

Documents

- Valid passport
- Airline tickets
- Insurance

Personal equipment

- Backpack 30-50L
- Sleeping bag (comfort 0C)
- Ski/trekking poles

Clothing and shoes.

- Wind and waterproof layer - Pants and Jacket. Gore-Tex, for example.
- Fleece pants and jacket
- Thermo underwear layer - top and bottom
- Dawn jacket.
- Thick gloves
- Thin gloves
- Bandana
- Warm hat
- Underwear, socks and so on
- Some warm socks
- Balaclava
- Gators
- Trekking shoes/trekking boots

Travel Accessories

- Headlamp
- Shower accessories, toothpaste, toothbrush
- Sunglasses
- Ski goggles
- Vitamins
- Thermos (1 liter, better without button)
- Sunblock and lip balm
- Personal medical kit
- Spare contact lenses or glasses
- Knee supports