



THE ULTIMATE K2 BASECAMP CHALLENGE 2025

THE AUDACIOUS. THE INTREPID.
THE BOLD.

Register today
humanappeal.org.uk/challenges



CONTENTS

3	INTRODUCTION
4	WELCOME
5	ABOUT HUMAN APPEAL
6	THE CAUSE
7	ITINERARY
8	TRAINING SCHEDULE
9	THE POWER OF SOCIAL MEDIA & VLOGGING
13	CHALLENGE CHECKLIST
14	FREQUENTLY ASKED QUESTIONS



K2 IS FOR THE AUDACIOUS. THE INTREPID. THE BOLD.

INTRODUCTION

Welcome to the K2 Basecamp Trek Challenge 2025. Thank you for being a hero and signing up to the Ultimate K2 Challenge. You are now part of a team of extraordinary people who will rise above your fears and take on the second highest mountain on Earth. Your incredible efforts will help raise £75,000 for Human Appeal's life-saving projects, helping the most vulnerable families in rural Pakistan.

The legendary expedition is one of the most exhilarating treks you will ever face, requiring every ounce of your determination, courage, and stamina. K2 stands at 8,611 metres above sea level, second only to Mount Everest, and lies in the Himalayan Mountain range in Kashmir, Pakistan.

In June 2025, you will be heading to Pakistan for a trip of a lifetime; encountering Pakistan's rich cultural history, wild mountain scenery, glacial peaks and rocky trails that will live long in the memory.

The Welcome Pack outlines how best to prepare yourself for the trek, what to bring, journey details, fundraising tips, and why the project is important. We thank you once again for signing up to the K2 Challenge and supporting Human Appeal – this will surely be one of the greatest and most rewarding adventures of your life. You now walk into the wild.

Thank you,

The Human Appeal Team



WELCOME TO THE ULTIMATE K2 BASECAMP CHALLENGE

DATE:

12th June 2025

COUNTRY:

Pakistan

FUNDRAISING PROJECT:

Integrated Smart Village, Tharparkar, Pakistan

FUNDRAISING TARGET:

Your target is to raise a minimum of £6,000 by 31st May 2024. Start inspiring yourself and others by sharing your goal with your family and friends and on social media. You will have the support of our local fundraisers for any marketing materials..

COSTS/REGISTRATION FEE: £99

What does the registration fee cover?

1. All airport and other surface transfer
2. All hotel with breakfast on sharing basis
3. Internal flights

4. All trekking accommodation in Pakistan (twin tent sharing)
5. Campsite and bridge fees
6. Trekking logistics (tents, non-personal equipment, and tools)
7. All meals (breakfast, lunch & dinner) and water with meals
8. Snacks, including dry fruits, tea, and coffee, on the trek
9. Free refills of boiled drinking water on the trek
10. Licensed professional guide (as required by law)
11. Government trekking permit fees & paperwork
12. Government waste management fees
13. Islamabad & Skardu city tours, including all entry fees
14. Support staff (cook and assistants)
15. Porter for personal luggage (10kgs)
16. First aid medicine kit (basic)
17. Satellite phone for emergencies

Insurance and other items: Must be covered by participants. Please note the registration fee does not cover your flights between the UK and Pakistan.



ABOUT HUMAN APPEAL

WHO WE ARE AND WHAT WE DO

Human Appeal is a non-profit organisation working across the globe to strengthen humanity's fight against poverty, social injustice and natural disaster. Through the provision of immediate relief and the establishment of self-sustaining development programmes, we aim to invest in real, effective solutions.

We work year-round to establish healthcare, education, and livelihood programmes that pave the way for empowered, self-serving communities. We also provide food, medical aid, and disaster relief during emergencies, a critical intervention that saves lives.

Our skilled local teams are able to access some of the most hard-to-reach places in the world, at their most vulnerable of times.

OUR HISTORY

Human Appeal was founded in a small flat in Manchester in 1991, and was slowly and diligently built from the ground up. In 2004, we registered as a company limited by guarantee, and we registered with the Charity Commission in 2014.

Since then, we've grown from a team of two students to a family of over 173 employees in the UK, 100 staff in our international country offices, and 887 volunteers, all of us united towards a common goal of a kinder, fairer world.

LIVELIHOODS

We assist in livelihoods development for vulnerable and displaced communities to create sustainable income generation opportunities.

CHILD WELFARE & ORPHANS

We provide a one-to-one sponsorship programme in 9 countries to give children a better future, whilst keeping the safeguarding of children central to our approach.

EMERGENCY RELIEF

We provide humanitarian assistance in the context of disasters, conflicts and emergencies in the form of food security, medical aid and support to local health facilities, provision of shelter, camp management, and protection as well as water, sanitation and hygiene and education in emergency contexts.

WATER, SANITATION & HYGIENE

We provide access to clean water and sanitation, and improve hygiene practices and awareness among vulnerable and displaced communities.

EDUCATION

We improve access to inclusive and quality education for children of school age in vulnerable, marginalised and displaced communities and equip young people and adults with relevant skills and knowledge through education and lifelong learning opportunities as well as technical vocational courses and training.

FOOD SECURITY

We enhance food security through sustainable agriculture, strengthening resilience and improved nutrition amongst communities affected by disasters, conflict and poverty.

In 2021 we:

- Supported a total of 1,349,536 people in eight countries
- Sponsored 11,845 orphans in nine countries
- Fed 108,103 people during Ramadan
- Distributed Qurbani meat to 484,147 people in eight countries
- Supported 42,110 people through both long and short-term food security projects



THE CAUSE: HUMAN APPEAL'S INTEGRATED SMART VILLAGE, THARPARKAR, PAKISTAN

TREK AND TRANSFORM LIVES IN PAKISTAN

A staggering 844 million people lack basic drinking water access—more than 1 in 10 people on the planet. Women and girls spend an estimated 200 million hours hauling water every day.

Human Appeal is raising funds to construct a Smart Village in one of the most deprived areas in the world, Tharparkar, in Sindh, Pakistan, the 5th largest desert in the world. These villages have not had access to clean water for almost 200 years. Women and young children trek up to several hours a day, in blazing heat, to collect water from contaminated open wells. This same water leads to the deaths of thousands of children in Tharparkar.

Our collective donations of £35,000 will support a life-changing set of integrated programmes for 1,000 people in Tharparkar, Pakistan, including an advanced solar-powered water well that works all day, pumping 10,000 gallons of water every 45 minutes. We will enable this village to meet their needs, not only for drinking water but also for domestic usage and livestock.

The smart village will also have:

- Water supply lines extended to the doorstep of each villager's home,
- Solar-powered lights throughout the village,
- Purpose-built toilet facilities,
- Agricultural tools and climate smart agricultural seeds,
- Farming training and support to grow local vegetables, establishing domestic kitchen gardens to meet nutritional & dietary needs, saving hundreds from malnutrition

- A pair of milking goats for any widowed women,
- Livestock management training,
- Vaccinations and deworming of all existing livestock,
- Fodder for all animals.

Together we can provide the gift of clean water and be a part of saving lives and raising smiles.

This is a Zakat applicable project, please ensure the people that wish to donate Zakat to this project on your fundraising page state Zakat in the comments section when donating.

WHY CHOOSE HUMAN APPEAL?

As part of Team Human Appeal, you will receive:

- A qualified and experienced guide who will provide a safe and supported route to the summit with checkpoints and first aid cover
- A dedicated support team to advise you and help you reach your sponsorship target
- Dedicated support team to help with training and gear advice
- All COVID-19 precautions will be taken, Human Appeal are working with suppliers to make sure our treks are safe and are following Government guidelines. We'll be in touch in the lead up to your trek with plans, FAQs, and anything you need to know about your event and the safety measures in place.
- If your trek is cancelled or postponed in 2025, we will give you the option to defer your place to a future suitable date.



ITINERARY

JOURNEY ITINERARY:

- 12 June** Depart from UK
- 13 June** Arrive at Islamabad airport, receive and transfer to hotel
- 14 June** Fly to Skardu airport
- 15 June** Rest day at Skardu
- 16 June** Drive to Jhola camp
- 17 June** Trek from Jhola camp to Paiju camp
- 18 June** Acclimatisation day at Paiju
- 19 June** Trek from Paiju camp to Khuburtze camp
- 20 June** Trek from Khuburtze camp to Urdukas camp
- 21 June** Trek from Urdukas camp to Goro II camp, the junction of the Baltoro glacier and Young husband
- 22 June** Trek from Goro II camp to Concordia, through a rocky moraine
- 23 June** Trek from Concordia to Broad Peak basecamp, Gilkey memorial and K2 basecamp 24 June - Trek back to Concordia
- 25 June** Trek to Ali camp
- 26 June** Trek to Khuispang over Gondogoro La
- 27 June** Trek to Saicho
- 28 June** Trek to Hushe and then drive to Skardu town
- 29 June** Rest day in Skardu
- 30 June** Fly to Islamabad
- 1 July** Sightseeing in Islamabad
- 2 July** Fly back to UK



TRAINING SCHEDULE

There are three elements to the K2 Basecamp Trek, as there are to any high-altitude trek, that will probably be new to your body:

- Your body will be trekking up to an altitude of 5,400m
- Your knees will have to carry your body up and down
- Low oxygen levels in the air.

Although K2 Basecamp is 5,400 meters above sea level, you will be glad to hear that you will not be taking it on in a straight incline. There will be times, whilst trekking to K2BC, where we will face some declines and then some more incline. You will also be given acclimatisation days, to allow your body to adapt to the low oxygen levels.

Now onto your training, what you need to do to improve your fitness and make for a more enjoyable experience. For the incline, your best friends will be the stepper, squats, and lunges. Squats and lunges will also help you with the decline. You're probably questioning why you need to prepare for the decline, when gravity is going to help you? Reason being is that the decline can have an adverse effect on your knees. So, squats, lunges and even the exercise bike, are all very beneficial. They will help you build up the muscles around the knees, and therefore giving your knees some much needed support.

Finally, oxygen levels. People have tried simulators. However, they are not very accessible and can be very pricey. A cheaper alternative is the High-Altitude Training Mask. They cost around £50. We have never really relied on either in our past treks and have opted for good old fashioned cardio training. That could be any of the above-mentioned exercises, running, rowing, circuit training or even a fitness class at a gym.

Our advice is that you should be doing a minimum of two medium to high intensity 40-minute cardio exercise sessions per week. The higher the intensity, the easier and more enjoyable you'll find the trek. However, do not overdo it and give your body a chance to recover.

A simple schedule can start with just:

- 15 minutes stepper
- 10 minutes cycling
- 10 burpees (3 sets)
- 20 squats (3 sets)
- 20 lunges (3 sets)

As the weeks go on, you will want to increase the time/ reps of those exercises, as well as the level of the stepper and bike.

You should be gradually increasing this until you are doing:

- 30 minutes stepper
- 20 minutes cycling
- 15 burpees (5 sets)
- 20 squats (5 sets)
- 20 lunges (5 sets)

If you already have a pre-existing medical condition or feel any unnatural discomfort, please seek medical advice.



THE POWER OF SOCIAL MEDIA AND VLOGGING

Use the power of social media to achieve your fundraising target and start a vlog so your followers can share your adventure. Be social before, after and especially during your challenge. People love supporting great causes and witnessing others overcome their fears.

Let people know you'd be really grateful for a few donations to get you off to a flying and encouraging start.

Continue to post every so often asking people to help you get to the next fundraising milestone, e.g. "Thanks everyone for helping me reach £160! Can anyone help me get to £200 for the Syrian Housing Project? [link to your page here]." You could do this every few weeks or so when you're approaching a new milestone. Thank people publicly for their donation to keep drawing attention to what you're doing and to create enthusiasm around your cause, e.g. "Big thanks to XXX for their donations – I'm now at £200, which will provide XXX! Thanks everyone for your support. It means a lot." You could do this every week or so, depending on how often you get donations.

So, start inspiring others now and tell them you've just joined the Toubkal Trek. Be sure to tag Human Appeal!

SOCIAL MEDIA TOP TIPS:

Share your journey with your followers in real time on platforms like Instagram stories, Instagram and Facebook Live, Twitter and TikTok. Remember to tag Human Appeal.

Create urgency – highlight the importance of the cause in your fundraising posts and try to give people a reason to sponsor you right there and then.

Create momentum – constantly post about the challenge to keep reminding people and to create a buzz around the Toubkal Trek and your fundraising campaign.

Create hooks – create "hooks" or reasons to give updates or to base a fundraising task around. For example, use your fundraising targets or training milestones, event preparations or just say thanks to those that have donated to your cause.

Make your first post about your why – talk about your reason for joining this challenge and the importance of Human Appeal and this cause.



CONTENT TIPS FOR THE ULTIMATE K2 BASECAMP CHALLENGE

WHAT:

- Tell people about the effort you're putting in to prepare for the challenge. Share your commitment, your plans, keep it engaging and, fingers crossed, you'll be reaping the reward of extra donations.
- Share your funny or interesting stories of anything significant that happened to you during your training or event preparations.
- Take plenty of photos and videos to really bring what you're doing to life. These are great for sharing on social media. You don't need fancy equipment – you could just use your phone. Funny photos or videos always go down especially well.
- Why not film a really simple video of yourself sharing your training for the K2 Challenge and what it means to you?
- Reportage short clips and micro-video blogging – there are so many ways to do this. Depending on what you're doing, film short clips of your preparation or training, or during your fundraising activity itself.
- Depending on what you're doing to fundraise, you could broadcast live on Facebook or Instagram. It's a great way to get people involved.
- Share reminders in the run up to your event, e.g. "I can't believe I'll be climbing / running / etc X feet this time next week. Thanks to everyone who has helped me raise £200 so far. If anyone else can help I'd be really grateful for whatever you can spare [link to your page here]."
- Just be yourself! Keep it personal. Speak naturally, as though you were speaking to a friend. Have an idea of what you will cover in your vlog but don't follow a script. At the beginning of your vlog, please tell us: your name, your reason for joining this challenge and the importance of Human Appeal and this cause.
- Other questions you may want to answer in your vlog are:
 - How have you found the training so far?
 - Has it been more or less difficult than you expected?
 - What has been the most challenging and rewarding experience so far?
 - Have you got any tips for anyone else who is training for a charity challenge of this nature?
- Inspire your viewers with your experiences, encouraging them to visit your fundraising page to donate and learn more about Human Appeal and your cause.
- Ensure the vlog always has a link to your fundraising page.



CONTENT TIPS FOR THE ULTIMATE K2 BASECAMP CHALLENGE

WHEN:

- Remember: payday is a good time to ask for donations. If you feel like it, towards the end of the month, you can just be completely honest and transparent about this with something like "Since it's payday, can anyone spare a pound or two to support me in the K2 Challenge for Human Appeal?" Then, proceed to thank those that have donated and supported your cause.
- Timely reminders of your story and why you're doing this and the impact you can have:
 - A week before, e.g. "A week today is the big day. I'll be climbing / running / XXX for Human Appeal. Here's a reminder of why I'm doing this [link to page]. I would be so grateful for any support you can give."
 - Day before, e.g. "Tomorrow is the big day. I'm really nervous! Thank you so much to everyone who has helped me raise £300. I'd be really grateful for any last minute donations [link to your page here]."
- During the challenge – describe the challenge as you endure it, how it is making you feel and the journey you have taken.
- Post challenge - remember to share the all-important post-event pic or video because the final moments often encourage a last-minute flurry of donations. You're going to be on a high when you complete the K2 Challenge, so show off your medal and snap a photo to show your supporters you did it.
- Inspire your viewers with your experiences, encouraging them to visit your fundraising page to donate and learn more about Human Appeal and your cause.
- Ensure the vlog always has a link to your fundraising page.



CONTENT TIPS FOR THE ULTIMATE K2 BASECAMP CHALLENGE

HOW:

- Film your vlogs in landscape orientation. Can you prop your phone up on something to keep it steady? If you want to record your vlog whilst standing up and moving around, be mindful of moving too quickly. When framing your shot, think about where you are positioned within the frame. Be mindful of your surroundings when filming to ensure your personal safety.
- Think about where you are filming your vlog. For indoor filming, take advantage of any natural light in your house by recording facing a window so that the light is shining on your face. A good rule is to make sure that any light source is behind your camera – that way the light will be shining on you and not glaring into the lens.
- Make sure it's not too noisy in the background.
- Make sure that you can be clearly heard and the message and picture is clear.
- People have a limited attention span so try to keep it under 2 – 3 mins but there are no rules here. if you have a really great story, go for it!



CHALLENGE CHECKLIST

- Trekking boots with ankle support
- Walking trousers (Must not be cotton)
- Waterproof Trousers Base Layer. Merino wool is advised. No cotton
- Mid Layer. Micro fleece top
- Top Layer. Full fleece or thermal/ Insulated jacket.
- Waterproof Jacket. This is really important. If you keep dry, you keep warm.
- Gloves
- Warm Hat
- Walking sticks (optional but strongly advised)
- Day sack
- Water bottle/bladder (at least 2 litres)
- Snacks
- First Aid kit
- Baby wipes



FAQS:

HOW MUCH FOOD SHOULD I BRING?

Q: How difficult is the K2 Trek?

K2 is a dream to accomplish for many mountaineers but it is a notoriously tough climb. Remember that you will be climbing to K2 Basecamp at 5400m and not right up to the summit which will make the trek more achievable. Reaching basecamp remains a tall order and to accomplish this, you should be in excellent physical condition. K2 Training is required, including daily cardio exercises, strength training, and muscle flexibility exercises.

Our guides and K2 Crew will help you conquer the great summit as a team. They will provide you with food, warm water for washing, put up your tents for night camping on the summit and even sing and encourage you throughout the summit trek. This crew is qualified to handle medical emergencies as well!

Q: How long does it take to hike K2?

Ascending to K2 basecamp is a 7-day trek from the starting point at Jhola camp. The journey includes one acclimatisation day at Paiju camp and then a 5-day descent after reaching the basecamp summit. There will of course be various stops along the way for food, rest, and camping. The walking pace is set by the K2 Porters, meaning no stragglers will be left behind! Climbing K2 is a team effort and can only be achieved by working together.

Q: What happens if I need to descend early?

Some hikers might not make it to basecamp. But they still have amazing fun and adventure on the trek! Anyone who wishes to descend early can certainly do so with the help of our K2 crew. Our K2 Porters are well-qualified with the equipment and training needed to handle such situations. They will immediately initiate an emergency rescue protocol to evacuate any hiker needing medical attention or appearing unfit to hike further. They will provide rescue medical treatments for hikers who fall short of oxygen or start showing severe symptoms of acute mountain sickness (AMS). Hikers who return early are escorted back to the hostel.

Q: What is altitude sickness?

The amount of oxygen available to us at sea level is about 21%. But at an altitude above 12,000 feet, the oxygen shortage falls to 40% less than the requirement for a human body. AMS or altitude sickness in general is a health condition where a hiker falls short of oxygen as they ascend the summit.

The sudden change in oxygen levels at higher altitudes limits the body's adaptation to the changing environmental conditions resulting in what is called altitude sickness. Another reason many hikers face AMS (the more serious condition of altitude sickness) is trying to hike too quickly too soon and not giving proper time to acclimatise.

Q: When and how should I train for K2 Hike?

You should undergo extensive training to be in top physical condition so you can enjoy the trek and hike it comfortably (without having to descend early). Hiking K2 is only possible with proper training. The best thing you can do is pack a bag and go hiking as much as possible. The more you train, the more familiar you become with the constant walking. For many hikers, going to the gym has also been a tremendous help. Start training at least 2 months before the trek. You can include training exercises like strength training, stretching, etc. This will also help you gain muscle strength to boost your success rate on the hike.

Q: How many porters does the trek have?

The K2 Trek Porters help the hikers in carrying their luggage up to the summit. Human Appeal provides enough porters according to the number of hikers in the group. The dedicated service of the Porters helps the hikers summit the mountain. It is therefore customary to tip these devoted staff of porters and other crew members who not only carry your luggage but also put up your camps on the trek and provide you with food and warm water daily. Tipping helps them raise their morale too!

Q: How much to tip on K2?

Tipping is a customary tradition where, at the end of the trek, all crew members are provided with some small tip in form of cash or gifts as a gesture of gratitude for their services.

Q: What food is available on K2?

Food is an important aspect of your trip. Many hikers prefer to munch on snacks throughout their trek. This helps them provide energy throughout the trek. Below is a sample of breakfast, lunch, dinner, and snack offerings:

- Breakfast: cereal & fruit, porridge, toast.
- Lunch: vegetables, soup, chicken, rice, chips, sandwiches, casserole.
- Dinner: rice, pasta, soup, vegetables, bread, chips, stews.
- Snacks: salty snacks, biscuits, chocolates, energy bars, etc.

The food may vary depending on your dietary needs. You can inform us beforehand about your special diets or dietary restrictions like a vegan diet, any specific food allergies, etc.



Head Office

Human Appeal
Pennine House
Carrs Road
Cheadle
SK8 2BL

0161 225 0225

humanappeal.org.uk

Charity No. 1154288 | Company Reg No.08553893 | Scottish Reg No. SC046481