



## K2 BASE CAMP TREK AND GONDOGORO LA PACKING LIST

Here is the full gear kit requirements for our [K2 Base Camp Trek trip!](#)





## Packs and Baggage

- ❑ **Expedition Duffel Bag** or **Large Trekking Backpack**  
90-120 liter tough expedition duffel bag  
Recommendation : [Northface Base Camp Duffel](#)
- ❑ **Day Trekking Backpack**  
A 25 - 36 liter backpack  
Recommendation : [Osprey Talon 36](#)

## Boots and Footwear

- ❑ **Trekking Boots**  
Quality, waterproof hiking boots  
Recommendation : [Lowa Renegade GTX](#)
- ❑ **Alpine Boots (B1/B2)**  
(Optional)  
Recommendation : [La Sportiva Trango Tower](#)
- ❑ **Sandals/Tevas/Keens/Crocs**  
A pair of camp shoes to change into after a day of hiking  
Recommendation : [Keen Targhee 3 Sandals](#)

## Essential Personal

- ❑ **Sleeping Bag**  
A warm sleeping bag -10 C / 14 F comfort rating  
Recommendation : [Mountain Hardware Phantom 0](#)
- ❑ **Inflatable Sleeping Pad**  
A quality inflatable pad for insulation on the cold glacier  
Recommendation : [Theram-a-Rest NeoAir XTherm](#)

## Specialty Equipment

- ❑ **Gaiters**  
Gaiters helps to keep the snow and rocks out of your boots  
Recommendation : [Black Diamond GTX Front Point](#)
- ❑ **Crampons**  
Only guests with experience using crampons should bring them. We recommend bringing microspikes over crampons, especially if you never used crampons before  
Recommendation : [Grivel G-12](#)

- ❑ **Microspikes**  
We recommend bringing microspikes over crampons  
Recommendation : [Kahtoola Micro Spikes](#)
- ❑ **Helmet**  
For descending Gondogoro La  
Recommendation : [Black Diamond Half Dome](#)
- ❑ **Harness** with a **60 cm Sling** and **Locking Carabiner**  
This will serve as your lifeline when coming down GG La, Don't forget to pack this crucial piece of kit  
Recommendation : [Petzl Corax](#)
- ❑ **Trekking Poles**  
Trekking poles provide balance and stability  
Recommendation : [Black Diamond Alpine FLZ](#)
- ❑ **Headlamp**  
Get a rechargeable one if possible  
Recommendation : [Petzl Actik](#)
- ❑ **Grayl Filter Bottle**  
The Grayl Geopress is the ultimate water filter bottle  
Recommendation : [Grayl Geopress](#)
- ❑ **Large Wide Mouth Water Bottle or Water Pouch**  
You can refill from your Grayl Geopress. Should be 1 liter

## Other Personal Gear

- ❑ **Dry Bags**  
Be 100% sure that your most important items are dry  
Recommendation : [Sea to Summit Lightweight Dry Bag](#)
- ❑ **Camera / Extra Battery**  
Recommendation: [GoPro 9](#)
- ❑ **Power Bank and Chargers/Phone Cable**
- ❑ **Personal First Aid Kit**  
Band-aids, hand sanitizer, lip balm with spf, tampons, strong quality sun cream (50 spf+), antibiotic cream, paracetamol, throat lozenges, electrolyte tabs, moleskin for blisters, antibiotics for stomach/general, earplugs, and Diamox for altitude sickness (optional)
- ❑ **Polarized Sunglasses**



## Toiletries

- Toothbrush and Toothpaste**
- Bodywash / Shampoo / Wetwipes**
- Deodorant**
- Fast Drying Microfiber Travel Towel**  
And Whatever else makes you feel clean and comfortable

## Clothing Layer Systems

- Travel Clothes**  
Casual clothing for air travel and our time in cities
- Down Jacket**  
A warm Down Jacket is 100% crucial  
Recommendation : [Patagonia Down Sweater Hoodie](#)
- Heavy Weight / Hi Loft Down Jacket**  
This jacket is not mandatory but very nice to have  
Recommendation : [Patagonia Fitz Roy Parka](#)
- Hard Shell/Rain Jacket**  
To lock in your warmth and keep yourself dry  
Recommendation : [Arc'teryx Beta AR](#)
- Fleece**  
The perfect middle layer  
Recommendation : [Patagonia Better Sweater](#)
- Base Layer Top**  
Wear your base layer top to help prevent sunburn  
Recommendation : [Merino Icebreaker 200 Oasis](#)
- Base Layer Bottoms**  
For cold sleeper, base layer bottoms will be good for you  
Recommendation : [Smartwool Merino 250](#)
- Sun Hat and Warm Hat/Beanie**  
The skin on your face will thank you.  
Also bring a warm hat/beanie for the cold temperatures  
Recommendation : [Durable Trucker Hat](#)
- Trekking Shirts (2-3)**  
Go with something synthetic - Avoid cotton at all costs  
Bring on shirt to sleep in  
Recommendation : [REI Lightweight Base Layer Shirt](#)

- Trekking Pants (1-2 pairs)**  
Comfortable pair(s) of trekking pants - Nothing fancy  
Recommendation : [Kuhl Renegade Rock Pant](#)
- Synthetic Multisport Trekking Pants**  
Choose something with a bit of insulation  
Recommendation : [Arc'teryx Gamma LT](#)
- Waterproof / Rain Pants - (Optional)**  
These are good in case we get caught in a snow/rain storm or in case you want an extra warm bottom layer  
Recommendation : [REI GTX Pants](#)
- Trekking Socks (6-7 pairs)**  
Quality pairs of trekking socks can be expensive, but worth the investment. Merino is best  
Recommendation : [Darn Tough Hiker Boot](#)
- Underwear / Bras (4-6 pairs)**  
Recommendation : [Icebreaker Underwear](#)
- Buff and Bandana**  
So many practical applications from serving as a dust mask for keeping the sun off of your neck  
Recommendation : [Buff Lightweight Merino](#)
- Gloves**  
For keeping your hands warm and mandatory for gripping the rope as the group descends Gondogoro La  
Recommendation : [Northface Apex](#)

## Non-Essential Optional Gear

- Satellite Messenger Device**  
Stay connected to people back home  
Recommendation : [Garmin In-Reach Mini](#)
- A Good Book / Kindle and Podcasts (Downloaded)**  
These are almost essential items! Bring what you need to stay entertained at camp
- Pee bottle - (Optional)**  
Wide mouth Nalgene clearly marked "pee bottle". This is to avoid having to leave your tent at night  
Recommendation for Women : [Pibella Travel Device](#)
- Combination Lock**  
Easily lock your portered bag  
Recommendation: [Pacsafe Lock](#)



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Please note that EBT DOES NOT rent any personal gear or equipment. There are two small gear shops in Skardu that have a limited selection of outdoor equipment where you can purchase things last minute. Come with everything you need for the trek from abroad and don't rely on the limited stock of local shops.

Note: Every client has a 12.5 kilo porter allowance. This bag is where the majority of your stuff will be; sleeping bag, clothing, alpine boots, crampons, helmet, harness, sleeping pad, excess snacks, etc. Be sure to not overpack your duffle (it's easy to do) as you will have to pay more for porter services if the bag weighs more than 12.5 kilos.

