The client provides, for the quote

- The route, day by day and camp by camp
- A list of participants and staff
- The weight and number of duffel bags
- How the up-to-four full-board days are spread across dates and camps
- Hotel nights and room types
- Dietary restrictions
- A contact for the group leader, and who may approve additional charges

Participants bring

- A complete personal set of clothing, footwear and climbing equipment
- A sleeping bag and camp kit, according to the group’s own plan
- Head torch, batteries and a power bank
- Vacuum flask and water containers
- A personal first-aid kit and toiletries

Mules, porters and any equipment supplied are set out separately. There is more in our piece on mules and high-altitude porters.