

### Documents:

- Passport
- Flight tickets
- Medical insurance

### Personal equipment:

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

### Clothing and shoes:

- Trekking shoes with crampons.
- Trainers.
- Waterproof layer - jacket + trousers. The industry offers a range of products from simple 5000/5000 membranes to Gore-Tex products.
- Fleece trousers and jacket.
- Thermal 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 neck or face in the cold).
- Warm hat.
- Warm trekking socks for the climbing day.

### Travel accessories:

- LED headlamp.
- A pair of sunglasses.
- Ski goggles.
- Thermos - 1l. Better without a button on the lid.
- Windproof mask on the lower part of the face (with some success, you can replace it with a scarf).
- Alligators.
- Sun block and lip balm.
- Chemical heating pads (not necessary, but can be very useful).
- Personal medical kit.
- Knee braces.