You bring all of your own personal equipment. Before the trip, agree your boots, crampons, ice axe, harness, ascender, descender and sleeping bag with the guide. You may not drop or substitute incompatible or unsuitable technical equipment on your own initiative.

Documents

- Passport
- Air tickets or e-ticket receipts
- Mountaineering medical insurance
- Digital copies of your documents
- Waterproof cover

Personal and technical equipment

- Rucksack of about 60 litres
- Soft duffel bag, provided locally
- Sleeping bag with a comfort rating of -20 to -30 °C
- Insulated sleeping mat
- Two trekking poles with baskets at least 70 mm across
- Steel crampons
- Classic ice axe with a steel pick, or an ice tool agreed with the guide
- Climbing harness
- Climbing helmet
- 3 karabiners
- Cow's-tail lanyards
- Ascender
- Descender
- Mug, spoon and bowl

Clothing and footwear

- Triple or double mountaineering boots
- Broken-in waterproof trekking boots
- Light footwear for towns and lodges
- Waterproof shell jacket and waterproof trousers
- Fleece set
- Base layer, top and bottoms
- Thick down jacket with a hood
- Warm mittens
- Thick gloves
- Thin gloves
- Buff or bandana
- Warm hat
- Warm trekking socks for summit day
- Gaiters

Useful extras

- Head torch with at least 12 hours of battery life
- Power bank
- Sunglasses
- Ski goggles

- Rain jacket
- Vacuum flask, 1 litre, without a push-button lid
- SPF 50 sun cream
- Lip balm with sun protection
- Chemical hand warmers, optional
- Personal first-aid kit
- Elastic bandage or a personal support brace
- Personal toiletries and a quick-drying towel
- Toilet paper