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
- Medical insurance covering helicopter evacuation
- We recommend keeping digital copies of your documents on your phone and in cloud storage

Personal equipment

- Rucksack of 30-50 litres
- Sleeping bag with a comfort rating of -5 °C
- Trekking poles

Clothing and footwear

- Trekking boots, thoroughly treated with a waterproofing product beforehand
- Trainers (for town)
- Waterproof membrane shell: jacket and trousers
- Fleece top and bottoms
- Base layer, top and bottoms
- Down jacket
- Thick gloves
- Thin gloves
- Bandana or buff (as well as sun protection in the valley, it can keep your throat or face warm in the cold)
- Warm hat
- Warm trekking socks

Other items

- LED head torch
- Power bank
- Sunglasses
- Rain jacket
- Rain cover for your rucksack
- Vacuum flask or water bottle, 1 litre
- Gaiters
- SPF 50 sun cream
- SPF 10-15 lip balm
- Personal first-aid kit
- Elastic bandage and/or a support brace
- Toothpaste, toothbrush, soap, shampoo and flip-flops
- Towel
- Toilet paper