Documents:

- Passport
- Air or rail tickets
- Medical insurance

Personal equipment:

- Rucksack. 60-80 litres
- Sleeping bag with a comfort rating of -10 to 0 °C from June to September inclusive, and -20 to -10 °C from October to May inclusive
- Sleeping mat
- Trekking poles, which must have baskets of at least 70 mm
- Crampons
- Ice axe. Classic
- Climbing harness
- 3 karabiners.
- Cow's-tail lanyards
- Helmet
- Ice screw on its own karabiner
- Your own eating utensils

Clothing and footwear:

- Single-layer or double mountaineering boots. Doubles are either plastic or leather. In plastic we recommend the Scarpa Vega, probably the warmest of all the double boots
- Trekking shoes or trekking boots. In May and early June you can still meet snow on the first acclimatisation days, and boots are then clearly better than trainers. From mid-June to the end of September, though, trainers will do instead
- Waterproof shell: jacket and trousers. The market offers everything from simple 5,000/5,000 membranes to Gore-Tex garments
- Fleece top and bottoms
- Base layer, top and bottoms
- Down jacket with a hood. Thick and warm
- 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. Better without a push-button lid
- Windproof mask for the lower face (a scarf will do at a pinch)
- 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