Your guide checks the final kit before you set out. The state of the Great Fisht glacier and of the snowfields changes with the season, so crampons, an ice axe, a helmet and a climbing harness remain compulsory even when the route looks almost like a walk in photographs.

Anything you are missing can be reserved in advance from Rock and Rent. Whether the kit can be delivered to the starting point is confirmed separately before the trip.

Documents

- A valid passport
- Tickets to the region and back
- Medical insurance covering mountaineering, altitudes to at least 2868 m, search and rescue and evacuation
- Digital copies of your documents on your phone and in cloud storage

Personal equipment

- A 50-60 litre rucksack with a rain cover
- A small 20-30 litre summit pack, or a rucksack that can be cinched down for the day of the climb
- A sleeping bag with a comfort rating of -5 to 0 °C for the summer season
- Foam sleeping mat
- Trekking poles
- Crampons, fitted to your boots beforehand
- Classic ice axe
- Climbing harness
- Helmet
- Two large screwgate karabiners
- Cow’s-tail lanyards
- Dry bags or heavy-duty waterproof bags for your sleeping bag, clothing and documents

Clothing and footwear

- High waterproof trekking boots or light mountaineering boots with a sufficiently stiff sole, compatible with crampons
- Waterproof shell jacket and waterproof trousers
- A fleece jacket or another warm mid layer
- Base layers – top and bottom
- A light down or synthetic insulated jacket
- Trekking trousers
- A T-shirt or a thin long-sleeved top
- Warm hat
- Sun hat
- Thin gloves and warm waterproof gloves
- Trekking socks and one spare dry pair
- Gaiters – depending on the snow and the weather
- Light footwear to change into at camp

Other items

- A head torch with a spare set of batteries or a spare battery pack
- Category 3-4 sunglasses with side protection

- SPF 30-50 sun cream and lip balm with SPF
- A bottle or soft container for 1-1.5 litres of water
- A 0.5-1 litre vacuum flask – depending on the weather and your guide’s advice
- Your own mug, bowl and spoon
- A personal first-aid kit and your own medication
- Toiletries, a small towel and wet wipes
- Power bank and the charging cables you need
- Insect repellent
- Your own snacks – ones you know you will be able to eat during a long climb