**Personal gear**

Heavy-weight fleece / pile jacket  
Light/medium-weight, synthetic long underwear shirt (polypropylene/capilene)  
Water proof / breathable jacket with hood (Gore Tex is strongly recommended)  
Long sleeve, light weight shirt for sun protection (preferably synthetic)  
Down or synthetic fill jacket with hood, must fit comfortably over your fleece jacket  
Fleece pants (full side zips allow ventilation)  
Thermal under wear  
Wind- waterproof and breathable pants with full length zips  
  
Liner socks - 2-3 pairs   
Wool or poly socks (medium-heavy thickness) - 3 pairs   
Light weight trekking boots, or strong shoes  
Climbing boots, plastic of leather – must be right for step-in crampons  
Gaiters   
  
Liner gloves - 2 pairs   
Medium weight fleece gloves  
Wool or fleece mittens  
Wind-stop shell overmittens  
  
Wool or fleece hat  
Balaclava  
Glacier glasses with side flaps  
Extra pair of your normal glasses, or lenses  
  
Climbing gear:  
Double climbing boots   
Crampons (must fit your climbing boots)   
Collapsible ski poles   
Down or synthetic sleeping bag good for -10ºC  
Sleeping closed cell foam pad   
Rucksack (40-50liters)  
Harness   
Prussiks  
Karabiners with screwgate lockers - 3 items   
1-1.5liters thermos  
Personal first aid kit  
Head torch   
Water bottle  
Lip balm (spf 25+) and glacier cream (spf 40)  
Pocket knife  
Favorite snacks