

**TEAMMC**

# K2 BASE CAMP TREK 2024

**JOIN US ON AN ADVENTURE OF A LIFETIME!**

AS WE TREK TO K2 BASE CAMP, THE WORLD'S SECOND TALLEST MOUNTAIN!

**MUSLIMCHARITY.ORG.UK/K2**

**03000 111 786**







## **Inspired by faith, devoted to humanity.**

Motivated by our faith, Muslim Charity seeks a world of hope, tolerance and social justice where poverty has been overcome and people live in dignity.

Founded in 1999, for two decades we have been delivering aid and development programmes to transform the lives of the world's most vulnerable communities.

We serve the poor and impoverished as a demonstration of God's unconditional love for all people regardless of race, religion or gender.

# **TEAMMC**

**#TeamMC is our family of volunteers, without them the work we do would not be possible**

Our volunteers are passionate about helping the needy and willing to do all they can to transform lives around the world.

They inspire us through the events and challenges they get involved in, from skydiving from 13,000 feet, to cycling endless miles in the UK and abroad. They organise fundraising and awareness-creating activities amongst friends, families and communities and are a voice for those in need.

If you want to join the **TEAMMC** movement, please sign up here: **[www.muslimcharity.org.uk/TeamMC](http://www.muslimcharity.org.uk/TeamMC)**

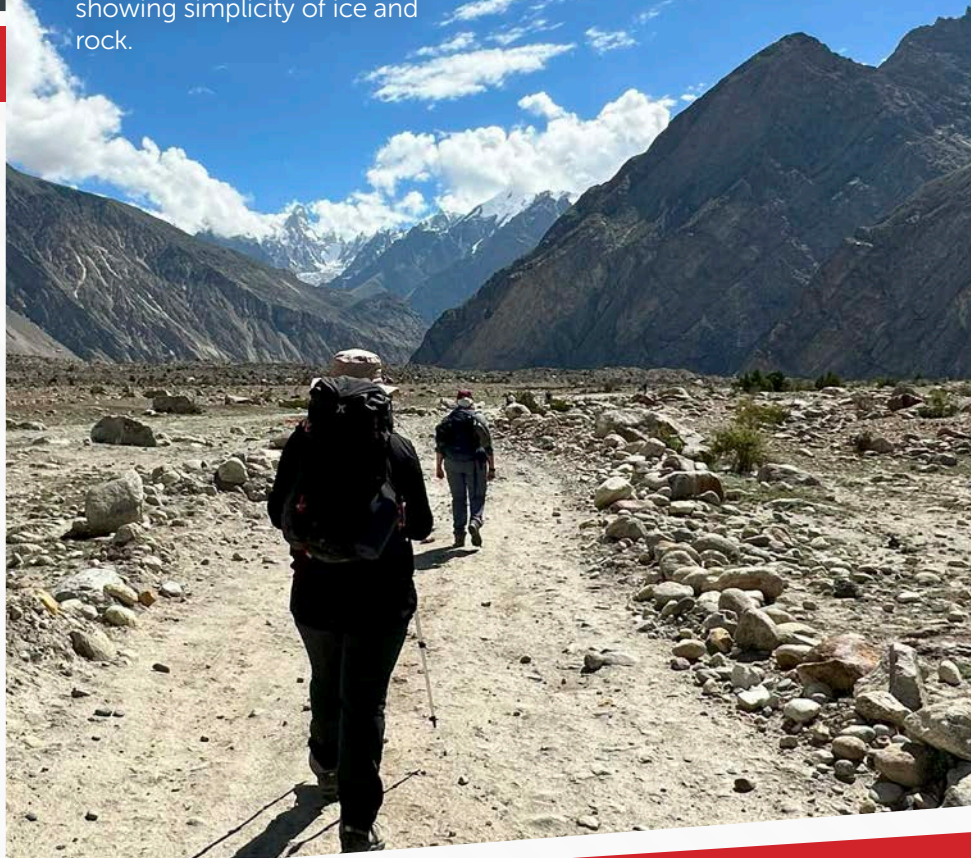
# ABOUT THE CHALLENGE

## K2 BASE CAMP TREK 2024 PAKISTAN

**The K2 Base Camp Trek is one of the finest treks in the world, unbeatable in terms of close-up mountain views and proximity to many of the world's highest peaks.**

Trekkers will experience rugged glaciers as they head up to Concordia where the Baltoro and the Godwin-Austen glaciers converge into a beautiful site showing simplicity of ice and rock.

Trekkers will have an opportunity to absorb the unique atmosphere and environment surrounding this unforgettable mountain. You will experience dramatic stunning views of not only the Gasherbrum peaks but also Broad Peak, K2 and the Muztagh Tower.



## DO I NEED TO BE AN EXPERIENCED MOUNTAIN CLIMBER TO JOIN THE TREK?

The K2 Base Camp Trek is a legendary trek, suitable for 'munro baggers' who are used to or willing to walk in winter conditions. You need to be physically fit and strong for multi-day hiking in a low oxygen environment.

The K2 base camp itself is well within the reach of most people who enjoy a good standard of hiking fitness. However, **training specifically for the trek is essential** to prepare you for the particular pitfalls posed by mountain walking. You are **strongly advised to seek medical advice** before deciding to arrange your trek and before starting a training program, particularly if you have any concerns about your health. It is sensible to start training as early as possible before your scheduled trek. Conventional exercise routines which build strength, fitness and endurance, such as aerobics and light weight-training can be beneficial, particularly if your fitness level is less than desirable. But the best physical preparation is activity which simulates, as far as possible, the demands on your body which will be happening during your ascent to and descent from the K2 base camp. Hiking up and down hills with a weighted backpack is the key to success and doing this once a week building up to carrying 12kg/25lbs would be advisable. Daily stair master and incline treadmill sessions are also very important for

a successful training programme.

So, if you have the passion for trekking and can walk for 8 to 10 hours in the wilderness and you love mountains, camping and adventures, then this is the right challenge for you to sign up to! This will truly be a once-in-a-lifetime opportunity and what will make it extra special is the children that you will be able to support as part of your fundraising efforts. During the trip you will also get to see and meet with some of the children you will be supporting.

### KEY INFORMATION

#### Registration Fee: £999

This includes all costs within Pakistan (hotels, food, accommodation, airport transfers and domestic flights).

#### Fundraising Target:

**£2,000** for our  
**#ChildrenOfTheWorld**  
Campaign.

#### What's not included:

International UK-Pakistan return flights, visa fees and travel insurance.



## THE CAUSE

**There are 150 million children on the streets in the world.**

Chased from home by violence, abuse, death of a parent, family breakdown, war, natural disaster or simply socio-economic collapse. Many of these children are forced to make a living on the streets by scavenging, begging, hawking in the slums and polluted cities of the developing world.

These children are living in constant fear of abuse, trafficking and exploitation.

**THAT IS NOT RIGHT.**

Our **Children of the World** campaign rebuilds young lives by supporting and strengthening local communities to protect children facing the gravest injustices.

Working in some of the harshest environments you can imagine, we have been able to rescue thousands of children from the street where abuse and exploitation was all they have known. We understand that every country and community is different and our projects are designed to synchronise with the society norms, culture and government policies.




In **Bangladesh**, we have been rescuing street children since 2014. We have a permanent transitional shelter in Dhaka and also have regular "Schools under the Sky" in busy ferry terminals like Sadarghat which are informal schools aiming to give street children a basic education.

In **Pakistan**, we are supporting children who are involved in child labour in Peshawar and brothel children in Lahore. Our social

mobilisers encourage them to join our informal education centres where we ensure their education and psychosocial wellbeing.

In **Kenya**, we are working in Africa's largest urban slum, the Kibera where we have renovated and constructed schools so that children can get an opportunity for an education.



Just **£25** is all it takes for Muslim Charity to rescue a child from the street and give them a lifethey deserve.

# FUNDRAISING IDEAS

**Raising £2,000 does sound a little daunting at first but if you allow yourself plenty of time and if you put your mind to it, you can do it.**

You are doing something quite extraordinary, so the important thing is to let everyone know about the great cause you are fundraising for and to enjoy yourself!

With a bit of creativity, energy and determination you will easily be able to reach your fundraising target InshaAllah. You'll also have the

opportunity to maximise fundraising potential during the month of Ramadan with Zakat donations too.

Our Fundraising Team is full of ideas and experience and will be able to assist you throughout your fundraising journey.





## HERE ARE A FEW IDEAS TO HELP YOU GET STARTED



Begin by setting up an **online donation page** and ask everyone you know to donate - the more people you ask, the more you will raise!



Get messaging, WhatsApping and sharing your fundraising challenge across your **social media** platforms.



Host a **dinner night** or **coffee morning** and charge guests for a delicious home-cooked meal or tea and cake.



Get busy in the **workplace**, organise a samosa sale or sell Krispy Kremes. Everyone loves a bake sale!



Contact your **local papers**. Tell your story to your local radio station or your newspaper and ensure the wider community get to hear about your incredible efforts.



**Speak to your employer.** Many employers have match funding schemes and could match your donations pound for pound. If not, there's always other ways they could help – perhaps organise a dress down day, a quiz night or promote you in their newsletter.



Dig out your unwanted treasures and organise a **car boot or jumble sale**.

# THE ITINERARY

## Friday, 09<sup>th</sup> August 2024

TIME	ACTIVITY
to 00:00pm	Please arrive at Islamabad Airport by 10pm on this day. Upon arrival, you will be picked up and transferred to the hotel for rest and briefing.
Islamabad Altitude	540M / 1,771FT
Accommodation	Twin-sharing room at a 3-star hotel in Islamabad
Meals	Lunch and Dinner

## Saturday, 10<sup>th</sup> August 2024

TIME	ACTIVITY
6:30am to 7:30am	Breakfast and check out from hotel
7:30am to 8:30am	<b>TRANSFER TO ISLAMABAD AIRPORT FOR FLIGHT TO SKARDU</b>
10:00am to 11:30am	<p>Flight to Skardu Participants will take the spectacular flight from Islamabad Airport to Skardu Airport. You will be able to see Nanga Parbat if the clouds allow. After arrival in Skardu, the day is free.</p> <p>On the day: participants can walk to Kharpochko Fort in Skardu, which is located up on a mountain. The Kharpochko Fort gives a splendid view of the Indus and Skardu town. Participants will also have an option to take a tour to Sadpara Lake followed by free shopping time in Skardu Bazaar. On this day the staff will take care of further government documentation required in Skardu for the trek.</p>
Skardu Altitude	2,498m / 8,195ft
Accommodation	Twin-sharing room at a hotel in Skardu
Meals	Breakfast, Lunch and Dinner

**Notes:** The flights to Skardu are weather dependent and if the flight doesn't operate on this day, we will be driven to Skardu instead. This journey takes two days (with a night stopover mid-way at Naran), arriving on the 14th August in Skardu. Should this be required, it should be noted that additional contingency days have been factored into the programme and thus, this will not affect the overall itinerary.



## Sunday, 11th August 2024

	ACTIVITY
<b>6:30am to 8:30am</b>	Breakfast and Stay in Hotel.
<b>Rest and Free Day for Acclimatisation</b>	In case of travel by road, we will arrive in the afternoon from Narran therefore, this day is for rest and acclimatisation. In case of flight coming on 13th August this will still be used for rest and getting ready to travel next day.
<b>Skardu Altitude</b>	<b>2,498m / 8,195ft</b>
<b>Accommodation</b>	Twin-sharing room at a hotel in Skardu
<b>Meals</b>	Breakfast, Lunch and Dinner

The trekking schedule may change depending on the weather, land-sliding, rock falling or any other unforeseen circumstances. Our guides will make all efforts to complete the challenge, but they do not have any control over acts of nature or other unforeseen circumstances.

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## Monday, 12<sup>th</sup> August 2024

	ACTIVITY
<b>6:00am to 7:00am</b>	Breakfast and check out from hotel.
<b>8:00am to 4:30pm Skardu to Askole Via 4x4 Jeep vehicles</b>	<p>Participants will begin the jeep safari towards Daso. The passage will go through the Swighar valley. The journey will continue along the banks of the river Braldu which extends to Askole.</p> <p>Askole will be the last village on our route; participants will start walking after leaving the 4x4 vehicles behind. However, at times the participants may begin their walk before arrival in to Askole but it depends on the road conditions. Overall it will take between seven to eight hours to reach Askole, where participants will spend the night in tents.</p>
<b>Askole Altitude</b>	<b>3,015m / 9,891ft</b>
<b>Accommodation</b>	Camping in twin-sharing dome tent (picture on next page)
<b>Meals</b>	Breakfast, lunch and dinner

**Tuesday, 13<sup>th</sup> August 2024**

TIME	ACTIVITY
<b>6:00am to 7:00am</b>	Breakfast and preparation to leave for Jhula
<b>7:00am to 4:30pm</b> <b>Askole to Jhula</b> <b>Trekking</b>	<p>After review of the necessary supplies list and equipment, the porters will load up for the trek ahead to Jhula. The valley is a gateway to the Biafo glacier that flows over fifty kilometres from Hispar La to Braldu. Participants will experience the walking on a moraine as the snout of the glacier is crossed and they will descend to a lunch spot besides the Korophon river.</p> <p>The route will take us to the confluence of the rivers of Braldu and Domordo, following a trail that will lead us up-stream where participants will cross the river by bridge. On the other side of the bridge the participants will descend to the edge of the Braldu and will follow the river bank to reach the camp at Jhula.</p>
<b>Jhula Altitude</b>	<b>3,103m / 10,180ft</b>
<b>Accommodation</b>	Camping in twin-sharing dome tent
<b>Meals</b>	Breakfast, lunch and dinner

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## Wednesday, 14<sup>th</sup> August 2024

	ACTIVITY
<b>6:00am to 7:00am</b>	Breakfast and preparation to leave for Paiju
<b>7:00am to 4:30pm</b> <b>Jhula to Paiju</b> <b>Trekking</b>	<p>Participants will follow the Braldu gorge and be able to view the astonishing rocks of Trango Tower and Cathedral Peak. Participants should protect themselves from possible sunburns during this day as the walking conditions can be very dry and hot.</p> <p>Several streams from the glacier flow down into the valley and on the way participants may have to use river crossing shoes depending on the water levels. Participants will be able to spot the snout of Baltoro Glacier on a clear day. The day will end by climbing away from the river to camp at Paiju, the last camp where you will see trees for a while.</p>
<b>Paiju Altitude</b>	<b>3,418m / 11,213ft</b>
<b>Accommodation</b>	Camping in twin-sharing dome tent
<b>Meals</b>	Breakfast, lunch and dinner

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## Thursday, 15<sup>th</sup> August 2024

	ACTIVITY
<b>6:00am to 8:00am</b>	Breakfast /Rest Day
<b>Rest Day and acclimatisation</b>	The participants will spend the day at Paiju Camp for acclimatisation and rest. The porters will take their time to bake themselves bread for next week on the glacier.
<b>Paiju Altitude</b>	<b>3,418m / 11,213ft</b>
<b>Accommodation</b>	Camping in twin-sharing dome tent
<b>Meals</b>	Breakfast, lunch and dinner

Friday, 16<sup>th</sup> August 2024

TIME	ACTIVITY
6:00am to 7:00am	Breakfast and preparation to leave for Urdukas/Khoburtse
7:00am to 4:30pm Paiju to Urdukas/ Khoburtse Trekking	On this day the walking will get tough, but the scenery will become amazing with each step taken onto the snout of Baltoro Glacier. The trail has continuous up and down climbs on the glacial moraine. Although the trail is quite safe, it is highly recommended to be careful at all times. Participants will experience the stunning views as they move ahead; the views of Trango Tower and Uli Biaho. Participants are required to go across the glacier to Liligo. From this point the participants will follow a rocky trail which is along the edge of the Baltoro or sometimes to Urdukas/Khoburtse, the side of the glacier where camp will be made.
14 Khoburtse/Urdukas Altitude	3,788m / 12,427ft
Accommodation	Camping in twin-sharing dome tent
Meals	Breakfast, lunch and dinner





## Saturday, 17<sup>th</sup> August 2024

	ACTIVITY
6:00am to 7:00am	Breakfast and preparation to leave for Goro I
7:00am to 4:30pm Urdukas/Khoburtse to Goro I Trekking	<p>Participants will be walking in the middle of the glacier. The medial moraine will be followed; to the south we will get the views of Masherbrum (altitude: 7,821m). Participants will be climbing up and down on the rocky moraine, walking past massive ice seracs.</p> <p>This will be the first night stay camp on Baltoro Glacier at Goro I. it is the confluence of Baltoro Glacier and Younghusband. The temperature may drop dramatically. Masherbrum and Muztagh Tower will be uncovered for the sight.</p>
Goro II Altitude	4,285m / 14,058ft
Accommodation	Camping in twin-sharing dome tent
Meals	Breakfast, lunch and dinner

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## Sunday, 18<sup>th</sup> August 2024

	ACTIVITY
6:00am to 7:00am	Breakfast and preparation to leave for Concordia
Goro 1 to Concordia Trekking	<p>On this day of the K2 Base Camp Trek, participants will reach Concordia after continuously walking up the moraine. On the way, more and more high snow-capped peaks will appear, culminating with the sighting of K2 itself. Other peaks that will be seen include Broad Peak, Mitre Peak, Gasherbrum, Sia Kangri and many more.</p>
Concordia Altitude	4,512m / 14,803ft
Accommodation	Camping in twin-sharing dome tent
Meals	Breakfast, lunch and dinner

Monday, 19<sup>th</sup> August 2024

TIME	ACTIVITY
6:00am to 7:00am	Breakfast and preparation to leave for Broad Peak Base Camp
<b>Concordia to Broad Peak Base Camp</b> <b>7:00-11:00</b> <b>Trekking</b>	On this day, we can start early through crevasses and small rivers created by melting ice. We follow on the glacier that is named after Godwin Austin who first declared K2's height. After three hours we will be at Broad Peak base camp where we will have a great sight of the astonishing Karakoram 2nd (K2), Mitre Peak and the Broad Peak. We walk on the moraine which is mostly boulders. However, we do walk on ice occasionally.
<b>Broad Peak Base Camp Altitude</b>	<b>4800m/15,748ft</b>
<b>Accommodation</b>	Camping in twin-sharing dome tent
<b>Meals</b>	Breakfast, lunch and dinner

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## Tuesday, 20<sup>th</sup> August 2024

	ACTIVITY
<b>6:00am to 7:00am</b>	Breakfast and Trekking to K2 Base Camp with Return to Concordia
<b>7:00am to 4:30pm</b> <b>Broad Peak Base Camp to K2 Base Camp and Return to Concordia Trekking</b>	<p>After another 3 hours trek, we shall complete one-way journey of the K2 Base Camp reaching a moraine safe zone, a traditional base camp area for K2 climbers.</p> <p>Just before Base Camp, amongst the boulder and ice strewn landscape is the Art Gilkey Memorial. A short scramble brings us to the place where those whose life K2 claimed are remembered. Plaques and engraved tin plates are attached to a small rocky outcrop at the foot of this great mountain. There are great views directly above us of K2 and we may see some climbing expeditions. After lunch, we retrace our steps back to Concordia.</p> <p>9-10 hours walk</p>
<b>K2 Base Camp Altitude</b>	<b>5,155m / 16,912ft</b>
<b>Accommodation</b>	Camping in twin-sharing dome tent
<b>Meals</b>	Breakfast, lunch and dinner

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## Wednesday, 21<sup>st</sup> August 2024

	ACTIVITY
<b>6:00am to 7:00am</b>	Rest Day
<b>Rest Day</b>	Participants can rest and enjoy the spectacular views offered by Concordia
<b>Concordia Altitude</b>	<b>4,512m / 14,803ft</b>
<b>Accommodation</b>	Camping in twin-sharing dome tent
<b>Meals</b>	Breakfast, lunch and dinner



## Thursday, 22<sup>nd</sup> August 2024

TIME	ACTIVITY
6:00am to 7:00am	Breakfast and preparation to leave for Goro I
7:00am to 4:30pm Concordia to Goro I	On this day of the K2 Base Camp Trek, participants will trek back to Goro I while walking down the moraine.
Goro I Altitude	<b>4,285 m / 14,058ft</b>
Accommodation	Camping in twin-sharing dome tent
Meals	Breakfast, lunch and dinner

## Friday, 23<sup>rd</sup> August 2024

TIME	ACTIVITY
6:00am to 7:00am	Breakfast and preparation to leave for Khuburtse
7:00am to 4:30pm Goro I to Khuburtse Trekking	Participants will be walking in the middle of the glacier. The medial moraine will be followed; to the south we will get the views of Masherbrum (7,821m). Participants will be climbing up and down on the rocky moraine.
Khuburtse Altitude	<b>3,788m / 12,427ft</b>
Accommodation	Camping in twin-sharing dome tent
Meals	Breakfast, lunch and dinner

## Saturday, 24<sup>th</sup> August 2024

TIME	ACTIVITY
6:00am to 7:00am	Breakfast and preparation to leave for Paju
7:00am to 4:30pm Khuburtse to Paju Trekking	This day trail has continuous up and down climbs on the glacial moraine, and although the trail is quite safe but it is highly recommended to be careful at all times. Participants will experience the stunning views as they stroll down.
PajuAltitude	<b>3,418 m/ 11,213ft</b>
Accommodation	Camping in twin-sharing dome tent
Meals	Breakfast, lunch and dinner

Sunday, 25<sup>th</sup> August 2024

TIME	ACTIVITY
6:00am to 7:00am	Breakfast and preparation to leave for Korophon
7:00am to 6:30pm Paiju to Korophon Trekking	This day trail gets easier and the participants will be descend-ing to Korophon within 8-9 hours.
Korophon/Altitude	<b>3,097 m / 10,160ft</b>
Accommodation	Camping in twin-sharing dome tent
Meals	Breakfast, lunch and dinner

Monday, 26<sup>th</sup> August 2024

	ACTIVITY
6:00am to 7:00am	Breakfast and preparation to leave for Askole
7:00am to 8:30pm Korophon to Askole and Drive to Skardu Trekking and 4x4 Jeep	<p>The participants will be descending to Askole within 3-4 hours. On arrival in Askole the participants will embark on 4x4 vehicles for Skardu while taking a break for lunch.</p> <p>The 4x4 vehicle ride will be approximately 5 to 6 hours to Skardu.</p> <p>A closing ceremony will be followed by all participants, guides and staff sharing a final meal together.</p>
Skardu Altitude	<b>2,498 m / 8,195ft</b>
Accommodation	Twin-sharing room at a hotel in Skardu
Meals	Breakfast, lunch and dinner

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## Tuesday, 27<sup>th</sup> August 2024

TIME	ACTIVITY
8:00am to 09:30am	Breakfast and Preparation to Check-Out
10:00am to 11:00am	Check Out and Transfer to Airport
12:30pm	<b>Flight Departure to Islamabad</b>
1:30pm	Arrival in Islamabad and Hotel Check-in
<b>Accommodation</b>	Twin-Sharing room at a hotels in Islamabad
<b>Meals</b>	Breakfast, lunch and dinner

## Wednesday, 28<sup>th</sup> August 2024

This day is allocated for any potential delays in case the domestic flight does not operate the previous day. Participants will depart early morning from Skardu to Islamabad which can take up to two days. However, it will be a free day in case the participants make it to Islamabad on the domestic flight. This time can be utilised for seeing Muslim Charity Projects in KPK.

## Thursday, 29<sup>th</sup> August 2024

TIME	ACTIVITY
8:00am to 09:30am	Breakfast
9:00am to 12:00pm	Check-Out and International Departures
<b>Meals</b>	<b>Breakfast</b>







## WHAT'S INCLUDED IN THE REGISTRATION FEE OF £900

All domestic flights and road transfers including airport transfers

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All hotel accommodation in Pakistan (twin sharing rooms)

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All trekking accommodation in Pakistan (twin sharing dome tents)

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Mattresses

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All camping site fees and bridge fees

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All trekking logistics (all tents, non-personal equipment and tools etc.)

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Generator facilities at trekking sites

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Oxygen equipment for emergency use

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All meals (breakfast, lunch & dinner) and beverages/water during meals

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Snacks including dry fruits and tea/coffee during the trek

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Free refills of boiled drinking water on the trek

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Licensed professional guides (government requirement)

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Government trekking permit fees and paperwork

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Support staff (cook, assistant(s) etc)

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Porter for personal luggage (12kgs)

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## WHAT'S NOT INCLUDED

Personal travel insurance (you are strongly advised to take out your own)

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Visa to Pakistan (Supporting documents will be provided)

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International airfare

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Personal equipment (e.g. sleeping bags, trekking shoes, down jacket, walking sticks etc)

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Extra nights in Islamabad (hotel check in/out is 12pm)

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Tips/gratuities for guides, porters, staff etc

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Miscellaneous (bottled water, phone calls, laundry, souvenir etc)

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Any unforeseen expenses (just like road block extra hotel stay) etc.

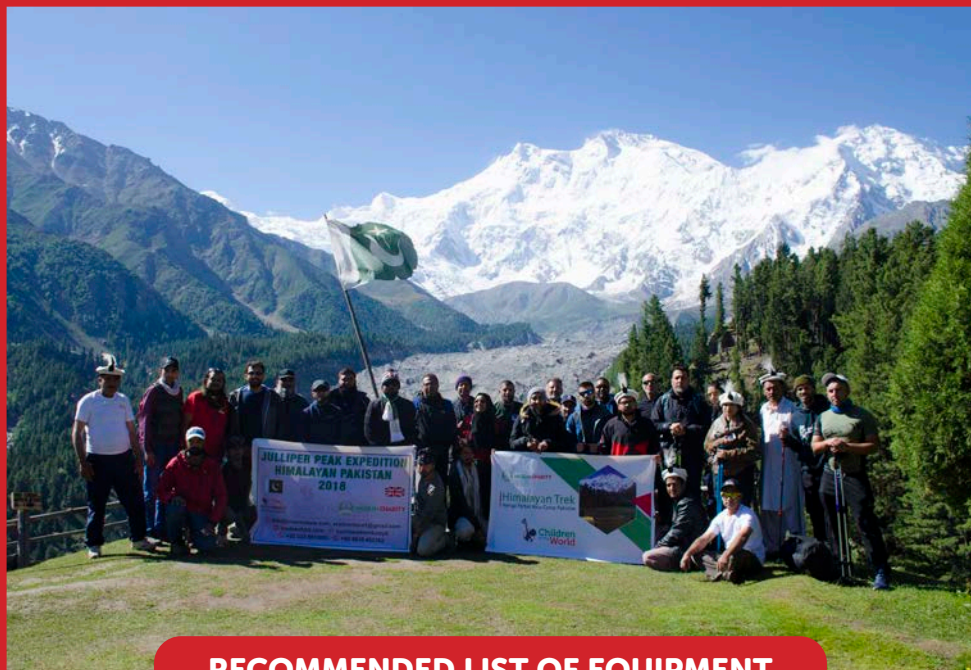
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Insurance liability and other under force majeure conditions, medical aid and helicopter rescue coverage of participants, etc.

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Any other excursions trips taken by the participants

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## RECOMMENDED LIST OF EQUIPMENT

Waterproof jacket

Light cotton socks

Hiking woollen socks\*  
- 4 pairs

Thermal top\*

Thermal leggings/  
tights\*

Gloves (water proof)

Woolly hat

Moisture-wicking  
base layers\*

4 Seasons sleeping bag

Head cover (scarf)

Hiking trousers

Full sleeves t-shirts

Water proof trousers

Sun glasses (uv)

Two trekking sticks

Head torch (high  
beam)

Sun cap/hat

Extra cells for torch

Powerbank

Sun block

Lip salve

Trekking boots

Small towel

Tooth brush/paste

Crampons

Backpack with water  
bladder

\* Merino wool recommended

# FAQS

## **When do we need to arrive in Islamabad by and will we be picked up at the airport?**

All participants should arrange their flights so that they land at Islamabad Airport no later than 10.00pm on Friday 9th August 2024. Participants will be picked up at the airport by a representative of the Islamabad hotel we will be staying at.

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## **Can I come a few days earlier or leave Pakistan a few days after the trip ends?**

Yes you can. But your logistical arrangements (including accommodation, transport, etc) will need to be managed by yourself if this is the case.

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## **Where can I book my flights from?**

This is entirely up to you. You can use a travel agent or the following recommended websites: **[www.skyscanner.net](http://www.skyscanner.net)** and **[www.opodo.co.uk](http://www.opodo.co.uk)** Please be sure to check that the flight dates, times and airports are correct. We strongly recommend that you run the flight routing through us before booking and issuing the ticket to make sure it is as per our itinerary.

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## **Will you arrange my visa? How does it work?**

No, this needs to be arranged and paid for by yourself separately- You should allow 4-8 weeks. We can provide the supporting documentation required to facilitate your visa process. The cost for the visas varies depending on your nationality. At the time of writing, British citizens can apply for a Pakistani visa using the online visa system here:

**<https://visa.nadra.gov.pk/tourist-visa/>**

Please also consult the Pakistan High Commission for further information:

**<https://www.phclondon.org/>**

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## **Do I need to get insurance?**

Yes. It is strongly recommended and vital for you to have taken out your own personal insurance cover. All persons are expected to arrange their own insurance. Insurance policies should cover any potential risks involved in a K2 Base Camp Trek type of challenge and altitude of up to 6,000m.

Please ensure the cover includes helicopter rescue.

If you need assistance choosing insurance cover, get in touch with us.

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### **Do I need to take any vaccinations?**

Yes, you may need to take these. Please ensure you consult with your GP well in advance of your travel. Courses of vaccinations can take 6 weeks. We consider vaccinations against typhoid, polio, hepatitis A and B and a tetanus injection to be essential.

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### **How much money shall I take with me?**

This depends on your taste for souvenirs, gifts, etc. We estimate that £300 will be sufficient to cover the tour.

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### **What happens if I change my mind and no longer wish to go?**

If you are no longer able to go, you are able to cancel by informing Muslim Charity in writing no later than 1 month prior to departure. The last date to cancel your place is 12th July 2024 – a full refund of the registration fee will be made. No refunds will be made for cancellations after this date. (This is due to various fees and logistics that must be in place in advance).

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### **What happens if I am unable to complete the challenge?**

Our experience has shown that participants who invest time into training are more likely to make the most of the challenge and therefore able to complete the challenge. Muslim Charity will be providing a training plan to all registered participants to guide them in their journey.

It is not as daunting as it may sound – healthy adults of all ages/gender can complete the challenge and experience the adventure of a lifetime!

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### **Is there a training plan or guide available?**

Full details will be provided to registered participants in due course including the option to participate in offsite training/camping (additional costs may apply).

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## **IMPORTANT BITS!**

**Please note during the programme/ trek, Muslim Charity and its associated staff/guides will have the final decision on whether it is safe for a participant and/or the group to continue the challenge. High-altitude mountaineering challenges include those relating to the path, weather, safety conditions and an individual's health and ability etc. These circumstances may result in change/ curtailment of the challenge.**

Terms & Conditions apply.

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**TEAMMC**

# K2 BASE CAMP TREK 2024

**MUSLIMCHARITY.ORG.UK/K2**

**03000 111 786**