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

Documents

- Passport
- Air tickets or e-ticket receipts
- Travel insurance
- We recommend keeping digital copies of your documents on your phone and in cloud storage

Personal equipment

- Rucksack of 40-60 litres
- Trekking poles

Clothing and footwear

- Trekking boots or shoes
- Trekking trousers
- Long-sleeved trekking top
- Rain jacket (the lightest you have)
- Fleece jacket
- Bandana
- Shorts
- T-shirts, socks and underwear
- Sun hat

Other items

- Sleeping bag liner
- Reusable water bottle (at least 1 litre)
- LED head torch with at least 12 hours of battery life
- Sunglasses
- Sun cream and lip balm
- Personal first-aid kit
- Elastic bandage and/or a support brace