

## Special clothing

- 1st layer (top and bottom): thermal underwear
- 2nd layer (top): fleece, windstopper or anathological jackets
- 2nd layer (bottom): softshell pants for mountaineering
- 3rd layer (top and bottom): wind- /moisture-proof clothing (jacket and pants) suitable for mountaineering
- 4th layer (upper): lightweight down or similar synthetic jacket for temperatures up to -5°C
- Thick (warm) and medium-thick socks
- Thin gloves windproof gloves
- Warm gloves for temperatures up to -5°C
- Hat
- Buff, bandana, cap or light cap

## Personal item

- Flask and/or thermos with a volume of 1L
- Headlamp
- Personal mini first aid kit (for example: a patch for corns, cold remedies on the lips)
- Sunglasses with UV protection factor 3 or 4
- Sunscreen and hygienic lipstick with UV protection factor 50
- Insurance against accidents in the mountains

## For the hut

- Personal hygiene products
- Hygienic liner in a sleeping bag made of silk or cotton

## Climbing equipment

- Backpack with a volume of 35-40L
- Alpine boots for climbing 3500-4500m with the possibility of fixing semi-automatic
- crampons
- Safety system
- Helmet
- crampons with an anti-clip
- Ice axe

The guide will have with him public climbing equipment (rope, loops, braces, ice drills, stoppers, etc.), as well as a first aid pharmacy and means of communication