

#### Documents:

- Valid passport.
- Air tickets.
- Travel insurance.

#### Personal equipment:

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

#### Clothing and shoes:

- Wind- and waterproof layer - trousers and jacket. For example Gore-Tex.
- Fleece trousers and jacket.
- Thermal underwear layer - top and bottom.
- Dawn jacket.
- Thick gloves.
- Thin gloves.
- Neckerchief.
- Warm hat.
- Underwear, socks, etc.
- A few warm socks.
- Balaclava.
- Alligators.
- Trekking shoes.
- Trekking boots WELL impregnated in advance with a special waterproofing agent.

#### Travel Accessories:

- Headlamp.
- Power bank.
- Shower gel, toothpaste, toothbrush.
- Raincoat.
- Rain cover for backpack.
- Protective sunglasses.
- Ski goggles.
- Vitamin tablets.
- Thermos (1 litre, preferably without a lid).
- Sun block SPF 50.
- Lip balm SPF 10-15.
- Personal medical kit.
- Extra pair of contact lenses or glasses.
- Knee support.
- Bath towel.
- Toilet paper (sold in loggias along the way).