Documents

- Passport
- Medical insurance covering mountaineering and an altitude of 6263 m
- Digital copies of your documents on your phone and in cloud storage

Personal and technical equipment

- Day pack
- Mountaineering boots compatible with crampons
- Crampons
- Ice axe
- Helmet
- Climbing harness
- Cow’s-tail lanyards and screwgate karabiners
- Descender and ascender
- Trekking poles
- Head torch with spare batteries

Clothing and useful extras

- Base layers
- Insulating layer
- Down jacket
- Waterproof shell jacket and trousers
- Warm mittens and working gloves
- Warm hat and buff
- Gaiters
- Category 4 sunglasses and ski goggles
- Vacuum flask
- Sun cream and lip balm
- A personal first-aid kit; we do not prescribe its contents
- Power bank

Any additional protective equipment required by the access rules in force for active volcanoes is agreed before departure.