — breathable, wind-resistant. Worn under expedition down jacket on summit day
☐	Hardshell jacket — Gore-Tex 3L ×1	Full waterproof outer. Spantik gets heavy snowfall — storms can arrive rapidly on the exposed ridge
☐	Hardshell / waterproof pants ×1	For storm days and wet snow above Camp 2
☐	Softshell / insulated pants ×1	For climbing above Camp 2 and high camp mornings
☐	DOWN PANTS ★ STRONGLY RECOMMENDED	For high camp nights above 6,000m. Camp 3 at ~6,400m requires serious insulation to protect sleep quality before summit push
☐	Trekking pants — convertible ×2	For Arandu → BC approach. Zip-off recommended: warm mornings, cold afternoons

	ITEM	NOTES
☐	Warm beanie ×2	One for camp, one for sleeping. Used nightly from Camp 1 onwards
☐	Wide-brim sun hat ×1	Open glacier walk to BC has no shade — neck and ears must be protected for 3 days
☐	Balaclava ×2	For summit day and high camp mornings. Have a spare — one may get wet
☐	Neck gaiter / buff ×2	Sun on lower glacier; cold on upper ridge above Camp 2
☐	Thin liner gloves ×1 pair	For dexterity tasks on approach and at BC
☐	Midweight insulated gloves ×1 pair	For climbing sections and cold mornings on the ridge
☐	EXPEDITION MITTS ★ CRITICAL	Waterproof shell + thick down/Primaloft liner (BD Guide Gloves or OR Alti Mitts). At 7,000m on summit day hands are at serious frostbite risk
☐	Underwear — merino ×5 pairs	Merino only — anti-odour for 25–30 days without laundry
☐	Trekking socks — merino ×5–6 pairs	Merino only. Thicker pair reserved for high camps
☐	Liner socks ×3 pairs	Inside trekking socks on approach; inside double boots on summit
☐	Sleeping / camp socks ×2 pairs	Dedicated DRY warm merino pair — sleeping only. Non-negotiable above 6,000m

2. FOOTWEAR

⚠ Double mountaineering boots are mandatory. Summit night temperatures reach -30°C at 7,027m. Standard B2 boots are not rated for this cold. This is the single most important gear decision for Spantik.

	ITEM	NOTES
☐	DOUBLE MOUNTAINEERING BOOTS ★ MANDATORY	7,000m-rated double boots: La Sportiva G2 Evo, Scarpa Phantom 6000, or Koflach Arctis Expe. Must accept C2 crampons. Break in before departure — critical
☐	Trekking boots — B1/B2 (approach)	For Arandu → Spantik BC approach (3 days). Lowa Renegade GTX or Scarpa Zodiac. Swap to double boots at BC. Keep these at BC during climb
☐	Camp shoes / Crocs	Relief at BC. Do not use above Camp 1
☐	River crossing shoes	Arandu approach has stream crossings. Do NOT cross in trekking boots
☐	Full gaiters	For snow sections from Camp 1 upward. Integrated gaiter preferred with double boots
☐	SNOWSHOES — optional but recommended	Several expedition teams use snowshoes on the broad flat plateau above Camp 2 where deep unconsolidated snow slows progress significantly.
☐	12-POINT CRAMPONS ★ MANDATORY	Steel, C2-rated, compatible with your double boots. Grivel G12 or BD Cyborg. CANNOT substitute microspikes at 7,000m
☐	Spare boot laces ×2 pairs	For trekking boots AND double boot gaiter/lace systems

3. SLEEPING & CAMPING

	ITEM	NOTES
☐	SLEEPING BAG — -30°C comfort rated ★	Down preferred for weight/warmth. Feathered Friends Snowbunting, Western Mountaineering Puma GWS, or Rab Neutrino 800. One bag for the entire expedition. Do NOT bring a lighter bag expecting to upgrade at BC — there is no rental system in the field
☐	Sleeping bag liner — silk	Adds 5–8°C. Essential hygiene over 25–30 nights without laundry
☐	INFLATABLE SLEEPING PAD — R-value 6+ ★	Therm-a-Rest NeoAir XTherm (R7.3). At 6,400m high camp, cold from below is as dangerous as cold from above
☐	Closed-cell foam pad (backup)	Emergency use if inflatable punctures at high camp. Half-section only for weight

ITEM	NOTES
☐ Camping pillow — compressible	<i>You will spend many nights at BC waiting — quality sleep is directly tied to summit performance</i>

4. TECHNICAL CLIMBING GEAR

ITEM	NOTES
☐ ICE AXE — general mountaineering ★	<i>60–70cm walking axe with leash. BD Raven Pro or Petzl Sum'tec. Used for balance on 30–45° snow slopes and self-arrest on the long ridge</i>
☐ 12-POINT CRAMPONS ★ (see Footwear)	<i>Repeated for emphasis — MANDATORY and must be C2-rated to match double boots</i>
☐ SIT HARNESS ★	<i>Adjustable — must fit over all high-altitude layers. BD Couloir or Petzl Altitude. Tested with full summit kit before travel</i>
☐ ASCENDER / JUMAR ★	<i>Petzl Basic. Used on fixed rope sections on lower glacier pitches and any steep section between Camp 2 and Camp 3.</i>
☐ BELAY / DESCENDER DEVICE ★	<i>Petzl Reverso or Figure-8. For descent rappels on any fixed sections</i>
☐ Helmet ★ MANDATORY	<i>Rockfall and serac hazard on approach and upper mountain. Petzl Sirocco or BD Vapor</i>
☐ Locking carabiners ×4	<i>HMS/pear shape. For harness, ascender, belay device, and clipping fixed ropes</i>
☐ 120cm slings ×2	<i>Dyneema. For clipping fixed ropes and anchor building</i>
☐ Prusik loops ×2 (6mm × 60cm)	<i>Self-rescue backup on fixed ropes. Made from 4m of 6mm cord</i>
☐ Trekking poles + SNOW BASKETS ★	<i>For 3-day approach AND for balance on the 8km SE Ridge. Collapsible carbon. BD Trail or Leki Micro Vario. Poles are heavily used on this route</i>
☐ Headlamp — high output ★ MANDATORY	<i>Summit push starts before dawn from Camp 3. Petzl NAO+ or BD Spot 400. LITHIUM batteries only — alkaline fail at -20°C. Carry 3 spare sets</i>
☐ Clear-lens eye protection	<i>For night summit push — glacier glasses are dark. Cheap clear safety glasses protect eyes when it is dark and windy</i>
☐ GPS / Garmin inReach	<i>No cell signal after Skardu. Satellite communicator essential — two-way messaging and SOS capability for 25–30 days</i>
☐ Wand markers ×40–50	<i>For marking route in whiteout conditions on the long exposed SE Ridge. More important than on Pastore — the 8km ridge can be featureless in cloud</i>

5. HEALTH & SAFETY

	ITEM	NOTES
☐	Personal first aid kit ★	Compeed, ibuprofen, paracetamol, Imodium, antihistamine, ORS sachets, wound closure strips, antiseptic, throat lozenges, blister kit
☐	Diamox (Acetazolamide) ★	125–250mg twice daily from 24hrs before significant altitude gain. Prescription required. Near-universal recommendation above 5,000m
☐	Dexamethasone ★ MANDATORY	Emergency HACE treatment — 8mg oral or injection. Must be in your kit. Know the protocol before departure. Also ask your expedition doctor about Nifedipine (HAPE) if recommended for your group
☐	Prescribed antibiotic (Cipro / Azithro)	For GI illness — common and debilitating on long expeditions
☐	Pulse oximeter ×1 (group)	Monitor SpO2 DAILY above 5,000m. Essential for early AMS detection. Spantik's rapid ascent from BC (4,360m) to Camp 3 (6,400m) leaves limited acclimatisation time
☐	GLACIER SUNGLASSES — Category 4 ★	Full side shields. Julbo Explorer or Cébé S'Track. Photokeratitis risk is extreme on open glacier and high snowfields — 3+ days of open glacier on approach
☐	Spare sunglasses	Losing glacier glasses above 6,000m is a medical emergency — carry a spare pair
☐	SKI / SUMMIT GOGGLES ★	For summit push and any storm on the exposed ridge. S3 or S4 lens. Keep in top of summit pack — accessible with mitts on
☐	SPF 50+ sunscreen — large supply ×4+	Apply every 90 minutes on snow. Altitude + open glacier = extreme UV for 3 days of approach then again on the summit ridge
☐	SPF 50 lip balm ×5+	Cracked lips at 7,000m across multiple summit attempts is debilitating. One in every pocket
☐	Leukotape P — blister prevention ★	Start taping problem areas on Day 1 of approach — even a short 3-day approach can cause blisters in new double boots
☐	Compeed blister patches	Treatment once blisters form
☐	Grayl Geopress filter bottle ★	Primary water treatment. All glacier meltwater must be treated
☐	Chemical treatment tablets (backup)	Aquatabs. If filter freezes at high camp
☐	Emergency bivy sack	~70g. For emergency shelter if benighted on descent from summit
☐	Pee bottle — wide-mouth Nalgene	For Camp 3 at night. At -30°C you cannot safely exit the tent before summit push
☐	Hand warmers ×12+	Chemical heat packs. Inside mitts on summit day. More than Pastore — colder peak

ITEM	NOTES
☐ Insect repellent — DEET 30%+	Arandu valley and lower glacier sections 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 high camp. Wide-mouth for gloved filling. Fill one with hot water as sleeping bag warmer at Camp 3
☐ Insulated bottle sleeve	Prevents water freezing on summit day approach from Camp 3
☐ Thermos — 1L vacuum insulated ★	Fill the night before summit push. Hot drinks at 7,000m on the descent are transformative for morale and warmth
☐ Electrolyte tablets — 4+ tubes	1 tube per week minimum. Critical on both hot lower approach AND at high altitude
☐ HIGH-CALORIE summit day supply ★	4–6 energy bars or gels for summit day. Plus hard candy and glucose tabs accessible with gloves on. Summit push from Camp 3 is 7–10 hours
☐ Personal snack stash — full expedition	14 Adventure provides all meals. 2–4 personal snacks per day. Budget generously — 25–30 day expedition
☐ Tea / coffee / hot chocolate sachets	Personal tent stash. Morale critical at Camp 2 and 3 — long waits for weather windows
☐ Emergency rations — 3 days extra	In summit pack. Weather can pin you at Camp 3. No resupply is possible above BC

7. PACKS & CARRY SYSTEM

Porter allowance for Spantik is 50 kg per person (Arandu to BC) — far more generous than Baltoro expeditions. Take advantage of this: your duffel can carry more comfort gear than on a Baltoro-approach peak.

ITEM	NOTES
☐ Expedition duffel — 100–120L (waterproof) ★	Porter-carried Arandu to BC. North Face Base Camp Duffel or Ortlieb Gear Pack. 50kg porter allowance — maximise it. 3 days of rough glacier travel
☐ Combination padlock	For porter duffel security from Skardu to BC
☐ Daypack — 30–40L with rain cover ★	Carried personally every approach day AND doubles as summit pack. Hip belt essential. Osprey Mutant 38 or Deuter Guide 35+. Must fit over all high-altitude layers — test before travel

	ITEM	NOTES
☐	Dry bags — multiple sizes	10L for sleeping bag, 4L for electronics, 2L for documents. Waterproof everything inside the duffel
☐	Zip-lock bags ×10+	Documents, snacks, dry clothing separation

8. ELECTRONICS & POWER

	ITEM	NOTES
☐	Power bank — 20,000–26,800mAh ×2	Generator will be available at Base camp to charge electronic
☐	Camera + spare batteries ×4+	Keep batteries in sleeping bag overnight. At Camp 3 (-30°C) batteries fail within minutes of exposure
☐	Memory cards ×3+	Bring more than you need — summit views of K2, Nanga Parbat, and the Baltoro range are exceptional
☐	Walkie-talkie / radio	BC to high camp communication on summit days
☐	All charging cables	In one labelled waterproof pouch. Replace any fraying cables before departure

9. PERSONAL & HYGIENE

	ITEM	NOTES
☐	Biodegradable wet wipes ×4 packs	No showers for 20–25 days. Primary hygiene method for the expedition
☐	Hand sanitizer ×3 bottles ★	Before every meal without exception — GI illness ends expeditions
☐	Toilet paper ×4–5 rolls	In zip-lock bags. Pack out above snowline — no burying
☐	Antifungal foot powder	Apply every morning for the entire expedition
☐	Biodegradable soap (small)	For stream washing on lower approach days
☐	Microfibre travel towel	Quick-dry; for lower camp washes
☐	Penknife / multi-tool	Pack in CHECKED luggage — not carry-on
☐	Insect repellent — DEET 30%+	For Arandu and lower Chogolungma sections only

10. REPAIRS, FOOT CARE & DOCUMENTS

	ITEM	NOTES
☐	Leukotape P	Tape problem areas BEFORE blisters form. Even a 3-day approach in stiff double boots causes issues
☐	Compeed blister patches	Treatment once blisters form
☐	Lancet + antiseptic wipes	For blister drainage — clean sterile technique only
☐	Bodyglide / anti-chafe balm	Long hot approach days cause serious chafing even on short approaches
☐	Antifungal cream (Canesten)	Extended double boot use over 25+ days — prevent foot infections
☐	Tenacious Tape + duct tape	Jacket, gear, boot, and tent repairs. Wrap duct tape around a trekking pole
☐	Sewing kit + heavy thread	Down jacket repair — a small tear in down insulation bleeds feathers rapidly
☐	Spare crampon bails + screws	Crampon bail failure at 6,400m Camp 3 with no spare is an expedition-ending problem. Carry 2 spare bails
☐	Spare boot laces ×2 pairs	For trekking boots AND double boot gaiter/lace systems
☐	Passport — original	Required at Alpine Club of Pakistan briefing, CKNP check posts, and army check posts



	ITEM	NOTES
☐	Climbing permit + CKNP permit	Arranged by 14 Adventure. Liaison officer mandatory for peaks over 6,500m — included in permit package. Carry originals in waterproof pouch
☐	Travel insurance + emergency number ★	Must cover helicopter evacuation AND mountaineering above 7,000m. Helicopter rescue from Arandu area: ~\$10,000–15,000 USD. Standard travel insurance is NOT sufficient — confirm it explicitly covers high-altitude climbing
☐	Emergency contact sheet — laminated	14 Adventure contact, insurance emergency line, next-of-kin. One copy on your person, one at BC
☐	Pakistani Rupees — cash	Porter / guide / cook tips. No ATMs beyond Skardu

11. MORALE & EXTRAS

	ITEM	NOTES
☐	Kindle / books / offline podcasts	Long BC evenings. You may spend 5–10 days at BC waiting for weather windows. Spantik climbers report more BC waiting time than Pastore
☐	Playing cards / small travel game	Group morale on rest days — genuinely important on a 25-day expedition
☐	Personal treats / comfort food	Favourite chocolate, coffee sachets, instant noodles, hot sauce. Morale management at 7,000m matters
☐	Earplugs ×10+ pairs	Glacier sounds, wind on BC tents, tent-mate noise over 25+ nights
☐	Small notebook + pen	Summit diary, route notes, porter tip tracking, emergency contacts
☐	Small pillow — compressible	You will spend many nights at BC waiting — quality sleep is directly tied to summit performance