

#### Documents:

- Valid passport.
- Airline tickets.
- Voucher (a form sent to you to obtain a visa).
- Insurance cover.

#### Personal equipment:

- Backpack.
- Sleeping Bag.
- Ski/Touring poles be sure to have rings of at least 70 mm.
- Crampons.
- Ice axe.
- Climbing lanyard.
- Climbing helmet.
- Harness.
- 5 carabiners.
- 7 metres of 5 or 6 mm rope.

#### Clothing and shoes:

- Wind and waterproof layer – trousers and jacket. For example, Gore-Tex.
- Fleece trousers and jacket.
- Thermal underwear layer – top and bottom.
- Dawn jacket.
- Gloves or mittens.
- Thick gloves.
- Thin gloves.
- Neckerchief.
- Warm hat.
- Underwear, socks, etc.
- A pair of warm socks for a summit day.
- Balaclava.
- Windproof face mask.
- Gators.
- Trekking shoes/boots.
- Double or triple boots.

#### Travel Accessories:

- Headlamps.
- Shower gel, toothpaste, toothbrush.
- Sunglasses.
- Ski Goggles.
- Vitamin tablets.
- Thermos (1 litre, preferably without a lid).
- Sun block and lip balm.
- Personal medical kit.
- Extra pair of contact lenses or glasses.
- Knee support.