Documents:

- Passport
- Flight tickets (including the return!)
- Medical insurance

Personal equipment:

- A 20-40 litre rucksack
- A sleeping bag with a comfort rating of 0 °C or lower
- Trekking poles

Clothing and footwear:

- Trekking boots
- Trainers (for the towns)
- Waterproof layer – jacket and trousers. The industry offers a whole range of products, from simple 5,000/5,000 membranes upwards.
- Fleece top and bottoms
- Base layer, top and bottoms
- Down jacket with a hood
- 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
- Cap or hat

Other items:

- LED head torch with at least 12 hours of battery life
- Sunglasses
- Vacuum flask, 1 litre. Preferably without a push-button lid
- Reusable bottle
- Windproof face mask for the lower face (a scarf will do at a pinch)
- Gaiters
- Sun cream and lip balm
- Chemical hand warmers (not essential, but they can prove useful)
- Personal first-aid kit
- Elastic bandage and/or a support brace