No technical climbing equipment is required for the confirmed route. Your kit must be light, warm and ready for airline restrictions. Check the permitted baggage weight and size for both the aircraft and the helicopter before you fly.

Documents

- Passport
- International and domestic tickets
- Medical insurance with altitude cover and helicopter evacuation
- Digital copies of your documents
- Waterproof cover

Baggage and personal equipment

- Summit pack of 30-40 litres
- A soft holdall – provided by the team on arrival
- A waterproof cover and dry bags for the inside of your pack
- Sleeping bag with a comfort rating no higher than -5 °C
- Folding trekking poles with baskets
- Water containers holding about 2 litres in total
- Your own energy snacks

Clothing and footwear

- Broken-in waterproof trekking boots
- Light footwear for Kathmandu and the lodges
- Base layer, top and bottoms
- Quick-drying T-shirts and a long-sleeved top
- Trekking trousers
- Fleece jacket
- Down jacket with a hood
- Waterproof shell jacket and waterproof trousers
- Thin gloves and warm waterproof gloves
- Warm hat, buff and a hat for the sun
- Trekking socks and a spare dry set
- Gaiters

Useful extras

- Head torch and spare batteries
- Sunglasses with UV protection
- SPF 50 sun cream and protective lip balm
- Vacuum flask or insulated bottle of about 1 litre
- Power bank and charging cables
- Quick-drying towel and personal toiletries
- Wet wipes and toilet paper
- Personal first-aid kit
- Elastic bandage or a support brace
- Something to prevent blisters
- Cash for personal spending