Check and test your equipment before the trip. Pay particular attention to broken-in footwear, a warm set for the summit night, and keeping your kit dry. The permitted weight of your duffel bag is confirmed before departure.

Personal equipment

- Day pack of 25-35 litres with a rain cover
- Duffel bag for the items your porter carries
- Sleeping bag with a comfort rating of -5 to -10 °C
- Trekking poles
- Dry bags or strong waterproof sacks for your sleeping bag and clothing

Clothing and footwear

- Broken-in trekking boots with good grip
- Light footwear for the hotel and for town
- Waterproof shell jacket
- Waterproof shell trousers
- Quick-drying trekking trousers
- A set of base layers
- Fleece jacket or another warm mid layer
- Down jacket with a hood
- Warm gloves or mittens
- Thin gloves
- Warm hat
- Buff or balaclava
- Sun hat
- Trekking socks, plus a separate warm pair for summit day
- Gaiters

Other items

- Head torch with spare batteries
- Power bank and charging cables
- Sunglasses
- Ski goggles for wind and snow
- Vacuum flask, 1 litre, without a push-button lid
- Reusable water bottle
- Sun cream and lip balm with SPF
- Insect repellent for the lower part of the route
- Quick-drying towel
- Personal toiletries
- A personal first-aid kit suited to your own medical needs; take medicines only as directed

Discuss malaria risk and prophylaxis with your doctor before the trip. There is background information in our article on avoiding malaria.