You bring all of your own personal equipment. Before the trip, agree with your guide your high-altitude boots, crampons, ice axe or ice tool, harness, descender, ascender, sleeping bag and outer clothing. Anything incompatible or not warm enough has to be replaced before you leave for Karkara.

The total baggage allowance for the helicopter lift is up to 30 kg per participant. Excess weight is charged separately, so weigh your kit in advance and do not add optional items without agreeing them.

Documents

- Passport
- International air tickets
- Medical insurance covering mountaineering to at least 7010 m, rescue and evacuation
- Digital copies of your documents on your phone and in cloud storage
- Waterproof document wallet

Personal and technical equipment

- Expedition rucksack of 70-80 litres
- Sleeping bag with a comfort rating of -20 to -30 °C
- Insulated sleeping mat
- Folding trekking poles with baskets at least 70 mm across
- Steel crampons compatible with high-altitude boots
- Classic ice axe with a steel pick, or an ice tool agreed with the guide
- Climbing harness
- Climbing helmet
- 5 karabiners
- Cow’s-tail lanyards
- Ascender with a foot loop and an attachment sling
- Ice screw on its own karabiner
- A descender compatible with fixed ropes
- 5 m of 5-6 mm accessory cord
- Mug, spoon and bowl
- Waterproof rucksack cover
- Dry bags, or strong liner bags, for clothing and electronics

Clothing and footwear

- Triple or double high-altitude mountaineering boots
- Insulated outer overboots for double boots, as agreed with the guide
- Waterproof trekking boots with a dependable sole
- Light spare footwear for town and the hotel
- Waterproof shell jacket with a hood
- Waterproof shell trousers
- Fleece jacket or fleece set
- Base layers, top and bottoms
- Warm down jacket with a hood
- Quick-drying trekking trousers
- Warm high-altitude mittens
- Spare warm mittens
- Thick gloves for handling ropes

- Thin gloves
- Buff or bandana
- Warm hat
- Warm trekking socks for summit day
- Spare dry socks and underwear
- Gaiters

Useful extras

- LED head torch with at least 12 hours of battery life
- A spare set of batteries or cells for your torch
- Sunglasses with UV protection
- Ski goggles for wind, snow and poor visibility
- Vacuum flask of 1 litre, preferably without a push-button lid
- A windproof mask for the lower face, or a warm scarf
- Sun cream
- Lip balm with sun protection
- A high-capacity power bank and the charging cables you need
- Chemical hand warmers, optional
- Personal toiletries and wet wipes
- A personal first-aid kit suited to your own medical needs
- Elastic bandage or a personal support brace
- Blister prevention and treatment