You bring all of your own personal equipment. Your choice of boots, sleeping bag and outer clothing must be agreed with your guide in advance. If the possible outing to 5900 m is planned, the additional technical kit is decided only once the exact objective and the nature of the route have been confirmed.

Documents

- Passport
- International and domestic air tickets
- A visa or entry permit
- Medical insurance with the necessary altitude cover and evacuation
- Waterproof document wallet

Baggage and personal equipment

- A soft holdall for the kit carried by a porter – provided on arrival
- Rucksack of 30-50 litres
- Waterproof rucksack cover
- Dry bags for clothing and electronics
- Sleeping bag with a comfort rating no higher than -5 °C
- Folding trekking poles with baskets – 2
- 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
- Toilet paper