



# PAKISTAN ADVENTURE



HIKING HOLIDAYS WITH ZANNA VAN DIJK  
IN PARTNERSHIP WITH **TREK XPEDITIONS**

# Pakistan Tour

## ITINERARY



Day 1  
16.06.2025



Lahore

### Arrival and welcome to Lahore, Pakistan

#### Morning:

Arrival at Lahore Allama Iqbal International Airport. Airport pick up by our team. Transfer to Rose Palace Hotel Gulberg for check-in. Meet up with the team.

#### Afternoon:

Relax and refresh at the hotel after your journey.

#### Evening:

Enjoy an exquisite buffet dinner at the hotel, offering a delightful introduction to Pakistani cuisine and its rich flavors. Experience the vibrant local culture through a variety of authentic dishes.

#### Night:

Transfer to Lahore International Club for a leisurely evening. Engage in recreational activities such as pool or billiards, enhancing your experience of the city's social scene. Opportunity to savor Pakistani beer, a rare treat, while socializing and getting to know the other group members. Return to Ramada Hotel Gulberg for a restful night's sleep.

Accommodation:

Ramada Hotel Gulberg

Day 2  
17.06.2025



Lahore

### Exploration of Lahore's Cultural Treasures

#### Morning:

Enjoy breakfast at the hotel before embarking on a cultural journey. Visit the iconic Badshahi Mosque and Lahore Fort, immersing yourself in the rich history and architectural splendor of these UNESCO World Heritage sites.

#### Midday:

Indulge in a delectable lunch at the renowned Haveli Restaurant, offering panoramic views of the majestic Badshahi Mosque.

Day 2  
17.06.2025



**Afternoon:**

Continue your exploration with a visit to the old town of Lahore, where you'll meander through bustling markets and marvel at the city's stunning architecture. Afterwards, proceed to the Wagah border, the famous Pakistani-Indian border, to witness the unique border ceremony held twice daily. This captivating spectacle is a true highlight of your Lahore experience, showcasing the rich cultural heritage and military tradition of the region.

**Evening:**

Return to the hotel a delicious dinner, featuring an array of culinary delights. For those seeking further enjoyment, optional activities at the Lahore International Club await. Whether it's unwinding with a drink or engaging in recreational activities, the club offers a perfect setting for evening entertainment. Conclude the day with a restful night at the hotel, ensuring you're ready for the adventures ahead.

Accommodation:  
Ramada Hotel Gulberg

Day 3  
18.06.2025



**From Lahore to Islamabad: Exploring Capital Charms and Culinary Delights**

**Morning:**

Start the day with an early breakfast at the hotel by 8 am sharp, ensuring everyone is ready as we embark on a journey to Islamabad, the capital of Pakistan. A comfortable tour bus will be waiting to transport us, with an estimated travel time of 4 to 5 hours.

**Midday:**

Arrive in Islamabad and indulge in a late lunch at the esteemed Kabul Restaurant, renowned for its authentic Afghan cuisine. Savor traditional Afghan dishes before proceeding to visit one of Pakistan's most iconic landmarks, the magnificent Faisal Mosque.

**Afternoon:**

To wrap up the day, we invite you to enjoy a leisurely walk in the beautiful hills surrounding Islamabad. If the weather feels a bit too warm, we can easily switch gears and visit the Pakistan Monument or explore the charming Saidpur Village instead. If we do go for the hike, get ready for a scenic sunset trek with stunning views and a peaceful atmosphere to unwind in nature.

**Evening:**

Return to our guesthouse for a relaxing evening. Given the early wake-up call for an epic adventure the following day, dinner will be served at the guesthouse. Delight in delicious pizzas, ensuring a satisfying and enjoyable meal for all.

Accommodation:  
Luxury Apartment Rentals Islamabad

Day 4  
19.06.2025



Skardu

## Skardu – Flight, Desert Adventure, Cultural Exploration

### Morning:

A early start today as we prepare for a stunning flight to the beautiful city of Skardu. Our flight departs at 9 am, necessitating an arrival at the airport by 7 am sharp. Prepare to be enchanted as we embark on what is widely regarded as one of the most breathtaking flight routes, offering unparalleled scenic views on some of the highest mountains of the Karakoram.

### Midday:

Upon arrival in Skardu, our team will be ready to welcome you at the airport. We'll swiftly transfer to our hotel where we have lunch before our next adventure starts. Next, we'll venture into the captivating Cold Desert of Skardu. Experience the thrill of riding jeeps through the mesmerizing dunes, or for the adventurous souls among us, take flight on a paramotor glider for an exhilarating aerial view.

### Afternoon:

If time permits after our desert visit, we'll also make a stop at the majestic Karpachu Fort, where you can immerse yourself in the rich history and heritage of the area before returning to our hotel for a delightful dinner and a well-deserved rest.

Accommodation:

Sehrish Guest House

Day 5  
20.06.2025



Marsur Rock

## Marsur Rock Trek

### Morning:

Start the day with a hearty breakfast at the hotel before embarking on our first trek to the iconic Marsur Rock. This challenging hike will take up a significant portion of our day as we navigate steep trails, but the breathtaking views make it all worthwhile.

### Afternoon:

As we descend from Mansoor Rock, we'll make a stop at a beautiful restaurant to indulge in authentic northern dishes, savoring the flavors of the region.


### Evening:

We will end the day with a delicious meal in Skardu, before returning to our hotel for a well-deserved rest.

Accommodation:

Sehrish Guest House

#### TRAIL STATS

Distance 3.45 mi	Elevation gain 2,720 ft
Technical difficulty <b>Moderate</b>	Elevation loss 2,720 ft
Max elevation 12,231 ft	TrailRank  11
Min elevation 9,415 ft	Trail type Loop

12,231 ft



9,415 ft

3.45 mi

Day 6  
21.06.2025



## Journey to Fairy Meadows Nanga Parbat

### Morning:

Savor a hearty breakfast at the hotel before embarking on an early departure for an unforgettable journey. Prepare for a scenic 3.5-hour drive along the iconic Karakoram Highway to the Raikot Bridge, where our next adventure awaits.

### Midday:

Embark on a picturesque jeep ride to the starting point of our first breathtaking hike. The trail leads us to the enchanting Fairy Meadows, one of Pakistan's most iconic travel destinations. The hike, approximately 2-3 hours long, offers stunning vistas along the way. Enjoy a mid-way stop for warm tea, fries, and other snacks amidst the natural beauty of the surroundings.

### Afternoon:

Arrive at Fairy Meadows and settle into our mountain lodge, where you'll have the opportunity to refresh with a hot shower and unwind after the day's excursion.

### Evening:

Indulge in a delicious dinner at the accommodation, followed by a memorable evening spent gathered around the bonfire, sharing stories and creating lasting memories. Afterwards, cozy up in your cabin with a lit fireplace for added warmth and ambiance.

#### TRAIL STATS

Distance	Elevation gain
3.88 mi	2,126 ft
Technical difficulty	Elevation loss
Moderate	13 ft
Max elevation	TrailRank
10,567 ft	71
Min elevation	Trail type
8,446 ft	One Way



Accommodation:

Fairy Meadows Greenland Resorts

Day 7  
22.06.2025



## Fairy Meadows: Trek to Nanga Parbat Base Camp

### Morning:

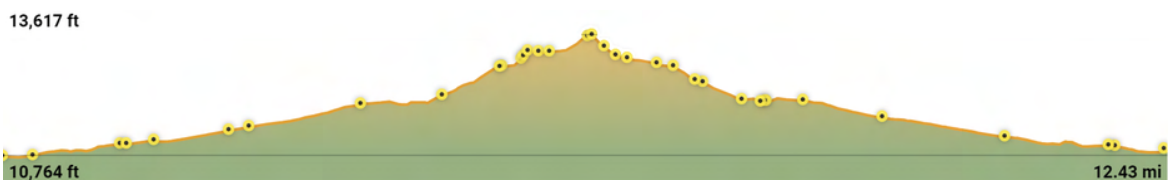
Kickstart our day with breakfast at the lodge, preparing you for an exhilarating adventure ahead. Following breakfast, embark on a challenging yet rewarding hike to the legendary Nanga Parbat Base Camp.

### Midday:

As we trek towards Nanga Parbat Base Camp, we will have numerous stops along the way. Tea breaks amidst breathtaking natural scenery. A hearty lunch will be served halfway through our trek, providing much-needed sustenance for the journey ahead. Traverse a glacier and immerse yourself in the serene beauty of the surrounding landscape. Our experienced mountain guides will accompany us, ensuring safety and assistance for all participants. For those who find the trek challenging, there's always the option to turn back at any point.

#### TRAIL STATS

Distance	Elevation gain
12.43 mi	3,274 ft
Technical difficulty	Elevation loss
Difficult	3,274 ft
Max elevation	TrailRank
13,617 ft	95   ★ 4.8
Min elevation	Trail type
10,764 ft	Loop



Day 7  
22.06.2025



## **Fairy Meadows: Trek to Nanga Parbat Base Camp**

### **Afternoon:**

Upon our return from the hike, gather at the lodge for a well-deserved dinner. Spend the evening relaxing and sharing stories around the campfire, soaking in the tranquil atmosphere of Fairy Meadows. Rest assured, a hot shower will be available for your comfort after a day of exploration and adventure.

Accommodation:

Fairy Meadows Greenland Resorts

Day 8  
23.06.2025



## **Discovering Karimabad: Cultural Exploration and Culinary Delights**

### **Morning:**

Enjoy a delightful breakfast at the Lodge before embarking on a scenic hike back down to our starting point, where our jeep awaits. The return hike typically takes about an hour, allowing for a leisurely descent amidst the stunning natural surroundings.

### **Midday:**

Board our bus for a picturesque journey to the charming town of Karimabad. Sit back and relax as we traverse the scenic route, soaking in the beauty of the landscape during the approximately 3-hour drive.

### **Afternoon:**

Upon arrival in Karimabad, immerse yourself in the rich cultural tapestry of the town. Explore traditional stores offering a variety of gemstones, local crafts, scarves, and more, providing the perfect opportunity for souvenirs and gifts.

### **Evening:**

Indulge in a culinary adventure with dinner at a renowned restaurant, where you'll have the opportunity to sample local organic delicacies unique to the northern region of Pakistan. Savor the flavors of the region while enjoying a delightful dining experience.

Accommodation:

Al Barakaat Hotel

Day 9  
24.06.2025



## Trekking to Eagles Nest

### Morning:

Start the day with a hearty breakfast at the hotel. Following breakfast, we'll embark on a scenic hike to Eagle's Nest, a stunning vantage point that offers breathtaking views of Rakaposhi, Baltit and Altit forts, as well as the picturesque junction of the Hunza and Nagar rivers. Please note that this hike is only possible if weather conditions permit, and all participants should be comfortable with heights. The trek takes about two hours, ascending approximately 580 meters. For those who prefer to skip the hike, you can join our bus to the Hunza Huts.

### Midday:

After a rewarding hike, enjoy a delicious lunch at the beautiful Eagles Nest, soaking in the panoramic views from this elevated vantage point. Take some time to explore the viewpoint and relax at the hotel, taking in the tranquil surroundings.

### Evening:

As the evening unfolds, gather around the bonfire for a memorable experience. Indulge in a culinary delight as the team prepares a delicious Yak BBQ, a delicacy unique to the northern region of Pakistan.

Accommodation:

Hunza Huts & Resort

Day 10  
25.06.2025



## Trek to Rakaposhi Basecamp Day I

### Morning:

Enjoy a satisfying breakfast with stunning views at Eagles Nest before we embark on our journey to the small village of Minapin. The scenic drive will take about 1.5 hours. Upon arrival in Minapin, we'll start our hike, to Hapakun campsite.

### Midday:

As we trek through picturesque landscapes, we'll make several small stops along the way to indulge in snacks and refreshing tea, allowing us to recharge and soak in the breathtaking scenery.

### Afternoon:

In the early afternoon, we'll reach our campsite where a delicious but basic lunch awaits us. Our tents and sleeping bags will be set up, providing a comfortable space to rest after our hike. All the equipment will be provided by the team.


### Evening:

We'll divide this hike into two days due to the substantial elevation gain of approximately 1500 meters. As the evening unfolds, gather around the bonfire for a delightful social gathering. Immerse yourself in the local culture as we dine with the locals in the kitchen tent, sharing stories and creating memorable experiences together.

Accommodation:

Hapakun Meadows Camping

#### TRAIL STATS

Distance 5.25 mi	Elevation gain 4,948 ft
Technical difficulty Moderate	Elevation loss 240 ft
Max elevation 11,420 ft	TrailRank  26
Min elevation 6,786 ft	Trail type One Way

11,420 ft

6,786 ft

5.25 mi

Day 11

26.06.2025



## Trek to Rakaposhi Basecamp Day II

### Morning:

Embark on a thrilling hike to Rakaposhi Basecamp, offering epic views atop the Minapin Glacier. After reaching the Basecamp, descend back to Minapin where our awaiting bus will transport us to Gulmit. Enjoy the picturesque two-hour drive back, taking in the scenic beauty of the surroundings.

### Evening:

Upon returning from our challenging hike, check into the luxurious Chilla Bassi Lodge guesthouse, where a hot showers and savor delectable cuisine is waiting for us. Unwind in comfort with heated beds provided for the chilly night ahead.

Accommodation:

Chilla Bassi Lodge

Day 12

27.06.2025



## Attabad Lake Adventure

### Morning:

Early breakfast at the hotel before embarking on an excursion to the picturesque Attabad Lake. Prepare for an exhilarating hike to Bascochi meadows, offering stunning views on the surrounding lake and the opportunity to sit on the edge of a cliff with a 1,000-meter drop. The hike will take approximately 2 hours uphill and 45 minutes for the return journey.

### Midday:

Enjoy a scrumptious lunch at the iconic Yak Grill, renowned for its delicious yak burgers and other tasty dishes, providing a perfect culinary experience amidst the serene surroundings.

### Afternoon:

Following our meal, we'll venture across the Hussaini Suspension Bridges, providing an adrenaline-pumping experience as we traverse these thrilling structures. If there is still enough time we will take a short ride to Passu Cones to take some epic pictures.

### Evening:

Return to our hotel for a relaxing evening and enjoy dinner amidst the comfort of Chilla Bassi Lodge.

Accommodation:

Chilla Bassi Lodge



Day 13  
28.06.2025



## Passu Galacier & Journey to Gilgit

### Morning:

Breakfast at the hotel, followed by a scenic hike to the Passu Glacier viewpoint. This short yet rewarding hike lasts about 1.5 hours, offering breathtaking views of the glacier and surrounding landscapes. On our return journey, we'll make a stop at Borith Lake, where you can enjoy a refreshing swim in the pristine waters. Indulge in some tea and local snacks at a nearby restaurant.

### Midday:

After our lakeside relaxation, our driver will pick us up as we begin our picturesque journey to Gilgit, a captivating drive of approximately 3 hours.

### Evening:

Upon our arrival at the hotel, enjoy a delicious dinner and rest at our hotel.

Accommodation:

Gilgit Hotel "To be announced"

Day 14  
29.06.2025



## Departure Day

### Morning:

An early morning start awaits as we catch a 9 am flight from Gilgit to Islamabad.

### Midday:

Upon arrival in Islamabad around 10 am, those with return flights from Islamabad can proceed accordingly. For those flying out from Lahore, a bus will be ready at the Islamabad airport. The journey takes approximately 4-5 hours, including a lunch stop along the way.

### Evening:

Conclude our journey with a final dinner together in Lahore. Say your last goodbyes as our team ensures your smooth transfer to Lahore airport.

Accommodation:

Ramada Hotel Gulberg (optional)

### Important Note:

Please be advised that the itinerary provided is subject to change based on weather conditions and travel circumstances.

While we strive to adhere to the planned schedule, unforeseen factors such as inclement weather or flight cancellations may necessitate adjustments to the itinerary.

In the event of adverse weather conditions or flight cancellations affecting our domestic flights, alternative arrangements will be made to ensure the continuity of our travel plans.

Should a flight cancellation occur, we will travel the route by bus, ensuring minimal disruption to our itinerary.

Rest assured that our team will diligently monitor the situation and communicate any changes promptly.

Your safety and comfort remain our top priority, and we appreciate your understanding and flexibility in such circumstances.

# Pakistan Tour

## F A Q



### **What's a day like on this trip?**

Every day is an adventure, but here's a rough idea of what to expect. You'll wake up early, enjoy a delicious Pakistani breakfast, and pack up your gear. Your expedition leader will brief you on the day's activities and how long you'll be trekking. You'll start your hike and have lunch on the way. You'll end your day with a hearty dinner and a cozy place to sleep.

### **Where will we stay on this trip?**

We'll stay in a variety of places, from hotels and tents to wooden cabins and farm houses. You'll get to experience the local culture and hospitality of Pakistan.

### **What will we eat on this trip?**

You'll love the Pakistani food, it's spicy, flavorful, and satisfying. We can cater for vegetarians and other dietary restrictions, just let us know in advance. Meat is a big part of their cuisine, but we'll have some veggie options too.

### **How many people are on this trip?**

We'll have a small group of 13-15 people, plus our awesome expedition leader Aziz. He's been leading hiking trips in Pakistan for over 5 years and knows the area like the back of his hand.

### **Will I meet the other travelers before the trip?**

Yes, we'll create a Whatsapp group before the trip so you can chat with your fellow adventurers. We'll also let you know who's on the same flight as you so you can travel together if you want.

### **Can I extend my stay before or after the trip?**

Sure, if you want to explore more of Pakistan, we'll do our best to accommodate you. Just let us know as soon as possible so we can make the arrangements.

### **How do we deal with bad weather?**

Mother Nature can be unpredictable, but we're prepared for anything. If the weather turns nasty, our expedition leader will decide what's the best course of action. Your safety is always our top priority. We have backup plans and alternative routes in case of storms or landslides.

### **What do I need to carry on the hike?**

You only need to carry a small bag with the essentials, such as a jacket, hat, water, lunch, camera, etc. Your big bag will be in the accommodation or the transport vehicle, waiting for you at the end of the day.

### **Are there any cultural norms I should know?**

Yes, Pakistan is a Muslim country and they have some rules and customs that you should respect. For example, don't show too much skin, don't kiss or hug in public, and don't drink alcohol. If you have any questions, just ask your expedition leader. He'll be happy to explain the dos and don'ts of Pakistan.

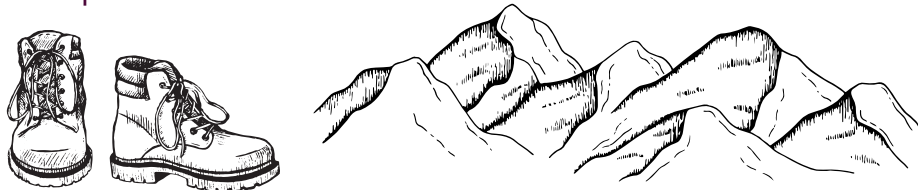
# Pakistan Tour

## TRAINING



### **As we gear up for our epic expedition, it's time to get serious about training**

First things first, let's talk boots. Break those bad boys in by exploring your local mountains or outdoor spots.



The goal? Get comfy trekking for 3-5 hours with an 8KG pack. Hills are great, but any cardio will do – just focus on building that endurance with slow, steady sessions.

Now, if you've got any old injuries or creaky joints, let's address those ASAP. We don't want any surprises on the trail! And for those of you with spindly legs, hit the gym for some strength training. Trust us, those muscles will thank you on those long descents.

Gear up, folks! Make sure everything from your rucksack to your base layers is well broken-in. Blisters and chafing are no joke!

While physical fitness is essential, staying healthy is equally important. Proper hygiene, a balanced diet, and supplements like multivitamins and probiotics can help you adjust to changes in diet and keep you healthy throughout the expedition.

In conclusion, preparation is key to ensuring a successful and enjoyable expedition. Train smart, gear up, and stay healthy to make the most of this incredible adventure! Get ready to conquer the trails and create memories that will last a lifetime.

# Pakistan Tour

## CANCELLATION POLICY



**Ready to embark on an epic journey with us?**

**Let's get the ball rolling and secure your spot on the trip of a lifetime!**

But before we lace up our boots, let's chat about something important: our cancellation policy. Don't worry, we'll keep it fun and straightforward – just like our hikes! Now, onto deposits – they're your golden ticket to securing your spot on our expedition. They make up 35% of the total tour cost, **while they're non-refundable**, consider deposits as a firm commitment, ensuring your spot is secured and reserved for the journey.

**But what if the weather takes a turn or life throws you a curveball?**

No sweat! Your deposit will be securely held until we're ready to hit the trails again. Think of it as stashing away your energy bars for the next leg of the journey!

When it comes to payments, we've got options as flexible as your hiking schedule. Whether you prefer Wise or a good old bank transfer, we've got you covered. Just make sure to mark those due dates on your calendar like you're plotting your next summit – we wouldn't want anyone missing out on the adventure!

Now, let's tackle cancellations – because even the most seasoned hiker knows that plans can change. If you need to cancel more than 60 days before our departure date, it's a loss of deposit. But if it's within 60 days or less, it's the full trip cost. That's why it's essential to keep us in the loop and notify us in writing.

So there you have it, fellow adventurers! Our cancellation policy is designed to keep the journey exciting while ensuring fairness for everyone involved. Got any questions or concerns? Don't hesitate to reach out – we're here to make sure your hiking experience is nothing short of extraordinary!

### cancelation before

60 days

**loss of deposit**

### cancelation after

60 days

**loss 100% of trip cost**

# Packing List



**Your passport to Pakistan's peaks: an equipment guide tailored for the ultimate hiking adventure.**

**Page 14-15 the essentials**

**Page 16 non essentials**

**Page 17 toiletries**

**Page 18 first aid kit**



# The Essentials



## MAIN BACKPACK

**Opt for a soft backpack or duffel bag as your primary luggage. Aim for a capacity of around 60L-80L. Don't forget the waterproof cover—it's a lifesaver. This bag rides on top of the van, shielded by a hefty waterproof cover. But hey, if it pours, some bags might still catch a sprinkle. Remember, this isn't your hiking companion it chills in the accommodation or a secure spot while we are trekking.**

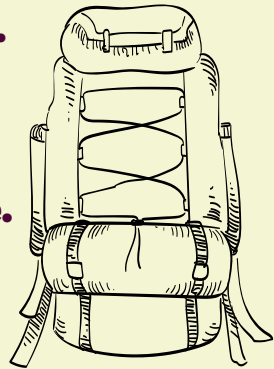
## HIKING BACKPACK

**For those epic hikes, we recommend a backpack in the 25L-35L range.**

**Waterproof cover? Yep, that's a must.**

**It should fit water, snacks, and a few days' worth of clothes.**

**Oh, and make sure it feels comfy even when it's loaded up. Hip belts and sternum straps? Absolutely.**

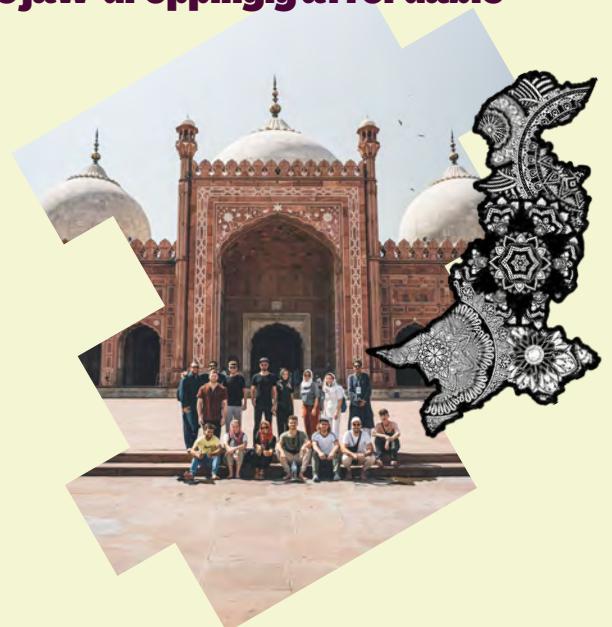


## FANNY BAG

**These are your essentials for all occasions—airport jaunts, city strolls, and café escapades. Triple-check before you step out!**

## CASH

**Bring around \$200 USD—good old paper money. Exchange it for Pakistani rupees in Lahore. And guess what? Pakistan's got some jaw-droppingly affordable gemstones in Karimabad.**



# The Essentials



- **Passport:** Check that it's got at least 6 months left before it calls it quits.
- **Hydration:** 1L refillable water bottle.
- **Trekking Boots:** Waterproof walking boots. Break 'em in before the trek to avoid blisters.
- **Camp Comfy:** Runners or sandals for transit and camp.
- **Socks:** Minimum 3 pairs of mid-weight hiking socks. Merino wool is a winner.
- **Undercover Comfort:** Enough synthetic underwear to keep you comfy.
- **Trek Trousers:** Lightweight, knee-covering trousers. No shorts allowed in Pakistan.
- **Rain Repellers:** Waterproof trousers that zip up to the knee. A lifesaver in a downpour.
- **Base Basics:** At least 3 short sleeve and 2 long sleeve base layers. Silk, wool, or synthetic materials are best.
- **Fleece Friends:** Lightweight and mid-weight/heavy fleeces.
- **Jacket Junction:** Down/synthetic jacket and a quality waterproof jacket or windbreaker.
- **Head Helpers:** Fleece hat for chilly mornings/evenings and a sun hat (wide brimmed or cap).
- **Eye Essentials:** Polarised sunglasses.
- **Sleepy time in Style:** Pyjamas. The bedding's warm, so short or long is fine.
- **Travel Threads:** 2 outfits for bus journeys and city time. Lightweight, knee-covering, shoulder-covering.
- **Headscarf Haven:** Women need a headscarf for mosques. Shopping opportunity on day one.
- **Swift-Dry Towel:** A microfibre towel that dries quickly and packs easily.
- **Identity Documents:** Photocopies of your travel insurance, visa, and passport.
- **Chargers:** Don't forget these for your electronics.
- **Type C Adaptor:** Essential for power supply in Pakistan.
- **Power Bank:** Keeps your devices charged during camping.

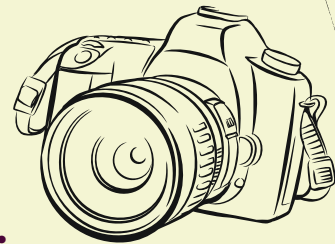
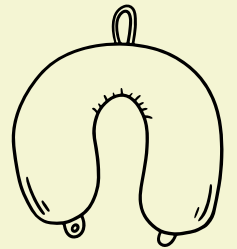


# Non Essentials

but nice to have



- **Poncho Power:** Waterproof poncho for backpack cover.
- **Gloves:** Lightweight wool or synthetic gloves for chilly evenings.
- **Swim Style:** Modest swimwear. Not compulsory, but there are swimming opportunities.
- **Sleep Aids:** Eye mask & ear plugs, if they help you sleep.
- **Remember, every adventure is a chance to make memories. Pack smart, travel light, and enjoy the journey!**
- **Leisure Towel:** A microfibre towel for those who want to swims in the lake.
- **Sleeping Bag Liner:** Silk recommended for extra coziness.
- **Personal Snacks:** Bring your favorite high-energy snacks.
- **Head Torch:** Essential for night navigation.
- **Fan:** Pocket-sized, perfect for hot city days.
- **Hydration Bladder:** 2L-3L, a trekking must-have.
- **Walking Poles:** Helpful for those with knee or joint issues.
- **Dry Bags:** For waterproofing and gear organization.
- **Camera:** When phone pics just won't do.
- **Water Purification:** Personal supply of tablets/drops.
- **Hand Warmer Sachets:** For those prone to cold hands.
- **Downtime Essentials:** A book, writing paper, playing cards.
- **Audio Gear:** Don't forget your headphones and speaker.
- **Neck Pillow:** For comfort during long bus journeys.





# Toiletries



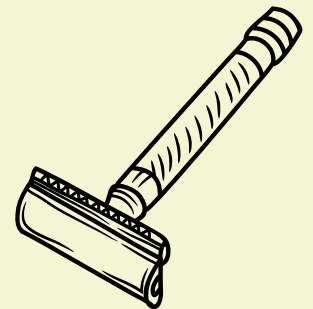
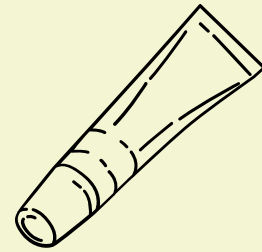
## For Everyone:

- **Suncream: At least factor 30, because the sun doesn't play around.**
- **Lip Balm with SPF: Protect those lips with some SPF goodness.**
- **Insect Repellent: Deet based products are your best bet against bugs.**
- **Hand Sanitiser: Clean hands, happy trekking.**
- **Pocket Tissues: For when nature calls or your nose does!**
- **Wet Wipes: Your portable shower.**
- **Shower Gel or Soap: Bars save space but can be tricky to dry.**
- **Shampoo & Conditioner: Keep that hair game strong.**
- **Face Wash: Fresh face, fresh start.**
- **Toothbrush & Toothpaste: Don't forget that oral hygiene!**
- **Deodorant: Stay fresh all day.**



## And for Some People:

- **Razor: For those who prefer the clean-shaved look.**
- **Contact Lenses: Daily disposables are best. Don't forget your glasses!**
- **Eye Drops: Keep those eyes clear and comfortable.**
- **Skincare & Haircare Items: Keep up with your routine.**
- **Sanitary Items: For the ladies.**
- **Travel Wash: For any mid-journey laundry needs.**
- **Remember, it's not just about having it all, it's about having what you need!**



# First Aid Kit



## **First Aid Kit: Be Prepared for the Unexpected**

- **Rehydration Salts: Quick relief from dehydration.**
- **Waterproof Plasters: For those unexpected scrapes.**
- **Blister Plasters: Keep your feet happy on the trails.**
- **Paracetamol & Ibuprofen: For managing pain and inflammation.**
- **Imodium: In case of upset stomach.**
- **Throat Lozenges: Soothe that throat after a long day of talking.**
- **Decongestant & Nasal Spray: Breathe easy, even in the wild.**
- **Motilium: For nausea and vomiting.**

## • **And for Some People:**

- **Asthma Inhaler: Don't let asthma slow you down.**
- **Nutritional Supplements: Keep your energy levels up.**
- **Diamox: If you're sensitive to altitude, this can help.**

**Remember, it needs a prescription and is not essential for most travellers.**

- **Personal Medication: Don't forget your regular meds.**
- **Remember, a well-stocked first aid kit is a hiker's best friend!**

**Well, that's it, folks. You have reached the end of our packing list.**

**Congratulations! You are now officially ready to rock and roll in northern Pakistan.**

**We hope you enjoyed reading this document as much as we enjoyed writing it. OK, maybe not that much, but still.**

**Now, all you have to do is pack your bags, grab your passport, and get ready for the most epic adventure ever.**

**We can't wait to see you there. And remember, if you forget something, don't panic.**

**You can always buy it there. Or borrow it from us.**

**Or just wing it. Whatever works. See you soon!**

