

Documents:

- International passport
- Flight tickets
- Medical insurance covering helicopter evacuation

Personal equipment:

- Backpack 30-50L.
- Sleeping bag, comfort temperature -5C.
- Trekking poles

Clothing and shoes:

- Trekking boots well soaked in advance with a special water repellent
- Sneakers (for the city)
- Waterproof membrane layer – jacket+trousers
- Fleece Suit
- Thermal underwear top+bottom
- Puff
- Thick gloves
- Thin gloves
- Bandana or buff (in addition to sun protection in the valley, it can be used to insulate the throat or face in the cold)
- Hat
- Warm trekking socks

Various:

- A diode flashlight on the head
- Power bank
- Sunglasses
- Raincoat
- Rain cover for backpack
- Thermos or flask - 1L. (optional)
- Leggings
- Sun Cream spf 50
- Hygienic lipstick spf 10-15
- Personal first aid kit
- Elastic bandage and/or supportive bandage
- Toothpaste, brush, soap, shampoo, flip-flops
- Towel
- Toilet paper