You bring all of your own personal equipment. High-altitude boots, crampons, ice axe, harness, ascender, descender, down kit and sleeping bag must be agreed with the leader before you buy tickets. The set is checked again in Kathmandu.

Documents

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

Personal and technical equipment

- Rucksack of 50-60 litres
- Expedition duffel bag of 120-150 litres
- 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 or aluminium crampons, matched to your boots
- Classic ice axe with a steel pick
- Climbing harness
- 5 karabiners
- Cow’s-tail lanyards
- Ascender
- Descender
- Ice screw on its own karabiner
- 5 m of 5-6 mm accessory cord
- Mug, spoon and bowl

Clothing and footwear

- Triple mountaineering boots, 8000 m class
- Broken-in trekking boots
- Light footwear for towns and lodges
- A high-altitude down suit, or a down jacket with a hood plus down trousers
- Waterproof shell jacket and waterproof trousers
- Fleece set
- Base layer, top and bottoms
- Warm mittens
- Spare warm mittens
- Thick and thin gloves
- Buff or bandana
- Warm hat
- High-altitude and warm trekking socks
- Gaiters, unless they are built into your boots

Useful extras

- Head torch with at least 12 hours of battery life
- A spare set of batteries or cells
- High-category sunglasses

- Ski goggles
- Vacuum flask, 1 litre, without a push-button lid
- Windproof mask for the lower face
- Sun cream
- Lip balm with sun protection
- Power bank and charging cables
- Chemical hand warmers, optional
- Personal first-aid kit
- Elastic bandage or a personal support brace

Your high-altitude kit must be checked before you fly to Nepal. For a first selection, use our guide to equipment for climbs from Elbrus to Everest, and agree the final list and the compatibility of the technical items with the expedition leader.