

Clothing

- Down suit
- Down Jacket
- Primaloft or light down jacket
- Primaloft trousers
- weatherproof jacket
- weatherproof salopette
- Soft shell jacket
- Soft shell pant
- Top first layer (x2)
- Top heavier first layer (x2)
- Thermal underwear long john thick & Thin (x3)
- Trekking trousers (x2)
- Warm hat (x2)
- Buff (x2 including one with fleece)
- Liner gloves / Finger gloves
- Light gloves (x2)
- Expedition gloves
- Primaloft mitts
- Down mitts
- Thermal balaclava
- Face mask
- Sun hat
- Sun glasses (x2)

Climbing gear

- Back pack 50+
- Harness
- Descender
- Ascender (Jumar)
- Climbing helmet
- Ice Axe
- Steel crampons
- Trekking poles (2)
- Head Lamp
- Lithium spare batteries (9)
- Karabiners (3 x HMS / pear shape)
- Karabiners (3 snap links)
- Slings 120 cm (2)
- 3 meters of 8 mm climbing cord
- Prussic loops (2)
- Duct tape
- Lighters or Matches boxes (3)
- Avalanche Transreceiver(If possible)

Personal Equipment

- Sunscreen
- Lip block (4)
- Water bottles (2x 1L) with insulated cover
- Vacuum Flask
- Water purification tablet
- Toilet roll (1 or 2)
- Toiletry bag with mirror
- Personal first aid kit

Footwear

- Socks (3 pairs of thin socks, 3 pairs of thick socks)
- Mountaineering boots
- Gaiters
- Trekking shoes
- Base Camp shoes
- Down shoes

Camping equipment

- Sleeping Bag (2)
- Sleeping bag liner (optional)
- Inflatable sleeping mattress
- Pee bottle
- Multi-tool knife