You bring all of your own personal equipment. Before the trip, agree with your guide the models of footwear, the compatibility of your boots and crampons, your ice axe and your sleeping bag, taking account of the month and the current state of the route. If you are missing part of the set, look into the terms for hiring climbing equipment in advance and check whether items can be supplied for a trip abroad. Boots, crampons and ice axe must be tested together before departure.

Documents

- Passport
- Air tickets or e-ticket receipts
- Medical insurance covering mountaineering and an ascent to at least 5137 m
- Digital copies of your documents on your phone and in cloud storage
- Waterproof document wallet

Personal equipment

- Rucksack of 30-50 litres
- Sleeping bag with a comfort rating no higher than -10 °C
- Folding trekking poles with baskets at least 70 mm across
- Waterproof rucksack cover
- Dry bags or liner bags for clothing and electronics

Technical equipment

- Crampons compatible with the boots you choose
- Classic ice axe

Crampons and an ice axe matter especially on June and other early departures. Whether they are needed on later dates depends on the actual state of the route. The guide takes the final decision, so do not leave agreed technical equipment out of your baggage on your own initiative.

Clothing and footwear

- Double plastic or leather mountaineering boots for early departures, as agreed with the guide
- Waterproof trekking or lightweight mountaineering boots with a dependable sole that will take crampons, for summer ascents
- Light spare footwear for town and the hotel
- Waterproof shell jacket with a hood
- Waterproof shell trousers
- Fleece jacket or fleece set
- Base layer, top and bottoms
- Warm down jacket with a hood
- Quick-drying trekking trousers
- Quick-drying T-shirts or long-sleeved shirts
- Thin gloves
- Warm gloves
- Buff or bandana
- Warm hat
- Sun hat
- Warm trekking socks for summit day
- Spare underwear and trekking socks
- Gaiters

Useful extras

- LED head torch with at least 12 hours of battery life
- A spare set of batteries, or a rechargeable cell, for your torch
- Sunglasses with UV protection
- Ski goggles for wind, snow and poor visibility
- Vacuum flask of 1 litre, preferably without a push-button lid
- Insulated reusable bottle of 1 litre
- Windproof mask for the lower face, or a warm scarf
- Sun cream
- Lip balm with sun protection
- Power bank and charging cables
- Quick-drying towel
- Personal toiletries and wet wipes
- Chemical hand warmers, optional
- A personal first-aid kit suited to your own medical needs
- Elastic bandage or a personal support brace

We also recommend reading our pieces on choosing equipment for high-altitude climbs and on a personal first-aid kit in the mountains.