

#### The documents:

- passport
- flight tickets / train tickets
- insurance
- Voucher

#### Personal equipment:

- backpack 60 – 80 l.
- sleeping bag with a comfort temperature from -10 ° C to 0 ° C
- caremat
- trekking poles
- crampons
- classic ice axe with a 5-6mm re-cord for attaching to the system (2-3 meters)
- ice screw (not to be confused with an ice axe)
- harness
- helmet
- carabines, 3 pcs
- mountaineering Lanyard

#### Clothes and footwear:

- climbing boots triple or double (double - plastic, for example, Scarpa Vega, or leather)
- trekking boots
- waterproof membrane jacket and trousers (from 5000/5000 simple membranes to Gore-Tex products)
- fleece suit
- thermal underwear set
- thick and warm puff
- warm mittens
- thick gloves
- thin gloves
- bandana (in addition to sun protection in the valley, it can be used to warm the throat or face in the cold)
- hat
- warm trekking socks for the day of climbing

#### Travel Accessories:

- LED flashlight on the head
- Sunglasses
- ski goggles
- thermos with a volume of 1 liter (preferably without a button in the lid)
- windproof mask on the lower part of the face or buff
- leggings
- sunscreen
- hygienic lipstick
- chemical heating pads (optional, but can be very helpful)
- personal first aid kit
- elastic bandage and / or support bandage