

### The documents:

- The passport.
- Flight tickets.
- Medical insurance.
- Information about vaccination against yellow fever.

### Personal equipment:

- Backpack. 40-50l.
- Sleeping bag, comfort temperature from 0C.
- Mat.
- Trekking poles.

### Clothes and shoes:

- Trekking boots.
- Sneakers (for cities).
- Waterproof layer - Jacket + trousers. The industry offers a range of products from simple 5000/5000 membran to Gore-Tex products.
- Fleece suit.
- Thermal underwear top+bottom.
- Puff.
- The gloves are thick.
- The gloves are thin.
- Bandana (in addition to protection from the Sun in the valley, it can be used to warm the throat or face in the cold)
- Hat.
- Warm trekking socks for climbing day

### Other

- Flashlight LED head
- Sunglasses
- Leggings
- Thermos 1L
- Reusable bottle
- Sun cream, hygienic lipstick
- Mosquito repellent
- Personal first aid kit
- Elastic bandage and/or support bandage.
- Malaria pills