The route calls for no helmet, climbing harness, crampons, ice axe or other technical mountaineering equipment. You bring all of your own personal equipment. It is worth agreeing your choice of footwear, sleeping bag and outer clothing with your guide in advance.

Documents

- Passport
- A visa or entry permit for Papua New Guinea
- Confirmation of your PNG Digital Arrival Card
- International and domestic air tickets
- Medical insurance
- Digital copies of your documents
- Waterproof document wallet

Baggage and personal equipment

- A soft holdall or 60-70 litre rucksack for the baggage carried by a porter
- A 35-40 litre summit pack
- Waterproof rucksack cover
- Dry bags for clothing and electronics
- Sleeping bag with a comfort rating no higher than -5 °C
- Folding trekking poles – 2
- Water containers holding about 3 litres in total
- Light shoes or slippers for the lodge and the base hut
- Your own snacks for the acclimatisation outings and summit day

Clothing and footwear

- Waterproof trekking boots with a dependable sole
- Light spare footwear for the flights and for town
- Quick-drying base layer, top and bottoms
- Quick-drying T-shirt
- A long-sleeved shirt or top
- Fleece jacket
- A warm jacket with synthetic or down insulation
- Waterproof shell jacket with a hood
- Waterproof shell trousers
- Quick-drying trekking trousers
- Thin gloves
- Warm waterproof gloves
- Spare dry gloves
- Warm hat
- Buff or warm scarf
- Sun cap or brimmed hat
- Synthetic or wool trekking socks
- A spare set of dry underwear and socks
- Gaiters to keep mud and water off your boots and trousers
- Dry clothes for the lodge, the hotel and the flights

Useful extras

- Head torch with at least 12 hours of battery life

- A spare set of batteries or cells for your torch
- Sunglasses with UV protection
- Sun cream
- Lip balm with sun protection
- Power bank and the charging cables you need
- Adapter for type I sockets
- Small quick-drying towel
- Toiletries
- Toilet paper in a waterproof bag
- Wet wipes and hand sanitiser
- Insect repellent
- A personal first-aid kit suited to your own medical needs
- Elastic bandage or a personal support brace
- Blister prevention and treatment
- A small amount of cash in local currency

Before the trip, read our piece on the personal first-aid kit in the mountains. Discuss medication and infection prophylaxis with a doctor.

When making your final check of your baggage, compare what you have against our advice on choosing a rucksack for mountain trips. Confirm with the leader before departure how much you may hand to a porter and how it should be packed.