

## Documents:

- Passport
- Airplane tickets
- Medical insurance

## Personal equipment:

- Backpack. 30-50l.
- Sleeping bag, comfort temperature from -10C and below.
- Sleeping mattress.
- Trekking poles.
- Crampons.
- Ice ax.

## Clothes and shoes:

- Trekking boots with the ability to attach crampons.
- Sneakers.
- Waterproof layer - Jacket + pants. The industry offers a range of products from simple membranes 5000/5000 to products from Gore-Tex.
- Fleece pants and jacket.
- Thermo underwear top + bottom.
- Down jacket.
- Thick gloves.
- Thin gloves.
- Bandana (in addition to sun protection in the valley, it can be used to warm your throat or face in the cold)
- Warm hat.
- Warm trekking socks for climbing day

## Flashlight diode on the head:

- Sunglasses
- Ski goggles
- Thermos - 1l. Better without a button in the lid.
- Windproof mask on the lower part of the face (with some degree of success, you can replace it with a scarf)
- Gators
- Sunblock and lip balm
- Chemical heating pads (not necessary, but can be very useful)
- Personal fmedical kit
- Knee supports