- **Malaria medication**

Documents and baggage

- Passport and digital copies of your documents
- Medical insurance for high-altitude trekking
- Day pack
- A soft holdall for the personal kit carried by the mules, within the 7 kg allowance included
- Dry bags or heavy-duty plastic bags to protect your kit

Clothing and footwear

- Broken-in trekking boots
- Light footwear to change into
- Base layers
- A fleece or other insulating layer
- An insulated jacket
- Waterproof shell jacket and trousers
- Trekking trousers and walking T-shirts
- Warm hat, buff, gloves and spare socks
- Sun hat

Personal equipment

- A sleeping bag for the conditions on the high-altitude camping section
- Trekking poles
- Head torch with spare batteries
- Sunglasses
- Sun cream and lip balm
- A flask or water bottles
- Power bank
- A personal first-aid kit; do not self-prescribe prescription medicines
- Toiletries and a quick-drying towel

Malaria prophylaxis and any medication are matters to settle with a doctor, taking account of the actual route and your state of health. Do not start a course of prophylaxis on your own initiative.