

## 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
- Alligators
- 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