

K2 Base Camp - Expedition Information Pack

Pre-Expedition Preparation:

In this document you will find detailed information on fitness & training, the necessary equipment, tourist visas, travel insurance, medical advice, temperatures & climate, altitude considerations, spending money and tips. Please review this information in full and prepare yourself for this fantastic adventure! We have also included information about Pakistan, an FAQ and the expedition itinerary with details on what's included and excluded.

Fitness & Training:

K2 Base Camp is a demanding trek with an average of six hours of walking per day, except on the days we visit K2 Base Camp and cross the Gondogoro La Pass, which involve over ten hours of walking. As with all our 'demanding' expeditions 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.

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.

As a guide to how fit you should be to attempt this trek we have decided to give you some measurable training goals. With an 8kg rucksack you should be able to complete the following routes from start to finish in the following time frame. Don't worry if you cannot complete the walks in the suggested time at first, your fitness will improve rapidly by undertaking cardiovascular exercise 3 to 4 times per week.

Walk	Route	Time
Carrauntoohill (Kerry)	Caher (Coomloughra) Route	6 hrs
Croagh Patrick (Mayo)	Main Route	3/4 hrs
Galtymore (Tipperary)	Black Road Route	4/5 hrs
Lugnaquilla (Wicklow)	Camara Hill Route	4/5 hrs
Spink (Wicklow)	Looped Walk Route	3/4 hrs

Please do not attempt these walks alone. You or someone in your party should have walking experience and the necessary navigational skills. If you would like to hire a guide to take you on one of these walks please contact us to be put in touch with a qualified mountain leader.

Although hillwalking is best, please remember any type of cardiovascular training will help you prepare for this expedition. Focus your training on building endurance fitness by completing long, slow and low intensity training sessions rather than fast and short sessions. Build the distance and duration of your training sessions slowly as overtraining often leads to injury. In the three months prior to departure try to include two long training days in a row to replicate walking for continuous days on the expedition.

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

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!

The itinerary has been designed with correct acclimatisation in mind, with no big jumps in elevation. While on the expedition you will be encouraged to take it easy, eat well and stay very hydrated. Very hydrated means drinking between three and five litres of water per day depending on how much you sweat. Drinking three or more litres in a day is much harder than it sounds. We would recommend people practice drinking a large amount of water. Try drinking from a 500ml water bottle and see how many times you can refill it in a day. In our experience, it is those who cannot stay well hydrated that run into problems at altitude. Although your ability to withstand high altitudes is not directly related to your physical fitness levels, a good level of fitness will certainly assist in your general stamina.

It is not uncommon for people to encounter stomach problems on expeditions. This is due to a number of reasons such as poor hygiene, change in diet, a low immune system and poorly prepared food. We do everything we can to make sure food and water is safe for you to consume. It is very important that you wash your hands before eating and after going to the toilet. 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.

Earth's Edge Pre- Departure Weekends:

We hold training events prior to all expeditions. Attendance for the pre-departure weekends is compulsory. You will meet an expedition leader, expedition doctor and your fellow adventurers! An experienced expedition leader will be giving a full expedition brief, leading two training hikes and offering expert advice on all aspects of the expedition including training, equipment, weather etc. These events are also a lot of fun and they take place in Glendalough, Co. Wicklow, which is a stunning location!

Equipment:

The following is what we recommend you take, and is a guideline of what to bring on this expedition. You are responsible for having the necessary personal equipment you need for this trek. 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 have an excellent range of expedition equipment, very knowledgeable staff and are 100% Irish owned. The loyalty card entitles you to a 15% discount until the day your expedition departs and 10% discount thereafter.

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.	
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. (This item is available to rent upon request).	
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 nalgens) & 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.	
Personal first aid kit. You need to have enough supplies for the duration of your expedition. We recommend you carry the following: <ul style="list-style-type: none"> • Rehydration salts • Plasters • Compeed • Paracetamol • Imodium • Motilium • Throat lozenges • Nasal spray • Decongestant such as Sudafed 	

<ul style="list-style-type: none"> 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> 	
<p>Personal medication. Please carry any medication you are currently taking on a regular basis such as:</p> <ul style="list-style-type: none"> Asthma inhalers Nutritional supplements Blood pressure tablets <p>If you suffer or have suffered from any skin condition, bring appropriate creams such as:</p> <ul style="list-style-type: none"> Canesten Zovirax Anusol <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.	
OPTIONAL ITEMS	
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.	
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.	

Tourist Visas:

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. For the Pakistani Embassy in Dublin [click here](#). At the time of writing the visa fee was €72 and the visa processing time was 10 working days. It is your responsibility to ensure that you make the application in good time.

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. Significantly both the FCO and the DFA advise against travel along the Karakoram Highway (KKH), however we are hopeful they will downgrade this advice soon. In the event that the internal flights from Islamabad to Skardu and Skardu to Islamabad are cancelled due to weather on days three and 21, we will need to make the journey by road along the KKH. For more information on security in Pakistan click [here](#) for the FCO and [here](#) for the DFA.

We require all participants travelling on this expedition to sign a disclaimer form which you can review at the end of this document.

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 country of residence. You must declare any pre-existing medical conditions to your insurers and ensure you receive written confirmation that any pre-existing medical conditions are fully insured. We advise you to obtain travel insurance 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 recommend Campbell Irvine for your travel insurance requirements as their policies cover a, b, c & d as above and include cancellation cover. To contact Campbell Irvine call [+44 844 826 2722](tel:+448448262722) or go to their website www.campbellirvinedirect.com/earthsedge.

We have confirmation in writing that the Campbell Irvine insurance policy covers those who book with Earth's Edge on the entire K2 Base Camp expedition except for the journey on the Karakoram Highway (KKH). As explained in the security section above, we will only need to take this journey in the event that internal flights are cancelled.

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) for the most up to date medical advice. When you sign up for this event we will email you specific advice supplied to us by the Travel Health Clinic which details what is required for this destination.

Medical:

Before departure you will be required to complete an extensive medical questionnaire. 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 medical form completed by their own doctor. We recommend you do this at the same time you see your doctor for travel vaccines (if required). These measures are put in place for the safety of all participants on the trek.

Temperatures & Climate:

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/

Norwegian Meteorological Institute: www.yr.no

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 the most important rule is to gain height slowly. Keeping well hydrated is also a huge factor in avoiding AMS (Acute Mountain Sickness). 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 getting altitude sickness. Our guides 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. If you have suffered serious problems at altitude before, you should seek the advice of your doctor or a specialist. Please note it is common for most people to experience mild headaches on the summit day of this expedition. Always keep your guide informed on how you are feeling.

Diamox:

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), starting on the first day of trekking. Current guidelines suggest 125 mg twice per day (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.

Spending Money & Tips:

We recommend that you bring US \$300 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. Tipping is common in Pakistan. Our recommended tip for K2 Base Camp is US \$150. Please give your tip to the Earth's Edge Expedition Leader and they will distribute the tip among all local staff. The recommended spending amount above includes the tip for the local staff. We recommend notifying your bank that you will be abroad and possibly using your debit/credit card.

About Pakistan:

We advise all participants to educate themselves on local laws and customs before travelling to Pakistan. Up to date travel advice can be found on the [FCO website](#).

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.

K2 Base Camp Expedition Summary & Itinerary:

This epic adventure to K2 Base Camp (5,400m) is one of the world's most iconic trekking expeditions. Rather than take the normal out-and-back route, after reaching K2 Base Camp we cross the Gondogoro La pass (5,585m) and finish our trek in the Hushe Valley, maximising our experience of the Karakoram. Located on the border between China and Pakistan, K2 (8,611m) is the world's second highest mountain. It is considered to be one of the toughest mountains to climb in the world due to its extreme height, the technical route and the extreme weather common in the Karakoram. The K2 Base Camp trek is made special by the epic scenery throughout our journey up the Baltoro Glacier, with more mountains coming into view the further we travel. The highlight of the trek is reaching Concordia which is the confluence of the mighty Baltoro and Godwin-Austen Glaciers. Also known as the "Throne Room of the Mountain Gods" one is rewarded with a stunning panoramic view which includes more than 40 peaks over 6,500m in height, four of which are over 8,000m. This 24 day journey which includes 14 days of trekking is suitable for experienced and adaptable trekkers with a strong sense of adventure. It is a camping trek which is fully supported by our team of friendly porters local to the Baltistan region.

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. Free day to explore Skardu. 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 where we can visit the bazaar and Skardu Fort. Overnight hotel.

Note: If our flight on day 3 was cancelled we will spend nine hours driving from Chilas to Skardu today. Overnight hotel.

Day 5: Drive Skardu to Askoli, 7hrs.

Today we take the spectacular drive to Askoli, the starting point of our trek. Overnight camp. Altitude 3,000m.

Day 6: Trek Askoli to Jhola; 7 hrs, 12.6km.

After meeting the porters in the morning, we walk along the Brahdu River to Korofoung for lunch. In the afternoon we enjoy great views of Bakhor Das (5,809m) and the Biafo Glacier as we continue on to Jhola. Overnight camp. Altitude 3,100m.

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

A tougher day as the trail to Paiyu undulates for most of the day. We do enjoy our first distant views of the Cathedral Towers and of K2, with its unmistakable triangle shaped peak. Overnight camp. Altitude 3,450m.

Day 8: Rest and acclimatisation day in Paiyu.

We enjoy a slow start today taking in our stunning surroundings. 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; 6 hrs, 10.8km.

Another stunning day on our journey to K2 Base Camp. We see Paiyu Peak (6,610m) Uli Biaho (6,417m), Great Trango Tower (6,286m), Lobsang Spire (5,707m) and the Cathedral Towers. Overnight camp. Altitude 3,990m.

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

A shorter day today as we navigate our way over the moraines to reach Urdukas. Overnight camp. Altitude 4,050m.

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

A special day today if the weather is clear as 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), Miter Peak (6,025m) and Golden Throne (7,240m) all come into view. Overnight camp. Altitude 4,650m.

Day 12: Trek Goro 11 to Concordia; 5 hrs, 9.2km.

Today we trek 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. On a clear day one can see ten of the world's thirty highest peaks including four 8,000m peaks. Overnight camp. Altitude 4,650m.

Day 13: Trek to K2 and Broad Peak Base Camps, 10 hrs.

We start by trekking to Broad Peak Basecamp (5,000m) which offers one of the best views of K2. Afterwards we continue on to K2 Base Camp (5,400m) and then return to Concordia for the night. Overnight camp. Altitude 4,650m.

Day 14: Rest day in Concordia.

We take a rest day to soak in the stunning surroundings. Overnight camp.

Day 15: Trek Concordia to Ali Camp; 6 hrs, 9.5km.

We leave Concordia and 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 16: Trek Ali Camp to Hispung via the Gondogoro La Pass, 11 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, Board 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 17: Trek Hispung to Daltsampa, 4hrs, 6.8km.

Today we descend the Gondogoro Glacier to reach Daltsampa. Overnight camp. Altitude 4,300m.

Day 18: Trek Daltsampa to Saicho; 4 hrs, 9km.

We leave the rock and ice behind us as we walk through meadows and pastures to reach Saicho. Overnight camp. Altitude 3,330m.

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

Our last day of this epic journey is spent on the trail from Saicho to Hushe. Overnight camp. Altitude 3,050m.

Day 20: Drive Hushe to Skardu, 7hrs.

Today we drive back to Skardu. Overnight hotel.

Day 21: Fly Skardu to Islamabad, 1 hr.

We fly back to Islamabad in the morning. Your afternoon is free for exploring. Overnight hotel.

Note: If our flight is cancelled due to bad weather we will start the drive to Islamabad travelling for 9 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 11 hours 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.

Expedition Costs:

€399 non-refundable deposit at the time of booking, followed by a €1,000 payment six months prior to departure & a €3,600 balance payment due two months prior to departure - Total €4,999. Read our [best price guarantee](#).

*If you wish to pay for your trek in instalments, contact us for more information.

*Prices were set on September 5th, 2018.

EXPEDITION COSTS INCLUDE:

- International flights from Dublin to Islamabad return economy class.
- Internal flights in Pakistan.
- Experienced Irish expedition leader accompanying you from Dublin Airport.
- Experienced Irish expedition doctor accompanying you from Dublin Airport.
- Earth's Edge Pre-Departure Weekends.
- Local English speaking guides, local cooks and support team.
- All accommodation 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.
- Transfers to and from Dublin Airport.
- 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.

SHARE YOUR JOURNEY AND WIN A €300 ADVENTURE PACK:

On each expedition, one person will win an Earth's Edge Down jacket, Gore-Tex jacket and an environmentally friendly Keep-Cup. How do you win? Share your journey from start to finish on your Instagram. We want to see your gym sessions, your training hikes, your gear prep, and of course your photos of your amazing adventure with us! Simply let us know your Instagram handle, tag us in your post, and use our hashtag #EarthsEdge. There's no limit on how many posts you can do, and if you win we could feature your photos on our Instagram or Website! ***On average, we have 12 people on our expeditions, so you have a 1 in 12 chance of winning! Get snapping! We will select a winner approximately four weeks after each expedition!***

Expedition FAQ:

What is a typical day like on this expedition?

The following is a typical day on this expedition and most days on the route will follow this general format. However, every day is slightly different and the weather can have a huge influence too.

Wake up, sometimes at sunrise, to enjoy the spectacular views of the surrounding landscape. After a substantial breakfast, we pack up all the equipment and get ready to leave. After giving your main bag to the porters we get moving. You need only carry a small rucksack with a spare jacket, hat, sun cream, water bottle, packed lunch and camera. We move at a pace that suits the group and stop regularly for photo opportunities and rests. At around midday we break for lunch. After a healthy and energising lunch, we start moving again and by mid-afternoon we will have reached our destination. Once settled in, we play cards, explore the area and enjoy watching the sun disappear below the horizon. Meanwhile, the cooks will be busy preparing dinner using fresh seasonal local produce. After dinner the Earth's Edge expedition leader will brief you on tomorrow's adventure. That night you can enjoy the company and stories of your guides and fellow adventurers. Then head to bed for a good night's sleep to be ready to do it all again the next day!

What is the accommodation like on this expedition?

While in Islamabad and Skardu we will stay in locally run hotels in an effort to support the local economy. All rooms are clean and comfortable. While camping we will stay in two person tents. Our prices are based on two people sharing. It is generally possible to arrange single rooms/tents on Earth's Edge expeditions. Contact us to request a single room or tent.

What is the food like on this expedition?

Food plays a huge part in the success of our expeditions. A cook accompanies all expeditions to prepare nutritious, tasty food. All fresh produce is washed using clean water and all perishable items are kept cool. We provide balanced meals which keep participants energised throughout the expedition. We like to cook local seasonal dishes but we also cook western dishes.

Can Earth's Edge cater for my dietary restriction?

We will try our best to cater for those with dietary restrictions. If you have a dietary restriction, please state this on your medical declaration form which you will complete prior to your expedition. 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.

How many people can take part in this expedition?

This expedition will have an average of 13 participants.

Who is leading this expedition?

An Earth's Edge expedition leader accompanies all expeditions. Our leaders are highly experienced and skilled in expedition leadership and wilderness first aid. Local English-speaking guides work with our expedition leaders to run the expedition. Our local guides are highly experienced and very familiar with the expedition route, local history, cultures and customs of the region.

Will I get a chance to meet any of my other team members before departure?

Yes we hold pre-departure weekends about two months before every expedition. If you cannot attend the particular weekend that is scheduled for your expedition, then you are welcome to attend another training weekend. An experienced Earth's Edge expedition leader and expedition doctor will

meet the group to answer questions about the trek. Most people at this stage will have questions about their equipment and will be given advice on the best way to pack for the trip. This is also a great opportunity for participants to meet one another before setting off. Around this time, you will receive a pre-departure document which will include lots of important information such as what time you need to meet at the airport and emergency contact information that you can pass on to your next of kin. Please note where differences exist between this info pack and the pre-departure document the pre-departure document supersedes.

Can participants extend their stay after the expedition?

Extensions are possible but subject to availability, contact us ASAP if you wish to extend your trip. For extension requests made at least four months before departure there is a change fee of €100 plus fare difference. For requests made between two and four months before departure there is a change fee of €150 plus fare difference. It is not possible to make an extension request within two months of departure.

What back-up support is there on this expedition?

Along with the Earth's Edge expedition leader we use local guides, cooks, drivers and porters of the highest standard. We employ local staff based on their qualifications, experience and references. Our expedition leaders are trained in wilderness first-aid and most of our local guides are first-aid trained too. Our expedition leaders and local staff are familiar with the locations of local medical services and hospitals. Where no mobile/cell phone network is available expeditions are accompanied by two-way radios and satellite phones. Our expedition leaders have 24/7 access to our office in Ireland.

What emergency procedures are in place?

A detailed assessment of risk is completed for all expeditions. The risk assessment covers potential minor and major injuries, environmental risks, political risks and evacuation plans detailing the locations of local hospitals, emergency services and airports.

What happens if someone gets sick or injured?

In the event of someone falling ill or getting injured, the expedition medic will assess and treat the sick or injured person. Often with some rest, participants can continue without a problem. If needed a guide will help the injured person to the next camp where an evacuation to a hospital can be arranged for more serious incidents. In the unlikely event of a serious incident which requires urgent hospital treatment a helicopter evacuation can be requested from local authorities. The decision to evacuate is ultimately the expedition leader's. You must respect the decisions of your expedition leader at all times. Extra costs incurred as a result of an evacuation must be paid by the participant. Your personal travel insurance must cover such eventualities.

What happens in bad weather?

In the event of a sudden change of weather conditions the Earth's Edge expedition leader will assess the situation and make an informed decision on what to do. Participant safety is always the priority in the decision-making process. Our itineraries are designed taking into consideration possible bad weather. Alternative routes and contingency plans are always in place in case of adverse weather conditions. We always aim to keep to the itinerary as much as possible but please remember that this is adventure travel and changes can occur!

What will happen to participant's luggage during the expedition days?

On this expedition, you only need carry a small bag with the essentials such as a spare jacket, hat, water, packed lunch, camera etc. The bulk of participant's luggage will be carried in a separate bag by the support team.

What happens if the airline loses a participant's luggage?

If an airline loses luggage, Earth's Edge will help report the lost baggage and chase up the airline while the participant continues on the expedition. Personal travel insurance should cover the purchase of any necessary clothes and equipment needed. Generally, the airline will deliver lost luggage within 24 hours.

What happens if a participant misses their airport connection?

If a flight connection is missed because a previous flight was delayed, the airlines will offer an alternative flight and accommodation if necessary. If this disrupts any part of your expedition, Earth's Edge will make alternative arrangements to get you back on schedule. Any extra costs incurred due to a missed connection will be covered by the airline or the participant's personal travel insurance.

Why Earth's Edge?

- Earth's Edge is Ireland's first fully licensed & bonded adventure travel company.
- Earth's Edge is 100% Irish owned.
- We send expedition leaders from Ireland with solid travel experience & who are 'salt of the earth' genuinely lovely people.
- We send doctors on all our expeditions, regardless of the difficulty or remoteness of its location. They are accompanied by a comprehensive medical kit.
- We excel at expedition planning and management. Each expedition goes through a custom-made event check-list starting 12 months before departure to ensure we do all we can to run expeditions as smoothly as possible.
- We provide excellent expedition support. All expeditions are managed from our office in Dublin and have 24/7 support from an operations and medical expert.
- We endeavour to respond to all enquiries from both current & potential participants within 24hrs.
- Our office staff are all highly qualified and boast many years of customer service and operations experience between them. Most importantly, they are keen adventurers themselves and are passionate about exploring the globe! They each take part in at least one Earth's Edge expedition a year. So, when you make an enquiry, you are speaking to an expert as opposed to a travel agent.
- We offer very inclusive packages which are excellent value for money.
- The emphasis we place on preparing our participants for their expeditions is second to none. We provide detailed informative trip documentation, medical & vaccine guidance & visa support.
- Earth's Edge hold pre-departure weekends prior to each expedition which include a full expedition brief, two training hikes and expert advice from an Earth's Edge expedition leader and doctor.
- We follow a strict environmental, social & economic responsible travel policy.
- Earth's Edge group sizes are always small. This enables us to minimise our environmental impact & it also ensures we retain the element of adventure in our expeditions that separates them from your average holiday.

K2 Base Camp Trek Disclaimer Form

I have booked onto the K2 Base Camp trek at my own free will and I am aware that this itinerary is intending to go through various parts of Pakistan. I confirm that I am fully aware of the current FCO advice and I am happy to undertake the trip, notwithstanding this information.

I undertake to travel through this region of my own free will and confirm that I am a competent adult.

I further undertake to have adequate travel insurance in force for the duration of this trip and have sought written confirmation from my Insurer that they will cover me for medical evacuation and treatment in Pakistan. Should they not, I understand that if my travel insurance does fail, that I will personally be responsible for any costs associated with war, terrorism, medical evacuation or treatment and may not hold Earth's Edge liable for these.

Signed:

Print Name:

Dated: