You bring all of your own personal equipment. Mountaineering boots, crampons, ice axe or tool, harness, ascender, descender and sleeping bag are agreed with the guide before the trip. The set must suit Island Peak, the three high camps on Ama Dablam and technical work on fixed ropes.

Documents

- Passport
- Air tickets or e-ticket receipts
- Mountaineering medical insurance
- Digital copies of your documents
- Waterproof cover

Personal and technical equipment

- Rucksack of about 60 litres
- Soft duffel bag, provided locally
- Sleeping bag with a comfort rating of -20 to -30 °C
- Insulated sleeping mat
- Two trekking poles with baskets at least 70 mm across
- Steel crampons
- Classic ice axe with a steel pick, or an ice tool agreed with the guide
- Climbing harness
- Climbing helmet
- 3 karabiners
- Cow’s-tail lanyards
- Ascender
- Descender
- Mug, spoon and bowl

Clothing and footwear

- Triple or double mountaineering boots; doubles preferably with an outer overboot
- Broken-in waterproof trekking boots
- Light footwear for towns and lodges
- Waterproof shell jacket and waterproof trousers
- Fleece set
- Base layer, top and bottoms
- Thick down jacket with a hood
- Warm mittens
- 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
- Ski goggles
- Rain jacket

- Vacuum flask, 1 litre, without a push-button lid
- SPF 50 sun cream
- Lip balm with sun protection
- Chemical hand warmers, optional
- Personal first-aid kit
- Elastic bandage or a personal support brace
- Personal toiletries and a quick-drying towel
- Toilet paper