Anything you are missing can be reserved in advance from Rock and Rent. The final list is checked with the guide before departure.

Personal equipment

- Rucksack of 80-100 litres
- Sleeping bag with a comfort rating of -15 °C or lower
- Foam sleeping mat
- Trekking poles
- Crampons
- Classic ice axe
- Climbing harness
- Helmet
- Two karabiners
- Cow’s-tail lanyards
- Ice screw on its own karabiner
- Ascender
- Your own eating utensils

Clothing and footwear

- Double mountaineering boots
- Trekking boots
- Waterproof jacket and trousers
- Fleece layer
- Base layers: top and bottoms
- Warm down jacket
- Warm mittens
- Thick and thin gloves
- Hat and face protection against the wind
- Warm trekking socks

Useful extras

- Head torch with a spare set of batteries
- Sunglasses
- Ski goggles
- Vacuum flask of 1 litre without a push-button lid
- Gaiters
- Sun cream and lip balm
- Chemical hand warmers, optional
- A personal first-aid kit; the organiser does not prescribe medication
- Elastic bandage or a support brace
- Power bank for your phone and other devices