Technical clothing

- Layer 1 (top and bottoms): base layers next to the skin
- Layer 2 (top): fleece, Windstopper or similar jackets
- Layer 2 (bottoms): softshell mountaineering trousers
- Layer 3 (top and bottoms): windproof and waterproof clothing (jacket and trousers) suitable for mountaineering
- Layer 4 (top): a light down jacket with a hood, or an equivalent synthetic jacket, rated to -5 °C
- Thick (warm) and medium-weight socks
- Thin windproof gloves
- Warm gloves rated to -5 °C
- Warm hat
- Buff, bandana, cap or a light hat

Personal items

- A water bottle and/or vacuum flask of 1 litre
- Head torch with at least 12 hours of battery life
- A small personal first-aid kit (for example: blister plasters, cold-sore treatment)
- Sunglasses with UV protection category 3 or 4
- Sun cream and lip balm with SPF 50
- Insurance against accidents in the mountains

For the hut

- Personal toiletries
- Silk or cotton sleeping bag liner

Climbing equipment

- Rucksack of 35-40 litres
- High-altitude boots for 3500-4500 m summits, able to take semi-automatic crampons
- Climbing harness
- Helmet
- Crampons with anti-balling plates
- Ice axe

The guide carries the group climbing equipment (rope, slings, quickdraws, ice screws, nuts and so on), together with a first-aid kit and communication equipment