

## K2 Base Camp - Expedition Information Pack

We have designed this document to give you all the detailed information you need in the most concise way possible. We hope you find it useful.

Contents	Page		Page
<a href="#">Fitness &amp; Training</a>	1	<a href="#">Your Dietary Requirements</a>	8
<a href="#">Training Weekends</a>	1	<a href="#">Vaccinations &amp; Prophylaxis</a>	8
<a href="#">Equipment</a>	2	<a href="#">Tourist Visa</a>	8
<a href="#">Flights</a>	4	<a href="#">Travel Insurance</a>	8
<a href="#">Description &amp; Detailed Itinerary</a>	4	<a href="#">Safety Standards</a>	9
<a href="#">Expedition Costs</a>	6	<a href="#">Security in Pakistan</a>	9
<a href="#">Spending Money &amp; Tips</a>	7	<a href="#">About Pakistan</a>	9
<a href="#">Weather</a>	7	<a href="#">Discounts</a>	9
<a href="#">Altitude Considerations</a>	7	<a href="#">Why Choose Earth's Edge</a>	10
<a href="#">Your Medical History</a>	8	<a href="#">FAQ</a>	10

### Fitness & Training:

We have classified K2 Base Camp as a level 7 expedition, for more information about our levels system [click here](#). We expect participants to have a very good level of fitness. Although this is not a technical climb, it does require the use of crampons to cross the Gondogoro La Pass. Previous experience in winter conditions and at high altitude (>5000m) is recommended. This is a relatively long trek and good stamina is essential. For many people it will be the hardest physical challenge of their lives. The group moves at a comfortable pace and nobody is ever left behind. Nevertheless, it is your responsibility to contact us if you have any concerns regarding your level of fitness, health or ability to complete the trek. We strongly recommend that you read the expedition itinerary in full before signing up to this challenge.

Hillwalking: Everybody is different, so we cannot recommend a specific pre-expedition fitness programme. However please remember the fitter you are the more you will enjoy the expedition. We would recommend hiking at least twice per month in preparation for this expedition. In the three months prior to departure try to include two long training hikes (6-8 hours at a comfortable, steady pace) on consecutive days with an 8kg rucksack. You or someone in your party should have walking experience and the necessary navigational skills whenever you go out on the hills.

Remember; getting time on your feet is more important than completing hikes quickly! This is about building stamina and endurance.

In the Gym: Although hillwalking is best, you should also aim to complete at least three cardio training sessions per week. The type of training is not important, you just need to elevate your heart rate for 45 minutes to an hour. Typical sessions might be running, cycling, swimming, spin classes, circuit training, kettlebells or HIIT classes.

If you have low muscle mass in your legs, we suggest that you add strength training to your schedule. Developing muscle mass will protect your joints and this is very important especially on long descents.

If you have any old injuries, weak joints, soft tissue injuries or any other issues which affect your mobility we suggest you address these issues now. It goes without saying that if you are experiencing discomfort or pain during short training sessions the problem has the potential to become more serious when exercising for long durations on continuous days. Please visit your physiotherapist in an effort to address the issue and strengthen the weakened area.

Remember; it doesn't matter what kind of training you do – find something that you enjoy and you will stick with it!

[Back to Top](#)

### Training Weekends:


We hold training weekends prior to all expeditions, where you will meet an Earth's Edge expedition leader and your fellow adventurers! An experienced expedition leader will give a full expedition brief, lead two training hikes and offer expert advice on all aspects of the expedition including training, equipment, weather, and more. These events are also a lot of fun and they take place in Glendalough, Co. Wicklow, which is a stunning location! When you book an expedition

with Earth's Edge an account is generated for you on our website. You need to log on to your account to register for your training weekend.

[Back to Top](#)

**Equipment:**

You are responsible for having the necessary personal equipment you need for this trek. If you are buying any new equipment for this expedition such as a rucksack, boots, base layers etc., be sure to use it before departure. All gear should be well broken in to avoid blisters and chafing! When you sign up to an Earth's Edge expedition you are entitled to a loyalty card with our equipment partner; Great Outdoors. Great Outdoors has an excellent range of expedition equipment, very knowledgeable staff and is 100% Irish owned. The loyalty card entitles you to a 15% discount until the day your expedition departs and 10% discount thereafter. To apply for a loyalty card please forward your confirmation email and your postal address to [web@greatoutdoors.ie](mailto:web@greatoutdoors.ie) and they will send you a loyalty card. You can also take a copy of the email into their George's Street Store and they will generate a loyalty card for you while you wait. Allow 10 minutes for this.

EQUIPMENT CHECKLIST	
Walking boots. If you are buying new boots for this trip please ensure they are well broken in before departure. Few things will make you more miserable during the trek than blisters.	
Gaiters.	
12 point crampons that will fit a standard walking boot rather than a mountaineering boot. The Grivel GR 10 or Black Diamond Contact Crampon are recommended.	
Sling (approx size 120cm x 10mm) x 2. (If you don't have slings, we will provide them for you.)	
Climbing harness & two screw gate carabiners. (If you do not have a climbing harness & two screw gate carabiners we will provide them for you.)	
Runners or sandals (to wear in transit & around camp).	
Mid-weight hiking socks x 3. At least three pairs, some people choose to bring a pair of socks for each day of trekking.	
Lightweight liner socks (for summit night).	
Underwear, we recommend you bring enough so you are comfortable at all times. Synthetic rather than cotton underwear is advisable.	
Shorts x 1 (knee length or below).	
Lightweight trousers x 1.	
Synthetic/wool/silk long johns (for night time use and summit night).	
Waterproof trousers (N.B. make sure the trousers have zips to the knee at least).	
Long sleeve base layer x 2 (silk, wool, or synthetic).	
Short sleeve base layer x 2 (silk, wool, or synthetic).	
Mid-weight fleece x 2.	
A down jacket. It must be heavy weight with a hood (at least 600 grams in weight).	
Waterproof jacket.	
A fleece hat to wear in the mornings and evenings.	
A balaclava/a buff.	
Sunglasses (category 3).	
A sun hat with a wide brim to cover the face and neck.	
A pair of lightweight wool or synthetic liner gloves.	
A pair of down mitts.	
Walking poles.	
Rucksack: This is a small rucksack (30 to 35 litres) to carry the equipment you will need while trekking such as your camera, spare jacket, waterproof jacket, water bottle and packed lunch.	
Duffel bag (90 litres) or large rucksack to carry your equipment while trekking. We recommend you use something strong and sturdy as this bag will be carried by the support team.	
Dry bags (if either your day bag or duffel bag don't have sufficient waterproofing and to separate your equipment in your bags).	
Water bottles (2 x 1 litre nalgenes) & water bladder (2 litre). You must have the capacity to carry at least three litres of water while walking.	
A warm sleeping bag (comfort rating of -15°C or lower).	
Sun cream at least factor 30.	

SPF lip balm.	
Insect repellent, deet based products are best.	
Hand sanitiser. You need to have enough supplies for the duration of your expedition.	
Toiletries, N.B as little as possible, if you are travelling with friends try to share toiletries. * Wet wipes and a nail brush are very useful.	
<p>Personal first aid kit. You need to have enough supplies for the duration of your expedition. We recommend you carry the following:</p> <ul style="list-style-type: none"> <li>● Rehydration salts</li> <li>● Plasters</li> <li>● Compeed</li> <li>● Paracetamol</li> <li>● Ibuprofen</li> <li>● Buscopan</li> <li>● Throat lozenges</li> <li>● Nasal spray</li> <li>● Decongestant such as Sudafed</li> <li>● Antihistamine: for allergic reactions. <i>A sedating antihistamine may also aid with sleep in those struggling to rest on the mountain - discuss with expedition doctor before taking them for this reason.</i></li> <li>● Antibiotics suitable to treat traveller's diarrhoea <i>Azithromycin or something with similar coverage would be the most suitable antibiotic, please consult your doctor for up-to-date advice. The expedition medic will have a full medical kit to deal with issues of a more serious nature.</i></li> </ul>	
<p>Personal medication. Please carry any medication you are currently taking on a regular basis such as:</p> <ul style="list-style-type: none"> <li>● Asthma inhalers</li> <li>● Nutritional supplements</li> <li>● Blood pressure tablets</li> </ul> <p>If you suffer or have suffered from any skin condition, bring appropriate creams such as:</p> <ul style="list-style-type: none"> <li>● Canesten</li> <li>● Zovirax</li> <li>● Anusol</li> </ul> <p>Hydrocortisone 1%</p>	
Small towel for washing.	
Personal snacks; although sufficient food is supplied throughout the trek you need to bring your own supply of high energy snacks for the expedition. Bring snacks you enjoy eating such as sweets, energy bars & chocolate.	
Headtorch with spare batteries.	
A spare set of clothes to wear after you finish the expedition.	
Photocopies of your passport & travel insurance policy.	
Two passport photos.	
Your vaccination booklet.	
<b>OPTIONAL ITEMS</b>	
Diamox (tablet form not capsules); if you have decided to take it. For more information about Diamox its uses and side effects please refer to the information on AMS and Diamox in this document.	
We ensure that all drinking water provided to you is treated correctly but you may still wish to bring your own personal supply of tablets/drops for water purification such as iodine or chlorine. Powdered fruit juice can be used to disguise the taste of the purification.	
A sleeping bag liner (This is not essential but it helps to keep your sleeping bag clean and adds an extra season).	
Thermarest (roll mat will be provided).	
Ear plugs.	
Power adaptor - Plug <a href="#">type C</a> or <a href="#">D</a> are used in Pakistan.	

For glasses/contact wearers we advise bringing both glasses & contact lenses. Daily disposable lenses rather than monthlies are highly recommended.	
A camera.	
A book and/or writing paper.	
Hand warmer sachets.	

[Back to Top](#)

### Flights:

For those that book a flight inclusive package with us, we will send the flight details via e-mail approximately two months prior to departure. We will also include information on the baggage allowance and packing instructions. For those that book a land only package please consult us prior to booking your flights. It is important you are on time for the trek briefing on the first day.

[Back to Top](#)

### Description & Detailed Itinerary:

We are the only company in the world who have an expedition leader and doctor on our K2 Basecamp (5,400m) treks while keeping group sizes sustainably small. Having an expedition leader and doctor on all our K2 Basecamp treks allows us to deliver an unrivalled level of safety and service for each and every one of our clients. Having smaller group sizes allows us to minimise our environmental impact and foster a stronger team dynamic.

Trekking to K2 Basecamp (5,400m) is one of the most remote and iconic trekking adventures in the world. Unlike other companies we do not retrace our steps once we have reached Basecamp, instead we traverse the Baltoro Glacier and cross the Gondogoro La Pass (5,585m) – the highest point of our trek. We descend from there through the Hushe Valley and maximise our experience of the greater Karakoram range. These mountains stretch for almost 500km along the border of China, Pakistan and India and it is the most heavily glaciated stretch of land outside the Polar regions.

K2 (8,611m) is the world's second highest mountain and considered by many experienced mountaineers to be one of the toughest mountains to climb, it is frequently referred to as 'King of the Mountains' or 'the Mountaineers Mountain'. It is the extreme height, severe weather conditions and the demanding technical route that make K2 such an epic challenge for all those that dare to attempt to summit.

It is the awe-inspiring scenery that surrounds you every step of the way that makes the K2 Basecamp trek such a special one. More and more mountains of the greater Karakoram range are brought into view as we travel up the Baltoro Glacier towards our ultimate goal. The highlight for many is the time spent in the "Throne Room of the Mountain Gods" or Concordia – which is where the Baltoro, Abruzzi and Godwin Austen Glaciers meet. On a clear day you can see 10 of the world's 30 highest peaks, including 4 over 8,000m.

Our 24-day itinerary includes 14 days of trekking and is best suited to adaptable and experienced adventurers. Our expedition is fully supported by our incredible local team of friendly porters who help make the transitions from camp to camp so much easier and teach us about their unique culture and history along the way.

#### Day 1. Depart Dublin.

Depart Dublin for Islamabad. Overnight flight.

#### Day 2. Arrive in Islamabad.

Arrive in Islamabad and transfer to the hotel. In the afternoon we enjoy a city tour of Rawalpindi and Islamabad. Overnight hotel.

#### Day 3. Fly Islamabad to Skardu, 1 hr.

Today we take the short but spectacular flight to Skardu. In the evening we will have a team briefing to review plans for the expedition. Overnight hotel. Altitude 2,228m.

*Note: If our flight is cancelled due to bad weather we will start the drive to Skardu travelling for 10/11 hrs on the Karakorum Highway to reach Chilas.*

#### Day 4. Free day in Skardu.

Today we enjoy a free day in Skardu. For the more energetic, a visit to the bazaar and Skardu Fort can be arranged. Or choose to relax, stroll around the city taking in the sites or visit some local bakeries. Overnight hotel.

*Note: If our flight on day 3 was cancelled due to bad weather we will continue the drive to Skardu travelling for 10/11 hrs on the Karakorum Highway to reach Skardu.*

**Day 5: Drive Skardu to Askoli, 7hrs.**

Today we take the thrilling and spectacular drive to Askoli, the starting point of our trek. The views of the river below us and the peaks above us are breath-taking. Askoli is a small community and we make camp in a terraced garden. Overnight camp. Altitude 3,000m.

**Day 6: Trek Askoli to Jhola; 9 hrs, 12.6km**

After a hearty breakfast we meet our porters for the trek. Our route today follows the Braldu river. We break for lunch in Korofoung which is a really scenic spot. In the afternoon we enjoy great views of Bakhor Das (5,809m) and the Biafo Glacier as we continue on to Jhola. While the route is very flat, we are walking in sand throughout the day which can sap energy levels. Overnight camp. Altitude 3,100m.

**Day 7: Trek Jhola to Paiyu; 9 hrs, 16.6km.**

A tougher day as the trail to Paiyu undulates for most of the day. We enjoy our first distant views of the Cathedral Towers and of K2, with its unmistakable triangle shaped peak. The last part of the day is a steep but scenic climb from the valley floor to Paiyu camp; a wooden oasis under the shadows of the majestic Paiju Peak (6,611m) Overnight camp. Altitude 3,450m.

**Day 8: Rest and acclimatisation day in Paiyu.**

We enjoy a slow start today taking in our stunning surroundings and the epic views of the Baltoro Glacier. We take a short acclimatisation trek during the day and in the evening sing and dance with the porters. Overnight camp.

**Day 9: Trek Paiyu to Khubertse; 10 hrs, 10.8km.**

This first part of the trail takes you along the river floodplain before you start to climb up the snout of the Baltoro Glacier. Today is a long but picturesque day following the banks of the river with stunning views of Paiyu Peak (6,610m) Uli Biaho (6,417m), Great Trango Tower (6,286m), Lobsang Spire (5,707m) and the Cathedral Towers. Overnight camp. Altitude 3,816m.

**Day 10: Trek Khubertse to Urdukas; 4 hrs, 5.1km.**

A shorter and easier day today crossing beautiful slopes covered in wildflowers. We navigate our way over the moraines to reach the perfectly situated Urdukas camp. Today you get good views of G4, G2 and Broad Peak. Overnight camp. Altitude 4,168m.

**Day 11: Trek Urdukas to Goro II; 6-8 hrs, 12.1km.**

Another stunning day today as we walk across the moraine and glacier with a lot of fun rock-hopping and stream-jumping. If the weather is clear, we are greeted by our first full view of the giant peaks of the Karakoram. K2 (8,611m) Broad Peak (8,047m), G-I (8,068m), G-II (8,035m), Sia Kangri (7,422m), Muztagh Tower (7,284m), G-IV (7,925m), Mitre Peak (6,025m) and Golden Throne (7,240m) all come into view. Overnight camp on the glacier. Altitude 4,319m.

**Day 12: Trek Goro II to Concordia; 5 hrs, 9.2km.**

A challenging but rewarding day trekking across more moraine and glacier. It is a gradual climb up to Concordia where the Baltoro, Abruzzi and Godwin Austen glaciers meet. The 360 degree panoramic view here is one of the most spectacular sights in the world. This campsite is truly breath-taking as you are completely surrounded by towering peaks. On a clear day you can see ten of the world's thirty highest peaks including four 8,000m peaks. We have a celebration in the evening to congratulate our arrival to Concordia. Overnight camp. Altitude 4,570m.

**Day 13: Trek Concordia to Broad Peak Base Camp, 5 hrs.**

Today's route to Broad Peak Basecamp offers one of the best views of K2. The trail is long and relatively flat and K2 is dominating the view in front of us which is truly special and motivating. Overnight camp. Altitude 5,400m

**Day 14: Trek Broad Peak Base Camp to K2 Base Camp to Concordia, 7 hrs.**

We start early and trek to Gilkey memorial. This is an easy walk taking in some incredibly beautiful surroundings. We then begin a short yet steep ascent to K2 Base Camp. There is a real sense of achievement upon reaching base camp! After taking in the atmosphere and sights we descend back down to Concordia. Altitude 4,570m.

**Day 15: Rest day in Concordia.**

We take a well deserved rest day to soak in our stunning surroundings. We spend the afternoon practising our rope skills ahead of ascending the Gondogoro La Pass. These skills are key to ensuring we move safely while crossing the pass. Overnight camp.

**Day 16: Trek Concordia to Ali Camp; 6 hrs, 9.5km.**

We leave Concordia and say farewell to some of the staff and ponies that have helped us until now. We then traverse the Baltoro Glacier, crossing a number of crevasses. We turn in early tonight ahead of a midnight departure to cross the Gondogoro La Pass tomorrow. Overnight camp. Altitude 5,010m.

**Day 17: Trek Ali Camp to Hispung via the Gondogoro La Pass, 12 hrs, 8.5km.**

We make an early start to ascend to the Gondogoro La Pass (5,585m). Depending on conditions we may use fixed rope to get over the pass. The views from the pass including K2, Broad Peak, Gasherbrum I to IV are unparalleled, making all the hard work worthwhile. After crossing the pass, we descend to Hispung. Overnight camp. Altitude 4,680m.

**Day 18: Trek Hispung to Daltsampa via Saicho, 8hrs.**

We spend the first part of the day descending the Gondogoro Glacier which requires a lot of concentration. After that the path becomes easier and leads through beautiful alpine meadows dropping in altitude quickly towards Daltsampa. We reach Daltsampa campsite in late afternoon and enjoy our last camp on the trail situated beside a beautiful roaring river. Overnight camp. Altitude 4,300m.

**Day 19: Trek Daltsampa to Hushe; 4 hrs, 9.3km.**

Our last day of this epic journey is spent on the trail from Daltsampa to Hushe. This trail follows a river down sandy terrain and towards fields covered with wildflowers and crops- a nice antidote to the barren high altitude landscape we have encountered so far. In the evening there are refreshments in the hotel and a ceremony to thank the porters who have crossed the pass with us. Overnight hotel. Altitude 3,050m.

**Day 20: Drive Hushe to Skardu, 7hrs.**

Today we drive back to Skardu. There is plenty of time for reflection and to enjoy the last views of the Karakorum. Overnight hotel.

**Day 21: Fly Skardu to Islamabad, 1hr.**

We fly back to Islamabad in the morning. Your afternoon is free for exploring. In the evening, we enjoy a celebratory meal in one of Islamabad's best hotels. Overnight hotel.

*Note: If our flight is cancelled due to bad weather we will start the drive to Islamabad travelling for 10/11 hrs on the Karakorum Highway to reach Chilas.*

**Day 22: Free day Islamabad.**

Enjoy a free day in Islamabad for exploring, sightseeing and shopping. Overnight hotel.

*Note: If our flight on day 21 was cancelled we will spend 10/11 hrs driving from Chilas to Islamabad today. Overnight hotel.*

**Day 23: Islamabad to Dublin.**

We depart for Dublin. Overnight flight.

**Day 24: Arrive in Dublin.**

Arrive back in Dublin in the morning. Expedition ends.

[Back to Top](#)

<b>Expedition Costs:</b>	<b>Euro</b>	<b>Sterling</b>	<b>US Dollar</b>
Total costs excluding international flights. (Land only)	€5,299	£4,465	\$5,758
Total costs including international flights from Dublin.	€6,599	-	-

A deposit of €399/£399/\$399 is taken at the time of booking, a part payment of €1,000/£1000/\$1000 is due six months prior to departure and the final balance is due three months prior to departure. Prices in US Dollar and Sterling were accurate at the time of writing. For up to date prices based on today's exchange rate please visit our website.

#### **Expedition Costs Include:**

- International flights from Dublin to Islamabad return economy class.
- Internal flights in Pakistan.
- Experienced expedition leader.
- Experienced expedition doctor.
- Training Weekend.
- Earth's Edge guides and a full support team.
- All accommodation is based on twin sharing in hotels in Islamabad and Skardu and camping elsewhere.
- All meals and drinking water are included except in Islamabad and Skardu where accommodation is based on B&B.
- A celebratory dinner at the end of the expedition.
- All transport throughout the expedition.
- All group gear consisting of first aid kits, mountaineering equipment, cooking equipment etc.
- An Earth's Edge bandana for all participants.

#### **Expedition Costs Exclude:**

- Personal travel insurance.
- Medical vaccinations.
- Tourist visas.
- Personal equipment.
- Personal spending and tips.
- Expenses of a personal nature like laundry, phone calls, alcohol, excess baggage charges and any costs arising out of unforeseen circumstances such as bad weather, landslides, road conditions and any other circumstances beyond our control.

[Back to Top](#)

#### **Spending Money & Tips:**

We recommend that you bring US \$350 in cash and a credit or debit card with you to Pakistan. It is possible to convert US Dollars to Pakistani Rupees in major towns and cities. There are also ATMs throughout Islamabad where you can withdraw cash using a credit card. On the trek it is best to have some rupees as it is difficult to get change for foreign currency when buying small items. Our recommended tip for K2 Base Camp is US \$200, please give your tip to the Earth's Edge Expedition Leader and they will distribute the tip among all of our Earth's Edge team in Pakistan. The recommended spending amount above includes the tip for the Earth's Edge Team. We recommend notifying your bank that you will be abroad and possibly using your debit/credit card.

[Back to Top](#)

#### **Weather:**

Temperatures on the expedition may vary from 0 to 30 degrees during the day and -10 to 10 degrees at night. It's best to be prepared for lower temperatures due to wind chill or the weather turning bad. Usually the days are hot and the nights are cold. You should be ready for inclement weather at all times as the weather can change rather quickly at high altitude. For accurate weather information please review these two websites;

Mountain Forecasts: [www.mountain-forecast.com](http://www.mountain-forecast.com)

Norwegian Meteorological Institute: [www.yr.no](http://www.yr.no)

[Back to Top](#)

#### **Altitude Considerations:**

The human body is quite capable of adapting to a very wide range of barometric pressures and there is plenty of oxygen even at the highest point of this expedition. However, the process of adaptation or acclimatisation does take time and

[www.earths-edge.com](http://www.earths-edge.com)

[info@earths-edge.com](mailto:info@earths-edge.com)

+353 (1) 5320869

Earth's Edge is licensed by the Irish Aviation Authority, TA0711. (CRO: 435435)

Page 7

the most important rule is to gain height slowly. Keeping well hydrated is also a huge factor in avoiding AMS (Acute Mountain Sickness). You will be encouraged to drink at least three litres of water per day. Five litres per day is ideal. You should eat well, snack regularly between meals and do not under any circumstances try to diet on this expedition. This will keep your energy levels high throughout the expedition. Although frustrating at times, remember to keep your walking pace slow and steady which will in turn have the same effect on your heart rate. It is those who can set and maintain the correct pace on the approach days that are strongest at higher elevations.

AMS is brought on by lower oxygen levels at higher altitudes. Symptoms include breathlessness, headache, poor sleep, nausea & dizziness. AMS is treated simply by not ascending to higher elevations or in more severe cases descending to lower elevations, where in most cases the symptoms are quickly relieved. This itinerary has been designed to minimise the chances of you experiencing altitude sickness. Our staff are highly experienced in these matters and will be able to give you good advice to help minimise any temporary discomfort that you might experience. Please note it is common for most people to experience mild headaches at higher elevations. Always keep your guide informed on how you are feeling.

At high altitude, and especially in dry conditions, it is essential you protect your airway. This means walking with a bandana covering your mouth and nose, often in hot weather, or when you are breathing heavily. Getting used to covering your airway while walking takes some time, so you should practise prior to departure.

Diamox (Acetazolamide) is a carbonic anhydrase inhibitor. In simple terms Diamox causes the kidneys to excrete more bicarbonate which causes the blood to become more acidic. Acidifying the blood stimulates ventilation, which increases the amount of oxygen in the blood which reduces the chances of getting AMS. We recommend all participants, especially those who have had AMS in the past, to take Diamox prophylactically (as a preventative) on this expedition, starting on the first day of trekking. Current guidelines suggest 125 mg twice per day (in tablet form not capsules). You should try taking Diamox for two days at some stage prior to departing Ireland to ensure you don't suffer any of the more serious side effects. Numbness and tingly fingers and toes are common but in some cases users can suffer from nausea, vomiting or diarrhoea. If you experience any of the latter three side-effects we would advise against using Diamox. Always consult and follow the advice of your own doctor about Diamox or any other medication.

[Back to Top](#)

#### **Your Medical History:**

When you book an expedition with Earth's Edge an account is generated for you on our website. You will receive login details for your account via email at the time of booking. You need to log on to your account and complete your medical declaration. Once you login, click on required information to access your medical declaration. It is for your own safety that we require you to disclose as much detail about your medical history as possible. The information you supply is treated with the strictest confidence. We will do our best to accommodate everyone on this expedition, but we do reserve the right to refuse participation if we feel your safety or that of the group may be compromised. All participants on Earth's Edge expeditions are required to have a consent form completed by their own doctor. We recommend you do this at the same time you see your doctor for travel vaccines (if required). The Doctor's Consent Form can be downloaded from your Earth's Edge account.

[Back to Top](#)

#### **Your Dietary Requirements:**

We will try our best to cater for those with dietary restrictions. If you have any dietary restrictions, please declare them when completing your medical declaration on your Earth's Edge account. You will receive login details for your account via email at the time of booking. You need to log on to your account and complete your medical declaration. Once you login, click on required information to access your medical declaration. We will organise for you to have a suitable meal on your flight where meals are supplied by the airline. It is not possible for us to source specialist gluten or dairy free products locally. We will endeavour to provide suitable alternative carbohydrates, for example potatoes or rice rather than bread. If you want to have specialist food like gluten free bread and pasta or lactose free milk you will need to bring them with you on the expedition.

[Back to Top](#)

#### **Vaccinations & Prophylaxis:**

We are not qualified to answer all your questions about travel health directly. We recommend consulting your GP or The Travel Health Clinic ([www.travelhealth.ie](http://www.travelhealth.ie)) for the most up-to-date medical advice. You will find Vaccination and Prophylaxis Advice for this destination on your Earth's Edge account.

[Back to Top](#)

#### **Tourist Visa:**



All participants are required to have a tourist visa to enter Pakistan. You must have at least two free pages in your passport and ensure that your passport is valid for at least six months after you return to Ireland. We will send you the required letter of invitation to obtain a visa. You will then need to follow the instructions of the Pakistani Embassy of your country to obtain a visa. At the time of writing the visa fee was \$35 and the visa processing time was 10 working days. It is your responsibility to ensure that you make the application in good time.

[Back to Top](#)

#### **Travel Insurance:**

It is your responsibility to ensure that you have sufficient personal travel insurance for this expedition. Your policy must provide cover for; a) medical injury or sickness, b) trekking up to 5,585 metres, c) helicopter evacuation in an emergency situation, and d) repatriation to one's country of residence. You are required to declare any pre-existing medical conditions to your insurance providers. Please ensure you receive written confirmation that any pre-existing medical conditions are fully insured. In addition, we advise you to obtain a cancellation policy as soon as you book, that will cover you for unforeseeable circumstances such as illness or injury that might result in you not being able to take part in your expedition. We suggest [Global Rescue](#).

[Back to Top](#)

#### **Safety Standards:**

At Earth's Edge your safety is our priority. Your expedition leader is very experienced in the mountains and in international travel. All our expedition medics are qualified doctors with a keen interest in adventure travel and in expedition medicine. Each of our expeditions is supported by our Earth's Edge team of guides, cooks, drivers and muleteers/porters. We select our Earth's Edge team based on their qualifications, experience and references. Our expedition leaders and Earth's Edge team in each of our destinations are familiar with the locations of local medical services and hospitals. Our doctor will have an extensive medical kit with them but please carry a basic first aid kit yourself too (as detailed in the equipment list). Always listen to your expedition leader and follow their instructions.

We advise all participants to do their own research on local laws and customs before travelling to Pakistan. Up to date travel advice can be found on the DFA website: [www.dfa.ie/travel/travel-advice/a-z-list-of-countries/pakistan/](http://www.dfa.ie/travel/travel-advice/a-z-list-of-countries/pakistan/).

Poor personal hygiene resulting in gastroenteritis (Delhi Belly) is the most common cause of illness on expeditions. The good news is that it is easily avoided if you remember to always wash your hands and apply hand sanitizer after going to the toilet and before touching food. Always use water fit for drinking to brush your teeth. While using showers or washing your face, try not to ingest any water. We recommend people eat as healthily as possible and take a multivitamin supplement and probiotics for one month prior to departure and during the expedition. This will help you adjust to changes in your diet and keep you healthy throughout the expedition.

[Back to Top](#)

#### **Security in Pakistan**

At Earth's Edge we feel it is safe to trek to K2 Base Camp, however it is essential you do your own research and decide yourself if you wish to join this trek. We recommend taking travel advice from the British Foreign and Commonwealth Office (FCO) rather than the Department of Foreign Affairs (DFA) as they are better resourced. For more information on security in Pakistan click [here](#) for the FCO and [here](#) for the DFA.

[Back to Top](#)

#### **About Pakistan:**

Area:	881,913 sq km
Population:	212,000,000 approx.
Official Language:	Urdu & English
Religion:	Islam (96%), Hinduism (1.5%), Christianity (1.5%) & Others: (0.5%).
Local Time:	GMT +4.
Local Currency:	Pakistani Rupee.
Currency for Exchange:	EURO, GBP & USD.
Where to Exchange:	Most major towns – your Expedition Leader can advise you on arrival. Worn or ripped Rupee notes may prove difficult to use, so beware of this when accepting notes.
ATMs:	Available in larger towns and cities.
Credit Cards:	Accepted in larger outlets.

Up-to-date information concerning global exchange rates can be obtained at [www.xe.com](http://www.xe.com).

[Back to Top](#)

#### **Discounts:**

If you have travelled with us before please visit our [return customer](#) page for details on what discount you are entitled to.

If you have a friend who wants to travel with us please visit our [refer a friend](#) page for details on our referral programme.

If you are booking as part of a group please visit our [group discounts](#) page for details on what discount you are entitled to.

[Back to Top](#)

#### **Why Choose Earth's Edge:**

We are the only company in the world who have an expedition leader and doctor on all expeditions while keeping group sizes sustainably small.

- A highly experienced expedition leader leads each of our expeditions. This ensures we consistently deliver professionally run expeditions. They will be there to offer you expert advice throughout your trip.
- An expedition doctor accompanies each expedition to provide industry leading medical support. Should you fall ill or have an injury they will be there to provide immediate medical care.

To read more about our safety standards please visit our [safety page](#).

- We keep group sizes small to minimise our environmental impact and foster a strong group dynamic. Our maximum group size on most expeditions is 16 and our average group size is 13. On more challenging peaks our maximum group size is 12 and our average is 8.

Responsible travel is at the core of what we do at Earth's Edge and has been since our inception in 2007. As a certified B Corp we are committed to using business as a force for good to support our communities both locally and worldwide as well as create more environmental awareness. Visit our [B Corp page](#) to learn more.

We organise a number of environmental programmes and community projects here in Ireland and internationally. Our projects include;

- A scholarship to train porters to become guides on Kilimanjaro.
- Each year we plant 8 trees in Nepal for each person who travels with us in partnership with [Eden Reforestation Projects](#).

To read more about our sustainability practises please visit our [responsible travel page](#).

- We are a 100% Irish owned small business. Our MD, James McManus, is involved in the daily running of the business and also leads three to five expeditions per year.
- We are a fully licensed and bonded company. As we are based in Ireland, we are licensed with the Irish Aviation Authority (IAA) in Dublin, our licence number is 0711.
- Detailed risk assessment and management systems, including evacuation plans, are put in place prior to each expedition. Our Earth's Edge HQ team provide 24/7 phone support to each expedition.
- We run training weekends two months prior to each expedition, which includes a full expedition brief, two training hikes and expert advice from an Earth's Edge expedition leader.
- We have clear and transparent pricing. What's included and excluded from your package is made clear prior to booking.
- All of our office team travel on one expedition per year which means they can answer your questions based on first-hand experience.
- When you sign up to an Earth's Edge expedition you are entitled to a discount from our equipment partners at [Great Outdoors](#) to ensure you get the best gear for your expedition.

[Back to Top](#)

**Expedition FAQ:**

Have you a question that wasn't answered on this information pack? If so, please visit our [FAQ page](#) for a full list of frequently asked questions. If you can't find your answer there please [contact us](#).

[\*Back to Top\*](#)