The standard route does not require constant use of a helmet, harness or ice axe. You bring all of your own personal equipment. Your footwear, sleeping bag and any additional kit for the snow pass should be agreed with your guide according to the conditions on your particular departure.

**Documents**

- Passport
- Air tickets or e-ticket receipts
- Medical insurance with altitude cover and evacuation
- Digital copies of your documents
- Waterproof cover

**Baggage and personal equipment**

- Rucksack of 30-50 litres
- Soft duffel bag, provided locally
- Sleeping bag with a comfort rating no higher than -5 °C
- Two trekking poles with baskets
- Waterproof rucksack cover
- Dry liner bags for clothing and electronics

**Clothing and footwear**

- Broken-in waterproof trekking boots
- Light footwear for towns and lodges
- Waterproof shell jacket and waterproof trousers
- Fleece jacket or fleece set
- Base layer, top and bottoms
- Down jacket with a hood
- Thick and thin gloves
- Buff or bandana
- Warm hat
- Warm trekking socks
- Gaiters

**Useful extras**

- Head torch with at least 12 hours of battery life
- Power bank
- Sunglasses
- Rain jacket
- Vacuum flask or water bottle, 1 litre
- SPF 50 sun cream
- Lip balm with sun protection
- Personal first-aid kit
- Elastic bandage or a personal support brace
- Personal toiletries and a quick-drying towel
- Toilet paper