You bring all of your own personal equipment. It is worth agreeing your choice of boots, sleeping bag and outer clothing with your guide in advance. No technical climbing equipment is required for the confirmed route.

Documents

- Passport
- Air tickets or e-ticket receipts
- Medical insurance including helicopter evacuation
- Digital copies of your documents
- Waterproof cover

Personal equipment

- Rucksack of 30-50 litres
- Soft duffel bag, provided locally
- Sleeping bag with a comfort rating no higher than -5 °C
- Folding trekking poles with baskets – 2
- Waterproof rucksack cover
- Dry bags for clothing and electronics
- Vacuum flask or water bottle, 1 litre

Clothing and footwear

- Broken-in waterproof trekking boots
- Light footwear for towns and lodges
- Waterproof shell jacket and waterproof trousers
- Fleece jacket or fleece set
- Base layer, top and bottoms
- Down jacket with a hood
- Thick and thin gloves
- Buff or bandana
- Warm hat
- Warm trekking socks
- Gaiters

Useful extras

- Head torch with at least 12 hours of battery life
- Power bank
- Sunglasses
- Rain jacket
- SPF 50 sun cream
- Lip balm with sun protection
- Personal first-aid kit
- Elastic bandage or a personal support brace
- Personal toiletries and a quick-drying towel
- Swimwear and light footwear for the hot springs
- Toilet paper