The outline below is for preliminary preparation. The final list depends on the season, the high-altitude team and the current state of the route. Before buying tickets, obtain the approved list from the leader and agree the models of your high-altitude boots, crampons, ice axe, harness, down kit and sleeping bag.

Documents

- Passport
- Air tickets or e-ticket receipts
- Mountaineering medical insurance
- The insurer's 24-hour emergency contact details
- Digital copies of your documents on your phone and in cloud storage
- Waterproof document wallet

Baggage and camp equipment

- Soft expedition duffel bag of the agreed size
- Summit pack of the agreed size
- Waterproof rucksack cover
- Dry bags for clothing, sleeping bag and electronics
- High-altitude sleeping bag with a comfort rating agreed with the leader
- Insulated sleeping mat
- Folding trekking poles
- Vacuum flask of 1 litre
- Water containers of the agreed capacity
- Light footwear for the lodges and base camp

Technical equipment

- Crampons compatible with high-altitude boots
- Classic ice axe
- Climbing harness
- Climbing helmet
- Cow's-tail lanyards
- Ascender with a foot loop and an attachment sling
- A descender compatible with fixed ropes
- Screwgate karabiners, in the number on the leader's list
- Slings and accessory cord, as agreed with the leader
- Hard-wearing full-finger gloves for handling ropes

Clothing and footwear

- High-altitude mountaineering boots rated for climbing above 7000 m
- Broken-in waterproof trekking boots
- Light spare footwear for Kathmandu and the lodges
- A high-altitude down suit, or an agreed set of down clothing
- Waterproof shell jacket with a hood
- Waterproof shell trousers
- Fleece jacket or fleece set
- Base layer, top and bottoms
- Quick-drying trekking trousers
- Quick-drying T-shirts and a long-sleeved top

- Warm high-altitude mittens
- Thin gloves and insulated gloves
- A spare pair of dry gloves
- Warm hat
- Buff or windproof face mask
- Sun cap or brimmed hat
- High-altitude and trekking socks
- A spare set of dry underwear and socks
- Gaiters, unless they are built into your boots

Useful extras

- Head torch with at least 12 hours of battery life
- A spare head torch or backup light source
- A set of batteries or cells for your torches
- High-category sunglasses
- Ski goggles for wind, snow and poor visibility
- Sun cream
- Lip balm with sun protection
- Power banks and the charging cables you need
- Universal plug adapter
- 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
- Blister prevention and treatment