You bring all of your own personal equipment. Before the trip, agree your footwear, sleeping bag and personal kit with the guide, taking the season and the conditions on the route into account.

Documents

- Passport
- Air tickets or e-ticket receipts
- Medical insurance covering the stated activity and the maximum altitude of the trip
- The embassy's application form, completed in English (3 copies)
- 4 colour photographs, 3x4 cm
- Copies of your passport
- We recommend keeping digital copies of your documents on your phone and in cloud storage

Personal equipment

- Rucksack of 50-60 litres
- A sleeping bag with a comfort rating of -10 °C
- Trekking poles, which must have baskets of at least 70 mm
- Crampons
- Classic ice axe with a steel pick, or a technical ice tool
- Climbing harness
- 5 karabiners
- Cow's-tail lanyards
- Descender

Clothing and footwear

- Single-layer mountaineering boots
- Trainers (for the towns)
- Waterproof shell: jacket and trousers. The market runs from simple 5,000/5,000 membranes through to Gore-Tex garments
- Fleece top and bottoms
- Base layer, top and bottoms
- Down jacket with a hood
- Warm mittens
- Thick gloves
- Thin gloves
- Bandana (as well as sun protection in the valley, it can keep your throat or face warm in the cold)
- Warm hat
- Warm trekking socks for summit day

Other items

- LED head torch with at least 12 hours of battery life
- Sunglasses
- Ski goggles
- Vacuum flask, 1 litre. Preferably without a push-button lid
- Windproof mask for the lower face
- Gaiters
- Sun cream and lip balm
- Chemical hand warmers (not compulsory, but they can be very useful)

- Personal first-aid kit
- Elastic bandage and/or a support brace