Documents:

- Passport
- Air tickets
- Medical insurance

Personal equipment:

- Rucksack. 60-70 litres
- Snowshoes
- A sleeping bag with a comfort rating of -20 °C or lower.
- Sleeping mat
- Trekking poles, which must have baskets of at least 70 mm
- Steel crampons
- Classic ice axe with a steel pick, or a technical ice tool
- Climbing harness
- Helmet
- 5 karabiners.
- Cow’s-tail lanyards
- Ascender
- Descender
- Ice screw on its own karabiner
- A holdall (100 litres or more).
- Mug, spoon and bowl
- 10 m of accessory cord.

Clothing and footwear:

- Triple or double mountaineering boots. Doubles, plastic or leather, ideally with an outer overboot
- Trekking boots
- Trainers (for the towns)
- 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 and warm
- Warm mittens
- Spare mittens
- 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