Documents:

- Passport
- Air tickets
- Medical insurance covering helicopter evacuation

Personal equipment:

- Rucksack, 30-50 litres.
- Sleeping bag with a comfort rating of -5 °C.
- Trekking poles, which must have baskets

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 with a hood
- 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 with at least 12 hours of battery life
- Powerbank
- Sunglasses
- Rain jacket
- Rain cover for your rucksack
- Vacuum flask or water bottle, 1 litre. (optional)
- 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 (on sale in the lodges along the way)