You bring all of your own personal equipment. Before the trip you must agree your boots, crampons, ice axe, harness, karabiners, ascender, descender and sleeping bag with your guide. The check in Kathmandu is no substitute for agreeing the models and their compatibility beforehand.

Documents

- Passport
- Air tickets or e-ticket receipts
- Mountaineering medical insurance
- Digital copies of your documents
- Waterproof cover

Personal and technical equipment

- Rucksack of 30-50 litres
- Soft duffel bag, provided locally
- A sleeping bag with a comfort rating of -20 °C or lower
- Insulated sleeping mat
- Two trekking poles with baskets at least 70 mm across
- Steel crampons
- Ice axe with a leash
- Climbing harness
- Climbing helmet
- Karabiners - 4
- Cow's-tail lanyards
- Ascender
- Descender
- Mug, spoon and bowl

Clothing and footwear

- Triple or double mountaineering boots
- Broken-in waterproof trekking boots
- Light footwear for towns and lodges
- Waterproof shell jacket and waterproof trousers
- Fleece set
- Base layer, top and bottoms
- Down jacket with a hood
- Warm mittens
- Thick and thin gloves
- Buff or bandana
- Warm hat
- Warm trekking socks
- Windproof mask for the lower face
- Gaiters

Useful extras

- Head torch with at least 12 hours of battery life
- Power bank
- Sunglasses
- Ski goggles

- Rain jacket
- Vacuum flask, 1 litre, without a push-button lid
- SPF 50 sun cream
- Lip balm with sun protection
- Chemical hand warmers, optional
- Personal first-aid kit
- Elastic bandage or a personal support brace
- Personal toiletries and a quick-drying towel
- Toilet paper