You bring all of your own personal equipment. Before the trip you must agree your boots, crampons, climbing harness, descender and sleeping bag with your guide. The technical kit is checked before you leave Islamabad; you must not leave any agreed item out of your baggage.

Baggage and camp equipment

- A soft expedition holdall or a 50-60 litre rucksack for the baggage carried by a porter
- A 35-45 litre day pack
- Waterproof rucksack cover
- Dry bags or heavy-duty liners for clothing, sleeping bag and electronics
- A sleeping bag with a comfort rating of -20 °C or lower
- Folding trekking poles – 2
- Drinking water containers – agree the capacity needed with your guide
- Light footwear for the hotels, the huts and camp
- Your own snacks for the long walking days

Technical equipment

- High trekking boots or light mountaineering boots compatible with crampons
- Crampons that fit the boots you have chosen exactly
- Climbing helmet
- Climbing harness
- A descender for use on fixed rope
- Cow’s-tail lanyards
- Screwgate karabiners – agree the number and models with your guide
- Accessory cord for a prusik knot
- A classic ice axe – whether one is needed, and which model, is agreed according to the state of the route
- Hard-wearing full-finger gloves for ropework

Clothing and footwear

- Light spare footwear for the flights and for town
- Quick-drying base layer, top and bottoms
- Quick-drying T-shirts and a long-sleeved top
- Fleece jacket
- Warm down or synthetic jacket with a hood
- Waterproof shell jacket with a hood
- Waterproof shell trousers
- Quick-drying trekking trousers
- Thin gloves
- Warm waterproof gloves
- Spare dry gloves
- Warm hat
- A buff or warm scarf to protect your neck and face
- Sun cap or brimmed hat
- Synthetic or wool trekking socks
- A spare set of dry underwear and socks
- Gaiters

Useful extras

- LED head torch with at least 12 hours of battery life
- A spare set of batteries or cells for your torch
- Sunglasses with high ultraviolet protection
- Ski goggles for wind, snow and poor visibility
- Sun cream
- Lip balm with sun protection
- Vacuum flask
- Power banks and the charging cables you need
- A universal adapter for type C and type D sockets
- Quick-drying towel
- Toiletries, toilet paper, wet wipes and hand sanitiser
- A personal first-aid kit suited to your own medical needs
- Elastic bandage or a personal support brace
- Blister prevention and treatment
- Waterproof document wallet