You bring all of your own personal equipment. Before the trip, agree your footwear, sleeping bag and technical kit with the guide, taking the season and the actual state of the route into account.

Documents

- Passport
- Air tickets or e-ticket receipts
- Medical insurance covering the stated activity and the maximum altitude of the trip
- We recommend keeping digital copies of your documents on your phone and in cloud storage

Personal equipment

- Rucksack of 30-50 litres
- Sleeping bag with a comfort rating of -10 °C or lower
- Trekking poles
- Crampons **(needed on trips before June)**
- Ice axe. Classic **(needed on trips before June)**
- Sleeping mat

Clothing and footwear

- Trekking boots that will take crampons
- Waterproof shell: jacket and trousers. The market runs from simple 5,000/5,000 membranes through to Gore-Tex garments
- Fleece top and bottoms
- Base layer, top and bottoms
- Down jacket with a hood
- Thick gloves
- Thin gloves
- Bandana (as well as sun protection in the valley, it can keep your throat or face warm in the cold)
- Warm hat
- Warm trekking socks for summit day

Other items

- LED head torch with at least 12 hours of battery life
- Sunglasses
- Ski goggles
- Vacuum flask, 1 litre. Preferably without a push-button lid
- Windproof face mask for the lower face (a scarf will do at a pinch)
- Gaiters
- Sun cream and lip balm
- Chemical hand warmers (not compulsory, but they can be very useful)
- Personal first-aid kit
- Elastic bandage and/or a support brace