The route does not require crampons, an ice axe, a helmet or a harness. Participants bring all their own personal equipment. We recommend agreeing your footwear, sleeping bag and outerwear models with the guide in advance.

Documents

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

Baggage and personal equipment

- Rucksack, 30–50 litres, for the daily walks
- Soft duffel bag for your main baggage — provided by the team locally
- Waterproof rucksack cover
- Dry bags or sturdy inner bags for clothing and electronics
- Sleeping bag with a comfort rating of -5°C or lower
- Folding trekking poles with baskets
- Water containers with a total capacity of about 2 litres
- Personal snacks for long walking days

Clothing and footwear

- Waterproof trekking boots with a reliable sole
- Lightweight spare footwear for Kathmandu and resting in lodges
- Quick-drying thermal base layers, top and bottom
- Quick-drying T-shirts and a long-sleeved top
- Trekking trousers
- Fleece jacket
- Warm down jacket with a hood
- Waterproof membrane jacket with a hood
- Waterproof membrane trousers
- Thin gloves
- Warm waterproof gloves
- Warm hat
- Neck gaiter or bandana
- Sun cap or sun hat
- Trekking socks and a dry spare set
- Gaiters

Useful items

- LED headtorch and a spare set of batteries
- Sunglasses with ultraviolet protection
- SPF50 sun cream
- Lip balm with sun protection
- Vacuum flask or heat-resistant bottle, about 1 litre
- Power bank and the necessary charging cables
- Quick-drying towel
- Personal toiletries, wet wipes and toilet paper

- Personal first-aid kit
- Elastic bandage or a personal support brace
- Products for preventing and treating blisters
- A small amount of cash for personal expenses on the route