The route calls for no helmet, climbing harness, crampons or ice axe. A porter carries the agreed share of your main baggage, but you carry your own day pack with water, documents and warm and waterproof clothing. Your footwear, sleeping bag and outer clothing must be agreed with your guide in advance.

Documents

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

Baggage and personal equipment

- A 30-50 litre rucksack for the daily stages
- 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
- Two folding trekking poles with baskets
- Water containers holding about 2 litres in total
- Your own snacks for the longer days at altitude

Clothing and footwear

- Broken-in waterproof trekking boots
- Light spare footwear for the city 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
- 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
- Toiletries, wet wipes and toilet paper
- Personal first-aid kit
- Elastic bandage or a personal support brace
- Something to prevent blisters
- Cash for personal spending