The basic trekking kit is intended for a remote route reaching 5388 m. If the additional outing to 5900 m is confirmed, your guide will set out separately what footwear and technical equipment are required. Do not leave out any of the recommended items on your own judgement.

Documents

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

Baggage and personal equipment

- Rucksack of 30-50 litres
- Soft duffel bag, provided locally
- Sleeping bag with a comfort rating no higher than -5 °C
- Two trekking poles with baskets
- A waterproof cover and dry bags for the inside of your pack

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
- Vacuum flask or water bottle, 1 litre
- 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
- Toilet paper