Documents

- Passport
- Air tickets
- An insurance policy covering mountaineering and evacuation from at least 6100 m
- We recommend keeping digital copies of your documents on your phone and in cloud storage

Personal equipment

- A rucksack of about 35-40 litres, with the contents protected from rain and snow
- A warm sleeping bag for the nights in the high-altitude huts
- Trekking poles
- Head torch with a spare set of batteries
- Vacuum flask and water containers holding about two litres in total
- Dry bags or light stuff sacks to keep your kit organised

Clothing and footwear

- Broken-in trekking boots for Titicaca, Pico Austria and the approaches
- Warm mountaineering boots compatible with crampons; hire and sizing are confirmed in advance
- Base layers
- An insulating mid layer
- Warm down or synthetic jacket
- Waterproof shell jacket and trousers against wind and precipitation
- Trekking trousers
- Warm hat and neck protection
- Thin gloves with warm mittens to go over them
- Trekking socks and warm socks

Technical equipment

- Helmet
- Climbing harness
- Crampons compatible with your boots
- Ice axe
- Gaiters
- Screwgate karabiner
- The technical equipment in this section is supplied as part of the package once size and compatibility have been checked; you may use your own set after your guide has inspected it

Sun protection and useful extras

- High-protection sunglasses for the glacier
- Spare glasses or ski goggles
- Sun cream and protective lip balm
- A cap or sun hat for the day outings
- Power bank and cables
- A personal first-aid kit; we do not list medicines or treatment regimes
- Toiletries and a small towel