

## Documents:

- Passport
- international passport
- Airplane / Train Tickets
- Medical insurance

## Personal equipment:

- Backpack. 60-80l.
- Sleeping bag, comfort temperature from -10C to 0C (from June to September inclusive), from -20C to -10C (from October to May inclusive).
- Sleeping mattress.
- Trekking poles.
- Crampons
- Ice ax. Classical.
- Harness.
- Carabiners - 3 pcs.
- Mountaineering Lanyard
- Ice screw on a separate carbine
- Personal dishes

## Clothes and shoes:

- Climbing boots single-layer or double. Double - plastic or leather. Of plastic, we recommend Scarpa Vega - perhaps the warmest of all double boots.
- Sneakers trekking or boots trekking. In May and early June, you can still see snow at the first acclimatization exits, in which case the advantage of shoes over sneakers is undeniable. However, after mid-June and until the end of September they can be replaced with 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 and warm.
- Mittens are warm.
- 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)
- Hat warm.
- Warm trekking socks for climbing day

## Miscellaneous:

- LED headlamp.
- Sunglasses.
- Ski goggles.
- Thermos - 1l. Better without a button in the lid.
- Windproof mask on the lower part of the face (you can replace it with a scarf with some success).
- Gaiters.
- Sunblock and lip balm.

- Chemical heating pads (not necessary, but can be very useful).
- Personal medical kit.
- Knee support