- Passport
- Air tickets
- Medical insurance covering mountaineering
- Rucksack, 50-60 litres
- Sleeping bag with a comfort rating of -20 to -10 °C
- Sleeping mat (self-inflating or foam)
- Trekking poles with wide baskets
- Crampons (steel or aluminium, compatible with your boots)
- Ice axe (classic, with a leash)
- Helmet
- Climbing harness (sit harness)
- Cow’s-tail lanyards with karabiners (screwgate or auto-locking preferred)
- Karabiners (at least 4, two of which must be screwgates)
- Accessory cord (6-7 mm, 2-3 m long, for a prusik knot)
- Ascender
- Descender (a figure of eight or similar)
- Mug, spoon and bowl
- Double or triple mountaineering boots
- Trekking footwear (boots or shoes)
- Waterproof jacket and trousers (membrane rated at least 5,000/5,000, Gore-Tex preferred)
- Fleece jacket and trousers
- Base layer, top and bottoms
- Down jacket with a hood. Thick and warm
- Warm mittens
- Thick gloves
- Thin working gloves
- Bandana or buff
- Warm hat
- Trekking socks (several pairs, including warm ones for the climb)
- Head torch with at least 12 hours of battery life, plus spare batteries
- Sunglasses (category 3-4)
- Ski goggles (for wind protection)
- Vacuum flask (1 litre, preferably with a secure lid)
- Windproof mask or scarf
- Gaiters, to keep snow out
- Sun cream (SPF 50+)
- Lip balm
- Personal first-aid kit
- Elastic bandage and/or a support brace
- Chemical hand warmers (optional)