Documents:

- Passport
- Air tickets
- Medical insurance
- A yellow fever vaccination certificate in English

Personal equipment:

- Rucksack. 40-50 litres
- Sleeping bag with a comfort rating from 0 °C.
- Sleeping mat
- Trekking poles

Clothing and footwear:

- Trekking boots
- Trainers (for the towns)
- Waterproof shell: jacket and trousers. The market runs from simple 5,000/5,000 membranes through to Gore-Tex garments
- Fleece top and bottoms
- Base layer, top and bottoms
- Down jacket with a hood
- Thick gloves
- Thin gloves
- Bandana (as well as sun protection in the valley, it can keep your throat or face warm in the cold)
- Warm hat
- Warm trekking socks for high-altitude days

Other items:

- LED head torch with at least 12 hours of battery life
- Sunglasses
- Ski goggles
- Vacuum flask, 1 litre. Preferably without a push-button lid
- Reusable bottle
- A duffel bag for the items you hand to your porter
- Dry bags for your kit and sleeping bag (or plenty of plastic bags)
- Travel towel
- Windproof face mask for the lower face (a scarf will do at a pinch)
- Gaiters
- Sun cream and lip balm
- Mosquito repellent
- **Malaria medication**
- Chemical hand warmers (not compulsory, but they can be very useful)
- Personal first-aid kit
- Elastic bandage and/or a support brace.
- Malaria tablets
- Insect repellent