

Porter Duffell Bag (Target 12-15kg Max)

Sleeping System

- Porter Duffell Bag (Target: 12-15kg max)
- Sleeping bag (-15°C rated minimum)
- Sleeping bag liner

Clothing: Base Layers

- Base layer tops - short sleeve (2)
- Base layer tops - long sleeve (2)
- Base layer bottoms (2)
- Thermal pants for camp (1)
- Quick-dry underwear (5-6)
- Sports bras (3-4, women)

Clothing: Socks

- Liner socks (3 pairs)
- Hiking socks midweight (4 pairs)
- Heavy expedition socks (1 pair)

Clothing: Mid Layers

- Fleece jacket (1)
- Insulated vest (1)
- Softshell jacket (1)
- Trekking pants (2)

Clothing: Outer Layers

- Waterproof hardshell jacket
- Waterproof hardshell pants
- Down jacket (-15°C rated)
- Expedition parka (optional, cold weather)

Footwear

- Trekking boots (waterproof, BROKEN IN!)
- Camp shoes/sandals

Extremeties

- Warm beanie
- Sun hat/cap (UPF 50+)
- Balaclava/buff
- Liner gloves (2 pairs)
- Midweight gloves (1 pair)
- Insulated waterproof gloves/mittens
- Gaiters (waterproof)

Personal Care

- Sunscreen SPF 50+ (2-3 tubes)
- Lip balm with SPF (2-3)
- Moisturizer
- Toothbrush & toothpaste
- Biodegradable soap
- Quick-dry towel
- Wet wipes (large pack)
- Hand sanitizer
- Toilet paper (2 rolls)
- Ziplock bags for waste
- Feminine products (as needed)

Medications

- Diamox (altitude prevention)
- Dexamethasone (HACE emergency)
- Nifedipine (HAPE emergency)
- Ibuprofen
- Acetaminophen
- Anti-diarrheal
- Antibiotics (prescribed)
- Personal prescriptions + extras

Electronics

- Camera + extra batteries (3-4)
- Memory cards (2-3)
- Phone
- Power banks 20,000+ mAh (2-3)
- Solar charger (optional)
- All charging cables
- Headlamp backup batteries

Documents

- Passport (original + 2 copies)
- Visa
- Travel insurance docs
- Trekking permit copies
- Emergency contact list
- Insurance emergency numbers

Money

- USD cash for tips (\$200-300, small bills)
- Pakistani Rupees
- Credit card (backup)

Optional

- Book/e-reader
- Journal & pen
- Playing cards
- Thermos (1L)
- Trekking umbrella
- Earplugs
- Headlamp backup batteries

Snacks

- Energy bars (15-20)
- Trail mix/nuts
- Chocolate bars (5-10)
- Dried fruit
- Electrolyte tablets/powder
- Hard candies

DAYPACK (Target: 5-7kg max)

Always Carry

- Water bottles/bladder (2-3L)
- Trekking poles (2, with snow baskets)
- Sunglasses (UV400, Category 4)
- Headlamp
- Personal first aid kit (compact)
- Sunscreen & lip balm
- Camera + extra battery
- Phone & small power bank
- Daily snacks
- Toilet paper & bags
- Hand sanitizer
- Buff/neck gaiter
- Warm hat & liner gloves

Accessible Layers

- Rain jacket
- Rain pants
- Extra warm layer (fleece/vest)
- Extra socks
- Trekking permit copy

Book Your Trek: karakoramtreks.com/
Questions?: info@karakoramtreks.com

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