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 date and the current state of the route.

Documents

- Passport
- Air tickets or e-ticket receipts
- Medical insurance for mountaineering to 5137 m
- Digital copies of your documents
- Waterproof document wallet

Personal and technical 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
- Crampons compatible with the boots you choose
- Classic ice axe
- Waterproof rucksack cover
- Dry bags for clothing and electronics

Crampons and an ice axe matter especially on early departures. Whether they are needed on later dates depends on the state of the route. Do not leave agreed equipment out of your baggage without the guide’s permission.

Clothing and footwear

- Mountaineering or trekking boots that will take crampons — model agreed with the guide
- Light spare footwear
- Waterproof shell jacket with a hood
- Waterproof shell trousers
- Fleece jacket
- Base layer, top and bottoms
- Warm down jacket with a hood
- Quick-drying trekking trousers
- Thin gloves
- Warm gloves
- Buff or bandana
- Warm hat
- Sun hat
- Warm trekking socks
- Spare underwear and socks
- Gaiters

Useful extras

- 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, 1 litre, without a push-button lid

- Insulated bottle of 1 litre
- Windproof face mask 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

Before departure, read our piece on choosing equipment for high-altitude climbs and our advice on a personal first-aid kit.