

- Large day pack – to carry your personal kit everyday
- Water proof bag for your day pack
- Duffel bag – the porters will carry these and they need to be soft with no wheels
- Base layers (2-3)
- Underwear – enough for everyday
- Thermal underwear top and leggings
- Synthetic T-shirts (1 or 2)
- Raincoat
- Trousers (1 pair). Convertible pants (with zip-off legs) are ideally suited for this trek
- Waterproof, "breathable" pants (1 pair)
- Heavyweight jacket – we both had Rab Coats and they were perfect
- Waterproof/windproof/breathable jacket
- Sun hat
- Fleece hat (must cover ears)
- Mittens or gloves
- Balaclava or buff
- Lightweight fleece
- Hiking boots
- Trainers (for the evenings in the camp)
- Socks. One pair per day
- Sleeping bag. Your sleeping bag for the trip should be rated for 0 °F (-18 °C).
- Plastic water bottles
- Sunglasses
- Head torch and spare batteries
- Money belt – This will be used to store your passport and money and must be on your person at all times.
- Personal toiletries
  - o Biodegradable Baby Wipes – this is your only form of cleaning.
  - o Deodorant
  - o Insect repellent
  - o Sun cream
  - o Hand sanitiser
  - o Small microfibre towel
- Personal first- aid kit Your first-aid kit should include the following:
  - o Small bandages (band-aids)
  - o Elasticised support bandage
  - o Blister plasters
  - o Paracetamol (you will get headaches from the altitude)
  - o Anti-malarial medicine
  - o Any prescription medication
- Optional Extras
  - o Inflatable Mattress (we hired these while we were there)
  - o Trekking poles. Collapsible (telescopic) are best – we also hired these
  - o Inflatable or small, compressible pillow – we used our airplane travel pillows and they were fine
  - o Nail brush (for cleaning hands and clothes)
  - o Earplugs (we found these to be essential when we were up there it can be hard to sleep, and the camps are very busy)
  - o Sleeping bag liner. A silk or fleece liner can not only add warmth to your sleeping bag, but also facilitate easier movement while inside your sleeping bag
  - o Cordial for water
  - o Snacks (energy bars etc)
  - o Cards
  - o Portable charger
  - o Camera/phone

One thing that we would recommend is to take as much old kit as possible, we took old trainers, old training gear and thermals and after we had finished the climb, we donated pretty much all of it to the guides who had helped us to the top. This is a standard thing to do, and the guides are very grateful.