

Baggage & Sleeping

- Large waterproof rucksack or kit bag (70 – 90 litre capacity - a suitcase is Not appropriate)
- Day rucksack (30 – 45 litre capacity) - waterproof or with waterproof cover (must have a good waist strap to be able to carry 6 kg of weight)
- Sleeping bag - 4 seasons is required **plus** a fleece liner
- Sleeping mat (or thermarest)

Clothing

- Smart clothes for last night at the lodge (can be left on the first night-not taken on trek)
- Long-sleeved shirt for evenings
- 4 X T-shirts (dry-fit T-shirts are ideal)
- Down jacket (or very warm ski jacket) is essential for summit night and the evenings. .
- Windbreaker
- Fleece jacket
- Thermal long johns and vests
- Trousers (such as lightweight cargo trousers, **avoid jeans**). One pair normal weight and one warm pair.
- Shorts
- Underwear (light and loose)
- Socks (hiking / leisure). At least 4 pairs and there should be one or more pairs of thermal socks.
- Lightweight waterproofs (jacket and trousers)
- Walking boots with ankle protection (sturdy well worn in boots – not trainers or trainer boots) and spare boot laces
- Trainers(sneakers)for evenings
- Wide brimmed sun hat for day, thermal balaclava or fleece hat for nights
- Insulated gloves/mittens and thermal inner gloves

Hygiene

- Toothbrush & toothpaste, soap (Lifeventure All Purpose Antibacterial biodegradable Soap – 200ml), lip and nose sun protection zinc stick, lip salve, antibacterial wipes x 20, nail brush, dry wash (Lifeventure – 100ml), Boots Super Absorbent Foot Powder.
- Razor & cream / oil, sanitary products, travel towel, deodorant, toilet paper/tissues, hairbrush/comb, Vaseline

Health

- Insect repellent (containing DEET)
- After sun / moisturiser
- Sun protection (factor 30 minimum)
- Oral rehydration sachets
- Water purification tablets or drops (just in case)
- Dextrose tablets x 2 packs

Documents

- Passport
- Visa
- Air travel tickets
- Passport photographs and photocopy of passport pages (kept separately from passport)
- Cash
- Credit card
- Travel insurance

Other

- Walking poles (ideally, telescopic & with rubber tips)
- Camera spare battery and memory card
- Binoculars
- Sunglasses
- High energy snacks (tracker bars, dried fruit and nuts)
- Contact lenses (bring spare lenses, and glasses in case of dust)
- Gaffa tape (for emergency repairs), Paracord, & Sewing kit,
- Note book and pen
- Alarm clock / watch
- Head torch (with plenty of spare batteries and bulb) On summit night extra batteries are required due to the cold
- Water bottles (2 x 2 litre Bottles)
- Small steel thermos flask (ideal for hot drinks at night or cold on summit day)
- Ear plugs
- Re-sealable plastic bags (for dirty washing etc)
- One or two stout plastic bags (like garden refuse bags) to line & waterproof your main pack

Small first aid kit

- Pain killers / Paracetamol / Aspirin
- Adhesive dressing (plasters)
- Compeed blister pads
- Antiseptic wipes
- Diarrhoea tablets