The planned flight does not require crampons, an ice axe or the other standard climbing kit. Participants should, however, be ready for snow, wind, sub-zero temperatures and the possibility of walking for a time. Some of the clothing and footwear you need can be chosen in advance from Rock and Rent.

Documents

- Passport
- Air or rail tickets
- Medical insurance
- A voucher for foreign participants

Personal items

- A small rucksack of 15-25 litres
- Phone or camera
- Power bank
- Personal first-aid kit
- Any medication you take

Clothing and footwear

- Insulated trekking or mountaineering boots with a non-slip sole
- Base layer, top and bottoms
- Fleece jacket
- Warm down jacket with a hood
- Waterproof and windproof jacket
- Waterproof and windproof trousers
- Warm mittens
- Spare gloves
- Warm hat
- Balaclava, buff or windproof mask
- Warm socks

Town shoes, light trainers and everyday outdoor clothing are not suitable for the high-altitude part of the trip.

Other items

- Category 3-4 sunglasses with protection from side light
- Category 1-2 ski goggles for cloud, snow and strong wind
- SPF 30-50 sun cream
- Lip balm with SPF
- Chemical hand warmers
- Your own water bottle
- A small snack

If the agreed flight plan calls for special safety equipment, this is specified separately. Before the flight the guide checks each participant’s clothing, footwear and personal kit.