

## Documents:

- Passport
- Plane/train tickets
- Medical insurance

## Personal equipment:

- Backpack. 70-80l.
- Sleeping bag, comfort temperature from -15C.
- Rug
- Trekking poles be sure to have rings of at least 70 mm
- Steel cats.
- Ice axe classical with a steel beak.
- climbing system.
- Helmet.
- Carabiners - 5 pcs.
- Mustache self-insurance.
- Zhumar
- Ice drill on a separate carabiner
- Descending device.
- Personal utensils.
- 5 meters 5-6 mm. cord.

## Clothes and shoes:

- Climbing boots triple or double. Double - plastic or leather - very desirable with an external shoe cover.
- Trekking boots.
- Sneakers (for cities).
- Waterproof layer - Jacket + trousers. The industry offers a range of products from simple 5000/5000 memban to Gore-Tex products.
- Fleece suit.
- Thermal underwear top+bottom.
- Puff. Thick and warm.
- The gloves are warm.
- 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)
- A cap.
- Warm trekking socks for the day of the ascent.

## Travel Accessories

- LED flashlight for head
- Sunglasses
- Ski goggles
- Thermos - 1l. Preferably without a button in the lid.
- Windproof mask for the lower part of the face (with some success it can be replaced with a scarf)
- Leggings

- Sun cream, hygienic lipstick
- Chemical heating pads (not required, but can be very helpful)
- Personal first aid kit
- Elastic bandage and/or support bandage.