Documents:

- Passport
- Air or rail tickets
- Medical insurance

Personal equipment:

- Rucksack of 80-100 litres
- Sleeping bag with a comfort rating of -10 to 0 °C
- Sleeping mat
- Trekking poles, which must have baskets of at least 70 mm
- Crampons
- Classic ice axe with 2-3 metres of 5-6 mm accessory cord for clipping to your harness
- Ice screw (not to be confused with the ice axe)
- Climbing harness
- 3 karabiners
- Cow's-tail lanyards

Clothing and footwear:

- Triple or double mountaineering boots (doubles either plastic, such as the Scarpa Vega, or leather)
- Trekking boots
- Waterproof shell jacket and trousers (anything from simple 5,000/5,000 membranes to Gore-Tex garments)
- Fleece set
- A set of base layers
- A thick, warm down jacket
- Warm mittens
- Thick gloves
- Thin gloves
- A 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
- Sunglasses
- Ski goggles
- Vacuum flask of 1 litre (preferably without a push-button lid)
- A windproof mask for the lower face, or a buff
- Gaiters
- Sun cream
- Lip balm
- Chemical hand warmers (not compulsory, but they can be very useful)
- A personal first-aid kit
- Elastic bandage and/or a support brace