

**Documents:**

- Passport
- Plane tickets
- Medical insurance covering evacuation by helicopter

**Personal equipment:**

- Backpack 30-50l.
- Sleeping bag, comfort temperature from -20C.
- Rug
- Trekking poles
- Steel cats
- Ice axe with self-guards
- Mountaineering system
- Helmet
- Carabiners - 4 pcs.
- Self-guards
- Jumar
- Descent device
- Mug - spoon - bowl

**Clothing and footwear:**

- Triple or double mountaineering boots. Double - plastic or leather
- Trekking boots well impregnated in advance with special water repellent.
- Trainers (for the city)
- Waterproof membrane layer - jacket + trousers
- fleece suit
- Thermal underwear top+bottom
- Mid-range down jacket
- Warm mittens
- Thick gloves
- Thin gloves
- Bandana or baf (in addition to protection from the sun in the valley, you can use it to insulate your throat or face in the cold)
- hat
- Warm trekking socks for the day of climbing
- Windproof mask for the lower part of the face

**Miscellaneous:**

- Diode head torch
- Powerbank
- Sunglasses
- Ski mask-goggles
- Mackintosh
- Thermos - 1 litre. Preferably without a button in the lid
- leggings
- Sun cream spf 50
- Hygienic lipstick spf 10-15
- Chemical warmers (not obligatory, but can be very useful).

- Personal first aid kit
- Elastic bandage and/or support bandage
- Toothpaste, toothbrush, soap, shampoo, flip-flops.
- Towel
- Toilet paper