

### Documents:

- Valid passport.
- Flight tickets.
- Medical insurance.

### Personal equipment:

- Backpack. 50-60l.
- Sleeping bag, comfort temperature from -25C to -15C.
- Sleeping mattress.
- Trekking poles.
- Crampons, can be aluminium.
- Ice axe. Classic, on a lanyard. Can be lightweight or combined with a ski pole.
- Helmet.
- Harness.
- Carabiners, 3 pieces.
- Cup-Spoon-Bowl.

### Clothes and footwear:

- Mountaineering Double or triple boots. Double: plastic or leather. For plastic we recommend Scarpa Vega - they seem to be the warmest of the double boots.
- Trainers or trekking boots. Ideally both. Sneakers for the base camp trail, light boots for the acclimatisation exit and base camp. You can also just have trainers.
- Waterproof layer - jacket + trousers. The industry offers a wide range of products, from simple 5000/5000 membranes to Gore-Tex products.
- Fleece suit.
- Thermal underwear layer - top and bottom.
- Thick and warm down coat.
- Thick gloves.
- Thin gloves.
- Bandana (in addition to protecting you from the sun in the valley, can be used to warm your neck or face in the cold).
- A cap.
- Warm trekking socks for the day of the climb.

### Miscellaneous:

- LED headlamp.
- A pair of sunglasses.
- Ski goggles.
- 1L thermos. Preferably without a button on the lid.
- Windproof mask for the lower part of the face (can be partially replaced by a scarf).
- Gaiters.
- Sun block and lip balm.
- Chemical heaters (not essential, but can be very useful).
- Personal first aid kit.
- Elastic bandage and/or support bandage.