

Documents:

International passport

Plane tickets

Travel insurance

Personal equipment:

Backpack. 40-60l.

Trekking poles

Clothing and shoes:

Trekking boots/sneakers

Trekking pants (optional)

Trekking T-shirt with long sleeves (optional)

Raincoat (the lightest!)

Fleece jacket

Bandana

Shorts

T-shirts/socks/underwear

Headress from the sun

Various:

Sleeping bag insert

Reusable flask (at least 1 liter!)

Diode flashlight on the head

Sunglasses

Sun cream, hygienic lipstick

Personal first aid kit

Elastic bandage and/or supportive bandage