

**Documents:**

- Passport
- Plane tickets (and return tickets!!!)
- Medical insurance

**Personal equipment:**

- Backpack 20-40l
- Sleeping bag, comfort temperature from 0C
- Trekking poles

**Clothing and footwear:**

- Trekking boots
- Trainers (for cities)
- Waterproof layer - Jacket+pants
- Fleece suit
- Thermal underwear top+bottom
- Down jacket
- Thick gloves
- Thin gloves
- Bandana (besides protection from the sun in the valley, you can use it to insulate your throat or face in the cold)
- hat
- Warm trekking socks for the day of climbing
- Cap/hat

**Miscellaneous:**

- Diode head torch
- Sunglasses
- Thermos - 1 litre Preferably without a button in the lid
- Reusable bottle
- Windproof mask for the lower part of the face (with some success can be replaced by a scarf).
- leggings
- Sun cream, lipstick.
- Chemical warmers (not essential, but may be useful)
- Personal first aid kit
- Elastic bandage and/or support bandage