You bring all of your own personal equipment. Before the trip, agree your footwear, sleeping bag and technical kit with the guide, taking the season and the actual state of the route into account.

Documents

- Passport
- Air tickets or e-ticket receipts
- Medical insurance covering the stated activity and the maximum altitude of the trip
- We recommend keeping digital copies of your documents on your phone and in cloud storage

Personal equipment

- Rucksack of 70-80 litres
- Sleeping bag with a comfort rating of -20 to -30 °C
- Sleeping mat
- Trekking poles, which must have baskets of at least 70 mm
- Steel or aluminium crampons
- Classic ice axe with a steel pick, or a technical ice tool
- Climbing harness
- 5 karabiners
- Cow’s-tail lanyards
- Ascender
- Ice screw on its own karabiner
- Mug, spoon and bowl
- 5 metres of 5-6 mm accessory cord

Clothing and footwear

- Triple or double mountaineering boots. Doubles, plastic or leather, ideally with an outer overboot
- Trekking boots
- Trainers (for the towns)
- Waterproof shell: jacket and trousers. The market runs from simple 5,000/5,000 membranes through to Gore-Tex garments
- Fleece top and bottoms
- Base layer, top and bottoms
- Down jacket with a hood. Thick and warm
- Warm mittens
- Spare 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. Preferably without a push-button lid

- Windproof face 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