

HIKING EQUIPMENT & TOOLS

- ✚ Good quality Sleeping bag
- ✚ Soft Bag / Hold all or Rucksack (framed or unframed) – large enough to hold your personal gear (limit 25Kg) on the mountain; this will be carried by a porter.
- ✚ Daysac - minimum capacity 20kg - that you will carry. Big enough for you to carry your daily water (3litres), lunch box, camera, wet weather clothing and fleece jacket.
- ✚ External protective cover for rucksack & daysac (or pack all contents in plastic bags for water-proofing)
- ✚ Polarized snow glasses or goggles - to protect your eyes from sun glare and snow. At the very least good quality sunglasses (models with side-shields are preferable).
- ✚ High factor sun block (minimum factor + 15)
- ✚ Lip salve
- ✚ Head Torch and a set of spare batteries (special batteries are not always available locally)
- ✚ 2nd / Back up torch and spare batteries
- ✚ Water bottle(s) (strong) to hold 3 liters - which you will carry with you, daily)
- ✚ Water treatment tablets / iodine or quality filter (although water gets boiled for you by our staff and served as tea or coffee)
- ✚ Spare plastic bags (to keep things as dry as possible)
- ✚ Wash kit plus a small towel
- ✚ Basic First Aid kit (for personal use) including paracetamol & dehydration sachets
- ✚ A few of your favorite sweets/'chewies'/dried fruit
- ✚ We provide: harnesses, crampons, ropes, caribinas, helmets and ice axes