The list is written for a technical high-altitude climb to 7105 m. You bring all of your own personal equipment. Before buying anything, agree your boots, crampons, harness, ascender, descender, ice axe, sleeping bag and high-altitude clothing with the guide.

Documents and baggage

- Passport, air tickets and insurance policy
- Expedition duffel bag for your main baggage
- Summit pack of about 45-55 litres
- A waterproof cover and dry bags for the inside of your pack
- An expedition-grade sleeping bag, agreed with the guide
- Insulated sleeping mat with a repair kit
- Trekking poles
- Vacuum flask and water containers

Technical equipment

- Climbing helmet
- Climbing harness
- Crampons compatible with high-altitude boots
- Classic ice axe with a leash
- Ascender with a foot loop
- Descender
- Cow’s-tail lanyards
- Screwgate karabiners and slings, following the guide’s list
- Accessory cord for a prusik knot
- Full-finger gloves for handling rope

Clothing and footwear

- Double or high-altitude mountaineering boots
- Light footwear for town and base camp
- Base layer, top and bottoms
- Fleece or synthetic insulating layer
- A high-altitude down suit, or a set of down clothing agreed with the guide
- Waterproof shell jacket with a hood
- Waterproof shell trousers
- Warm high-altitude mittens
- Thin gloves and insulated gloves
- Spare dry gloves
- Warm hat and buff
- Sun cap
- Warm socks and spare dry sets
- Gaiters, unless they are built into your boots

Useful extras

- Head torch and two independent sets of batteries
- High-category sunglasses
- Ski goggles
- Sun cream and lip balm
- Power bank and charging cables

- Chemical hand warmers
- A personal first-aid kit suited to your own medical needs
- Blister prevention and treatment
- Quick-drying towel and toiletries
- Your own high-altitude snacks

The complete set is checked before departure and again in Dushanbe. It is worth reading the Mountain Guide piece on choosing equipment for high-altitude climbs in advance.