- Passport
- Air tickets
- Medical insurance
- Rucksack. 50-60 litres
- Sleeping bag with a comfort rating of -15 to -25 °C
- Sleeping mat
- Trekking poles
- Crampons; aluminium is acceptable
- Ice axe. Classic, on a leash. A lightweight axe, or one combined with a ski pole, is acceptable
- Helmet
- Mug, spoon and bowl
- Triple or double mountaineering boots. Doubles are either plastic or leather. In plastic we recommend the Scarpa Vega, probably the warmest of all the double boots
- Trainers or trekking boots. Ideally both. Trainers for the trek to base camp, and light boots for the acclimatisation outing and for base camp. Trainers alone will do, though
- Waterproof shell: jacket and trousers. The market runs from simple 5000/5000 membranes through to Gore-Tex garments
- Fleece top and bottoms
- Base layer, top and bottoms
- Down jacket. Thick and warm
- Warm mittens
- Thick gloves
- Thin gloves
- Bandana (as well as sun protection in the valley, it can keep your throat or face warm in the cold)
- Warm hat
- Warm trekking socks for summit day
- LED head torch
- Sunglasses
- Ski goggles
- Vacuum flask, 1 litre. Preferably without a push-button lid
- Windproof face mask for the lower face (a scarf will do at a pinch)
- Gaiters
- Sun cream and lip balm
- Chemical hand warmers (not compulsory, but they can be very useful)
- Personal first-aid kit
- Elastic bandage and/or a support brace