



# MOUNT KANG YATSE 1 EXPEDITION

---

**ALTITUDE : 6401 METRES/21,000 FEET**

---

**(GRADE: 7.5/ 10 CHALLENGING)**

**- 15 DAYS -**

**(LADAKH, INDIA)**

**(JULY- SEPTEMBER)**

---

## **MT. KANG YATSE 1 CLIMBING EXPEDITION – AN ELABORATE DESCRIPTION**

### **MOUNT KANG YATSE 1 : A BEAUTIFUL TECHNICAL HIMALAYAN PEAK**

#### **OVERVIEW**

MOUNT KANG YATSE 1 IS ONE OF THE MOST REMARKABLE PEAKS IN THE INDIAN HIMALAYAS, STANDING AT **6401 METERS (21,000 FEET)**. IT IS PART OF THE **KANG YATSE MASSIF**, LOCATED IN THE **MARKHA VALLEY OF LADAKH, INDIA**. THE PEAK IS A SOUGHT-AFTER CHALLENGE FOR CLIMBERS DUE TO ITS STEEP SUMMIT FACE, HARSH WEATHER, AND TECHNICAL CLIMBING ROUTES.

#### **GEOGRAPHY & LOCATION**

KANG YATSE I IS A 6,401-METER (21,000 FT) PEAK IN THE **LADAKH REGION OF INDIA**, LOCATED IN THE **MARKHA VALLEY** OF HEMIS NATIONAL PARK. IT IS THE TALLER OF THE TWO SUMMITS OF KANG YATSE, WITH **KANG YATSE II (6,250M)** BEING SLIGHTLY LOWER AND MORE FREQUENTLY CLIMBED.

#### **KEY INFORMATION:**

- **LOCATION:** MARKHA VALLEY, LADAKH, INDIA

- **ALTITUDE:** 6,401 METERS (21,000 FT)
- **DIFFICULTY:** **TECHNICAL CLIMB** (REQUIRES MOUNTAINEERING SKILLS)
- **BEST TIME TO CLIMB:** JUNE TO SEPTEMBER
- **STARTING POINT:** LEH → SKIU → MARKHA → NIMALING (BASE CAMP)

## DIFFERENCE BETWEEN KANG YATSE I & II

- **KANG YATSE II (6,250M)** IS A POPULAR TREKKING PEAK, SUITABLE FOR EXPERIENCED TREKKERS.
- **KANG YATSE I (6,401M)** IS A **TECHNICAL PEAK**, REQUIRING ICE CLIMBING, ROPE SKILLS, AND HIGH-ALTITUDE MOUNTAINEERING EXPERIENCE.

## HOW TO REACH?

1. **FLY TO LEH** (KUSHOK BAKULA RIMPOCHEE AIRPORT)
2. **ACCLIMATISATION** (2-3 DAYS IN LEH DUE TO HIGH ALTITUDE)
3. **TREK VIA MARKHA VALLEY** (6-7 DAYS TREK TO BASE CAMP)
4. **SUMMIT PUSH** (TECHNICAL CLIMB WITH ROPES, CRAMPONS, AND ICE AXES)

## DAY 1:

### ARRIVAL IN LEH (3500M)

REST, ACCLIMATISATION AND SHOPPING FOR PERSONAL OR RELATED THINGS FOR THE EXPEDITION. AFTER AN INTRODUCTION AND BRIEFING SESSION, YOU ARE FREE TO EXPLORE LEH. EXPLORE THE MARKET AND WHILE DOING SO YOU WILL BE GETTING ACCLIMATIZED AND USED TO THE WEATHER.

**TIP FOR THE DAY:** EAT WELL SLEEP WELL.

## DAY 2 :

### REST AND ACCLIMATISATION IN LEH (3500M)

HIKE TO SHANTI STUPA AND LEH PALACE FOR ACCLIMATIZATION.

REST AND ACCLIMATISATION AND REMAINING POSSIBLE SHOPPING AT LEH.

**TIP FOR THE DAY:** EAT WELL AND SLEEP EARLY AS THE NEXT DAY WE WOULD MOVE FOR THE NEXT DESTINATION IN THE MORNING.

## DAY 3 :

### LEH TO SKIU (3500M)

WE WOULD LEAVE IN THE MORNING AND REACH SKIU , THERE WOULD BE A SHORT HIKE OF 2.5 KM FROM THE ROAD HEAD WHICH WOULD NOT TAKE MORE THAN AN HOUR. AFTER REACHING THE CAMPSITE WE WOULD EAT AND KEEP OURSELVES HYDRATED AS MUCH AS POSSIBLE TO AVOID ANY SYMPTOM OF AMS. ONCE WE SET UP CAMP AND ARE FINISHED WITH LUNCH, WE GO FOR A LITTLE ACCLIMATIZATION WALK IN THE EARLY EVENING. THIS IS EXTREMELY IMPORTANT AS IT'S A NEW TERRAIN AND THE BODY NEEDS TIME TO ADAPT TO

**NEW CONDITIONS. REMEMBER TO CARRY A BOTTLE OF WATER EVERYWHERE YOU GO. GIVE YOUR BODY SOME TIME TO RECALIBRATE. WE WOULD SPEND THE NIGHT THERE.**

**TIP FOR THE DAY : KEEP YOURSELF HYDRATED AS MUCH AS YOU CAN FROM THE DAY 1 IN ORDER TO AVOID FATIGUE.**

## **DAY 4 :**

### **SKIU TO SARA (3901 M)**

**TODAY WE LEAVE EARLY MORNING FROM SKIU ,THE TRAVELLING DISTANCE FROM SKIU TO SARA IS 11 KM. TWO AND A HALF HOURS INTO THE TREK, WE CROSS A SMALL WOODEN BRIDGE OVER THE AGGRESSIVELY FLOWING MURKY STREAM. AND WITHIN AN HOUR FROM THEN, WE REACH SARA, WHICH IS OUR DESTINATION FOR THE DAY. THE TRAIL IS MOSTLY DIRT ROADS AND THE ROCKY SEA BED. IT WILL TAKE AROUND SIX HOURS AND WE REACH SARA. EVEN THOUGH THE ALTITUDE IS SIMILAR OF LEH. USE THIS DAY TO PREPARE THE BODY AND MIND.**

**TIP FOR THE DAY: HYDRATION ALERT (THIS DAY IS CRUCIAL)**

## **DAY 5 :**

### **SARA TO UMLUNG (4000 M)**

**THIS DAY IS NOT A HEAVY DAY AS WE CONTINUE ON THE TRAIL FROM YESTERDAY, ONWARDS TO UMLUNG VIA MARKHA VILLAGE WHICH, WITH UPWARDS OF 40 HOUSEHOLDS, IS THE LARGEST VILLAGE IN THE VALLEY. THE TRAIL GRADUALLY ASCENDS 300M ACROSS 10 KM. THE TERRAIN ALSO REMAINS THE SAME AS YESTERDAY AND HENCE IS EASIER TO COVER BECAUSE OF FAMILIARITY WITH THE TOPOGRAPHY. IT WILL TAKE 6-7 HOURS TO COVER THE TOTAL DISTANCE OF 15 KM. WE REACH THE CAMPSITE IN TIME FOR A HOT LUNCH. AFTER SETTING UP OUR CAMPS IN THIS CAMPSITE IN THE MIDST OF THE TALL GREEN GRASS WITH A BACKDROP OF BARREN MOUNTAINS, WE GO FOR AN ACCLIMATIZATION WALK IN THE EVENING. THE REST OF THE DAY IS TO EXPLORE THE SETTING AND REST OUR WEARY SELVES.**

**TIP FOR THE DAY: SAVE YOURSELF FROM AMS AND CONSERVE YOUR ENERGY.**

## **DAY 6 :**

### **UMLUNG TO THOCHUNGTSY (4298 M)**

**WE START TODAY AS EARLY AS 08:30 IN THE MORNING. WITHIN AN HOUR INTO THE TREK, WE REACH OUR FIRST RIVER CROSSING. THE WATER LEVELS HERE ARE EXTREMELY UNPREDICTABLE. DEPENDING ON THE LEVEL OF THE WATER, YOU WILL EITHER FIND YOURSELF WADING THROUGH WAIST DEEP CURRENT OR CROSS THE STREAM IN A HOP, SKIP AND JUMP. THIS DAY WE WOULD COVER A DISTANCE OF 8.5 KM IN ABOUT 5 HOURS.**

**WITHIN AN HOUR OF CROSSING THE RIVER WE REACH TACHA GOMPA — A MONASTERY HIGH UP ON A STEEP INCLINE, PRECARIOUSLY STANDING DRESSED IN MUD ON TOP OF A MUDDY MOUNTAIN. IN ANOTHER HOUR WE CLIMB A SMALL PATCH OF STEADY INCLINE LEADING TO A SMALL VILLAGE CANTEEN WHERE WE GET SOME REFRESHMENTS AND WELL-EARNED REST. OUR CAMPSITE FOR THE DAY IS A TWO HOUR TREK FROM HERE. ONE HOUR INTO THE TREK, WE START SEEING LOWER HUNKAR. IT IS A CLEARING WHERE LARGE BUSHES END AND THE LANDSCAPE OPENS UP TO VIEWS OF MOUNTAINS DISAPPEARING INTO EACH**

OTHER. THIS IS WHEN YOU START CLIMBING A LITTLE FARTHER UP FROM THE RIVER BED. WHILE THE TRAIL MISSES AN UNEVEN TERRAIN WHICH CAN GET MONOTONOUS AT TIMES, BUT CONSTANTLY DIPPING YOUR FEET IN ICY WATER HAS A WAY OF JOLTING YOU BACK TO ATTENTION.

WE SET UP OUR TENTS IN THE MIDDLE OF WHEAT FIELDS. FAR AWAY VILLAGES WITH HOUSES LINED FAR APART STAND GUARD AROUND THE TENTS, IN THE BACKGROUND. WE WILL GO FOR AN ACCLIMATIZATION WALK LATER IN THE DAY WHICH WOULD BE BEAUTIFUL.

**TIP FOR THE DAY: SAVE YOUR ENERGY.**

## **DAY 7 :**

### **THOCHUNG TSEY TO KANG YATSE BASE CAMP (5,100M)**

THIS DAY WE WOULD COVER A DISTANCE OF 8-9 KM IN 6-7 HOURS. WE ARE GAINING QUITE A BIT OF ALTITUDE TODAY AND THERE IS ALSO A LOT OF GROUND TO COVER, SO WE START AS EARLY AS OUR PREVIOUS DAYS. WE PACK UP OUR TENTS AND LEAVE THE CAMPSITE BY 08:30 AM. FIFTEEN MINUTES OF SHARP ASCENT AND A 100M ALTITUDE GAIN LATER, WE WILL REACH UPPER HUNKAR. WE CIRCLE AROUND THE VILLAGE OF UPPER HUNKAR TO GET TO THE OTHER SIDE AND THEN TURN LEFT INTO THE VALLEY TOWARDS THE SIDE YOU START TO SEE KANG YATSE. WE CONTINUE ALONGSIDE THE RIVER ON ROCKS AND BOULDERS. IN AN HOUR'S TIME, WE LEAVE THE RIVER'S SIDE AND MAKE A STEEP ASCEND ON A MUDDY MOUNTAIN. WITHIN HALF AN HOUR OF THE ASCENT, WE REACH A SMALL PATCH OF DESCENT TAKING US TO A BRIDGE TO BE CROSSED OVER TO THE OTHER SIDE OF THE RIVER. OUR RESTING POINT IS A DESOLATE CAMPSITE AT 4,195M WHERE WE FILL WATER FROM A FRESH WATER SPRING AND LAY DOWN FOR A BIT IN THE ABANDONED STONE STRUCTURES. WE HAVE NOW LEFT THE RIVER BEHIND. FROM HERE ON, WE START ON A CONTINUOUS BUT GRADUAL ASCEND ALL THE WAY UP TO TWIN LAKE. IT WILL TAKE US THREE HOURS TO GET THERE FROM OUR RESTING POINT. TWIN LAKE PROVIDES FOR THE BEST VIEWS OF KANG YATSE I AS WELL AS KANG YATSE II. THE ROUTE FROM THE LAKE SPLITS INTO TWO – ONE DESCENDING DOWN TOWARDS NIMALING AND ONE WHICH TAKES YOU TO THE BASE CAMP OF KANG YATSE I. WE MAKE A RIGHT HERE AND HEAD TOWARDS THE BASE CAMP. IT SHOULD TAKE US CLOSE TO TWO HOURS TO MAKE IT TO THE BASE CAMP. WE SET UP OUR CAMPS HERE AND CALL IT A DAY.

**TIP FOR THE DAY: SAVE YOURSELF FROM AMS AND CONSERVE YOUR ENERGY.**

## **DAY 8 :**

### **REST AND ACCLIMATIZATION AT BASECAMP (5,100M)**

TODAY IS RESERVED FOR ACCLIMATIZATION TO THE ALTITUDE SINCE WE GAINED QUITE A BIT OF HEIGHT THE PREVIOUS DAY AND HAVE ALSO ENTERED A MUCH DIFFERENT TERRAIN. WE USE THIS TIME TO DISTRIBUTE EQUIPMENT AND GEARS REQUIRED FOR THE CLIMB AND ALSO TO PRACTICE BASIC TECHNIQUES WE WILL REQUIRE ON OUR SUMMIT PUSH TONIGHT. AFTER A LATE BREAKFAST AND EQUIPMENT DISBURSEMENT, WE GO TO A NEARBY SLOPE FOR TRAINING AND TO GET COMFORTABLE WITH OUR EQUIPMENT - SNOW BOOTS, ICE AXES AND CRAMPONS. WE WILL LEARN TECHNIQUES AND CALLS OF ROPING UP AND ASCENDING

AND DESCENDING ON A SNOWY TERRAIN. WE ALSO LEARN TO USE ICE AXE TO FACILITATE OUR CLIMB AND FOR SAFETY ON SUCH A CREVASSE-RIDDEN TERRAIN.

## **DAY 9 :**

### **BASE CAMP – ADVANCE BASE CAMP(5,425M) – BASE CAMP**

LIVING THE TENET OF 'CLIMB HIGH, SLEEP LOW' WHICH IS A GOLDEN RULE FOR SURVIVAL IN THAT ALTITUDE, WE MAKE MULTIPLE ROUNDS BETWEEN CAMPSITES. WE WILL CARRY OUR LOAD AND MAKE OUR WAY TO THE ADVANCED BASE CAMP. WE CLIMB BACK DOWN TO BASE CAMP FOR THE NIGHT. THE CLIMB UP TO ADVANCED BASE CAMP IS NOT TOUGH BUT TAKES YOU THROUGH PRECARIOUS SECTIONS OF SCREE AND OVER GLACIERS. IT WILL TAKE AROUND 6-7 HOURS FOR THE ROUND TRIP FOR THE TOTAL DISTANCE.

TIP FOR THE DAY: SAVE YOURSELF FROM AMS AND CONSERVE YOUR ENERGY.

## **DAY 10 :**

### **BASE CAMP TO ADVANCE BASE CAMP (5,425M)**

TODAY WE WILL OCCUPY THE ADVANCE BASE CAMP WHICH WILL HELP US IN SETTING THE ROUTE FURTHER AS IT WILL BE LONG ROPE FIXING DAY. OVERNIGHT STAY IN CAMPS.

## **DAY 11:**

### **ADVANCE BASE CAMP (5,425M) TO SUMMIT CAMP (5,700M)**

SUMMIT CAMP SERVES AS A LAUNCHING PAD FOR THE FINAL SUMMIT PUSH AS IT HELPS IN BETTER ACCLIMATIZATION & INCREASES THE CHANCES OF SUMMIT SUCCESS.

## **DAY 12 :**

### **SUMMIT CAMP (5,700M) TO KY-I SUMMIT (6,401M) TO BASE CAMP (5,100M).**

TODAY IS THE DAY. WE LEAVE THE WARMTH OF OUR TENTS AND START TOWARDS THE SUMMIT AROUND MIDNIGHT. THE ROUTE FROM THE SUMMIT CAMP STARTS TO GET TECHNICAL. IT LAUNCHES YOU STRAIGHT ONTO STEEP SLOPES OF A HIGH GRADIENT. DEPENDING ON THE SNOW AT THE TIME, IT MIGHT REQUIRE FIXING OF ROPES TO TRAVERSE. THE CLIMB INVOLVES NAVIGATING STEEP SECTIONS, ICE WALLS AND KNIFE RIDGES WITH A STEEP DROP ON BOTH SIDES. THE LAST 500M TO THE SUMMIT ARE THE TRICKIEST AND REQUIRE CLIMBING AN ALMOST VERTICAL ICE WALL WITH THE USE OF FIXED ROPES. THE SUMMIT PROVIDES FOR SOME EXCEPTIONAL VIEWS OF THE MOUNTAIN RANGES AROUND.

AFTER WE SAVOUR THE MOMENT OF HAVING MADE IT TO THE TOP, WE START TO MAKE THE EQUALLY LONG DESCEND DOWN TOWARDS BASE CAMP. IT IS GOING TO

**BE A LONG AND DEMANDING DAY WHICH NEEDS CAUTION, BOTH WHILE GOING UP AND COMING BACK DOWN.**

**TIP FOR THE DAY: STAY TOGETHER WITH THE TEAM.**

## **DAY 13 :**

### **RESERVE DAY**

**IN CASE OF BAD WEATHER OR OTHER DIFFICULTIES, DAY 13 IS RESERVED FOR A SECOND SUMMIT ATTEMPT. THIS WILL ONLY GET USED IF UNEXPECTED AND UNFORESEEABLE CONDITIONS PRESENT THEMSELVES AT THE LAST MINUTE PREVENTING THE FIRST SUMMIT PUSH.**

## **DAY 14 :**

### **BASE CAMP (5,100M) TO CHOKDO (3,900M) VIA KONGMARU LA/PASS (5,200M) TO LEH.**

**THERE ARE NO DANGEROUS PATCHES ON THIS DAY BUT THE DISTANCE AND THE DRY TERRAIN MAKE IT A ROUGH UNDERTAKING. THE CLIMB UP TO KONGMARU LA PASS IS A FEW PATCHES OF STEEP INCLINE BETWEEN LONG DISTANCES OF FLAT LAND RICH IN PIKUS AND MARMOTS. WE REACH THE BASE OF THE PASS FROM THE BASE OF THE MOUNTAIN IN 3.5 HOURS AFTER WHICH THERE IS A STEEP INCLINE FOR HALF AN HOUR TO GET ON TOP OF THE PASS. THE PASS PROVIDES FOR MAGNIFICENT VIEWS OF KANG YATSE 1 AND 2 AND ALSO DZO JONGO. ADORNED WITH PRAYER FLAGS, THE WIND ON THE PASS IS FIERCE. LOCALS CLIMB HERE VERY FREQUENTLY TO MAKE PHONE CALLS – THIS PLACE RECEIVES HIGH SPEED INTERNET AND A STRONG PHONE NETWORK WHICH YOU LOSE 5 STEPS ON EITHER SIDE OF THE PASS. IT IS CLOSE TO 2 KMS FROM NIMALING TO THIS PLACE. FROM THE PASS, IT IS ONLY DESCENT ON A NARROW TRAIL, THROUGH GORGES AND WATER CROSSINGS WITH THE VALLEY APPEARING AND DISAPPEARING ON EVERY TURN. THE TERRAIN IS INTERESTING IN ITS COLOURS WITH ROCKS ACROSS THE COLOUR PALETTE, GEOLOGICAL FORMATIONS WITH MASSIVE WALLS STANDING VERTICALLY ON EITHER SIDE OF YOU AND THE GUSH OF WATER FILLING UP THESE NARROW PASSAGEWAYS TO THE STRANGEST AND MOST INTERESTING FAUNA YOU WILL EVER SEE. IT IS 3.5 HOURS OF UP, DOWN, SIDEWAY AND ANY OTHER DIRECTION YOU CAN THINK OF TO CROSS THIS SECTION TO GET TO THE END POINT OF CHOKDO FROM WHERE WE BEGIN OUR 3 HOUR DRIVE TO LEH.**

**EXPECT TO REACH LEH BY LATE EVENING.**

## **DAY 15 :**

### **DISPERSAL FROM LEH**

**YOUR TRIP IS OFFICIALLY COMPLETED HERE , SO FROM HERE YOU CAN TRAVEL TO YOUR RESPECTIVE CITIES TO FIND YOUR NEXT ENDEAVOURS. THE CHECK OUT FROM THE HOTEL WILL BE AT 09/10:00 AM.**

---

**“WE USE BRAND NEW EQUIPMENTS FOR SAFETY PRECAUTIONS & BELIEVE  
IN MAGICAL AND LUXURIOUS EXPERIENCE”**

---

## **WHAT'S INCLUDED**

- **CAMPING DURING THE TREK AND GUEST HOUSE/HOTEL STAY ON TWIN / TRIPLE SHARING BASIS IN LEH/DURING THE TREK**
- **VEG MEALS AS PER MENU DURING THE TREK**
- **TECHNICAL EQUIPMENTS : TENTS,SLEEPING BAGS,SLEEPING MATS,GAITERS AS REQUIRED**
- **TREK PERMISSIONS FEE, IF ANY (UPTO THE AMOUNT CHARGED FOR INDIAN NATIONALS)**
- **EXPERIENCED GUIDES AND SUPPORT STAFF**
- **CERTIFIED MOUNTAIN RESCUERS AND INSTRUCTORS**
- **FIRST AID MEDICAL KITS AND OXYGEN CYLINDER.**
- **TRANSPORT FROM LEH TO ROAD HEAD AND RETURN.**
- **CAMPING DURING THE TREK.**
- **HOTEL/GUEST HOUSE STAYS IN LEH AS PER THE RELEVANT DATES .**
- **MOUNTAINEERING COURSE CERTIFIED GUIDE (BMC, AMC, S&R , MOI : (GRADE A) WITH WILDERNESS ADVANCED FIRST AID CERTIFICATION + CPR FROM HANIFL & SEARCH & RESCUE COURSE FROM HIMALAYAN MOUNTAINEERING INSTITUTE (GRADE A WITH LEADING THE OPERATION)**

---

## **WHAT'S NOT INCLUDED**

- **MEALS DURING HOTEL STAY IN LEH**
- **MEALS DURING ROAD JOURNEYS**
- **ANY KIND OF PERSONAL EXPENSES**

- ANY KIND OF INSURANCE
- MULES OR PORTER TO CARRY PERSONAL LUGGAGE
- PORTERS FOR PERSONAL LUGGAGE AVAILABLE FOR EXTRA COST.
- ANYTHING NOT SPECIFICALLY MENTIONED UNDER THE HEAD INCLUSIONS.
- INNER LINE PERMIT FEE AND IMF FEE

## **PACKING LIST**

THIS IS A LIST OF ESSENTIAL ITEMS FOR EVERY INDIVIDUAL. ALL THE ITEMS IN THE LIST ARE ESSENTIAL EXCEPT FOR THOSE MARKED AS OPTIONAL.

### **GEAR**

- RUCK SACK BAG WITH RAIN COVER.
- DAY PACK BAG/PLASTIC BAG – TO KEEP THE THINGS SAFE AND DRY WHILE YOU ARE AWAY FROM THE CAMP
- HEAD TORCH WITH SPARE BATTERIES.
- U V PROTECTION SUNGLASSES. VLT: 5-8 % IS RECOMMENDED.
- WATER BOTTLES: 2 BOTTLES OF 1 LITRE EACH

### **FOOTWEAR**

- NON-SKID, DEEP TREADED, HIGH-ANKLE TREKKING SHOES
- PAIR OF LIGHT WEIGHT SLIPPER/SANDALS

### **CLOTHING**

- QUICK DRY WARM LOWER OR TREK PANTS. QTY - 2
- FULL SLEEVES T-SHIRTS/ SWEATSHIRTS. AS PER YOUR BODY NEEDS
- PAIR OF THICK WOOLLEN SOCKS. 1 PAIR FOR EVERY TWO DAYS OF TREKKING
- THERMAL BODY WARMER UPPER & LOWER. QTY-1
- UNDERGARMENTS.

- **WARM JACKET CLOSED AT WRIST & NECK (WARM ENOUGH FOR SUMMIT PUSH)**
- **RAIN WEAR (JACKET & PANTS) .**
- **PAIR OF WATERPROOF WARM GLOVES.**
- **WOOLLEN CAP.**
- **SUN SHIELDING HAT.**

### **TOILETRIES**

- **PERSONAL TOILETRIES KIT (SMALL TOWEL, TOILET PAPER, PAPER SOAP, BAR SOAP, TOOTHBRUSH, TOOTHPASTE, COLD CREAM, ETC.)**
- **SUN SCREEN LOTION SMALL PACK TO STAY SAFE IN THE BRIGHT SUNNY OUTDOORS.**
- **LIP BALM SMALL PACK.**
- **UTENSILS (OPTIONAL)**
- **SMALL SIZE, LIGHTWEIGHT & LEAK PROOF LUNCH BOX.**
- **PLATE. QTY- 1 (OPTIONAL)**
- **SPOON.QTY-1 (OPTIONAL)**
- **TEA/COFFEE (PLASTIC) MUG. QTY-1**

### **MISCELLANEOUS**

- **CAMERA (OPTIONAL)**
- **CARRY YOUR MEDICINES IN PLENTY IN CASE YOU HAVE ANY SPECIFIC AILMENT. CONSULT YOUR DOCTOR BEFORE JOINING THE EXPEDITION.**
- **DRY FRUITS, NUTS, CHOCOLATE BARS.**

---

### **NOTE :**

**MOUNT KANG YATSE 1 EXPEDITION IS FOR EXPERIENCED CLIMBERS OR PEOPLE WHO HAVE EXPERIENCED HIGH ALTITUDE TREKS & WHO WANT TO TEST THEIR LIMITS. THE CHALLENGES FACED IN THE CLIMB SHOULD NOT BE UNDERESTIMATED. YOU SHOULD ATTEMPT THIS PEAK ONLY IF YOU HAVE ALREADY DONE A TREK THAT CLIMBS TO 4000M+. IT IS RECOMMENDED NOT TO OPT THIS EXPEDITION IF YOU CANNOT GET ACCLIMATIZED IN THE MOUNTAINS OF LADAKH. BESIDES YOU NEED TO HAVE A STRONG PHYSICAL ENDURANCE TO COMPLETE THIS CLIMB.**

---

**~ DIFFICULTY GRADE ON MAN TO MOUNTAIN RATING SCALE : 7.5/10 ~**

---