

**Documents:**

- Passport
- Plane/train tickets
- Medical insurance

**Personal equipment:**

- Backpack 50-60l.
- Assault backpack 15-20l.
- Sleeping bag, comfort temperature from 0C to -7C
- Karemat
- Trekking poles.
- Trekking boots
- Replacement shoes for walking around the camp (trekking sandals or trainers).
- Waterproof layer - Jacket + trousers
- Fleece suit for sleeping
- Thermal underwear top+bottom
- Down jacket or down waistcoat
- Non-warm gloves
- Bandana, buff, cap, hat of choice
- Fleece hat
- Warm socks for sleeping
- Trekking socks

**Miscellaneous:**

- Diode head torch + spare batteries
- Sunglasses with protection factor not lower than 3
- Thermos - 1 litre.
- Sun cream, hygienic lipstick
- Personal first aid kit
- Elastic bandage and/or support bandage
- CLMN