The route calls for no crampons, ice axe, helmet or climbing harness. You bring all of your own personal equipment. It is worth agreeing your choice of footwear, sleeping bag and outer clothing with your guide in advance.

Documents

- Passport
- Air tickets or e-ticket receipts
- Medical insurance with the necessary altitude cover and helicopter evacuation
- Digital copies of your documents
- Waterproof document wallet

Baggage and personal equipment

- A 30-50 litre rucksack for the daily stages
- A soft holdall for your main baggage - provided by the team on arrival
- Waterproof rucksack cover
- Dry bags, or strong liner bags, for clothing and electronics
- Sleeping bag with a comfort rating no higher than -5 °C
- Folding trekking poles with baskets
- Water containers holding about 2 litres in total
- Your own snacks for the longer days

Clothing and footwear

- Waterproof trekking boots with a dependable sole
- Light spare footwear for Kathmandu and for relaxing at the lodges
- Quick-drying base layer, top and bottoms
- Quick-drying T-shirts and a long-sleeved top
- Trekking trousers
- Fleece jacket
- Warm down jacket with a hood
- Waterproof shell jacket with a hood
- Waterproof shell trousers
- Thin gloves
- Warm waterproof gloves
- Warm hat
- Buff or bandana
- Sun cap or brimmed hat
- Trekking socks and a spare dry set
- Gaiters

Useful extras

- An LED head torch and a spare set of batteries
- Sunglasses with UV protection
- SPF 50 sun cream
- Lip balm with sun protection
- Vacuum flask or insulated bottle of about 1 litre
- Power bank and the charging cables you need
- Quick-drying towel
- Toiletries, wet wipes and toilet paper

- A personal first-aid kit suited to your own medical needs
- Elastic bandage or a personal support brace
- Blister prevention and treatment
- A small amount of cash for personal spending along the route