

Documents:

- International passport
- Plane tickets (and return!!!)
- Medical insurance

Personal equipment:

- Backpack 20-40L
- Sleeping bag, comfort temperature from 0C
- Trekking poles

Clothing and shoes:

- Trekking boots
- Sneakers (for cities)
- Waterproof layer - Jacket+Trousers Industry offers a range of products from simple 5000/5000 membranes to products from <https://www.gore-tex.ru/ru-ru/tekhnologii/verhnej-odezhdy/izdelija-gore-tex> "Gore-Tex"
- Fleece Suit
- Thermal underwear top+bottom
- Puff
- Thick gloves
- Thin gloves
- Bandana (in addition to sun protection in the valley, it can be used to insulate the throat or face in the cold)
- Hat
- Warm trekking socks for climbing day
- Cap/hat

Various:

- A diode flashlight on the head
- Sunglasses
- Thermos - 1L Preferably without a button in the lid
- Reusable bottle
- Windproof mask on the lower part of the face (with some success, you can replace it with a scarf)
- Leggings
- Sun cream, hygienic lipstick
- Chemical hot water bottles (optional, but may be useful)
- Personal first aid kit
- Elastic bandage and/or supportive bandage