

### The documents:

- The passport
- Flight tickets
- Medical insurance
- Information about vaccination against yellow fever

### Personal equipment:

- Backpack. 20-30l.
- Sleeping bag, comfort temperature from -5C., -10C.
- Mat
- Trekking poles

### Clothes and shoes:

- Trekking boots
- Sneakers (for cities)
- Waterproof layer - Jacket + trousers. The industry offers a range of products from simple 5000/5000 membran to Gore-Tex products
- Fleece suit
- Lightweight trekking pants
- Thermal underwear top+bottom
- Long Sleeve T-shirts
- Puff
- 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)
- Hat
- Warm trekking socks for climbing day

### Other

- Flashlight LED head with a glow reserve of at least 12 hours
- Sunglasses
- Ski mask (optional)
- Leggings
- Thermos 1L
- Reusable bottle
- A duffel bag that you will give to the mule
- Hermetic bags for clothes and a sleeping bag (or plastic bags in excess)
- Camping towel
- Sun cream, hygienic lipstick
- Mosquito repellent
- Personal first aid kit
- Elastic bandage and/or support bandage
- Malaria pills