The final list is confirmed once the season, transport and accommodation are settled. Check everything in advance, and carry medication in its original packaging together with a prescription where one is needed.

Documents and baggage

- Passport, tickets, insurance and permits
- A soft suitcase or holdall that meets the limits for internal flights
- Day pack of 20-30 litres
- Dry bags for documents, electronics and spare clothing

Clothing and footwear

- Broken-in trekking shoes or light boots
- Light, covering, long-sleeved clothing
- Quick-drying trousers and T-shirts
- Waterproof shell jacket or a reliable rain jacket
- Fleece top
- Sun hat
- A lightweight sleeping bag or liner, if the host team confirms you need one
- Head torch with spare batteries
- Buff or dust mask
- Covering clothing for the sun and for cultural visits
- Electrolytes and any personal heat protection your doctor recommends

Useful extras

- Sunglasses
- SPF 50 sun cream and lip balm with SPF
- Insect repellent
- Reusable water bottle
- Power bank and charging cables
- Personal first-aid kit and any medication you take regularly
- Hand sanitiser and wet wipes
- Earplugs
- Camera and spare memory cards, if you want them