

**Documents:**

- Passport
- Plane tickets
- Medical insurance
- Questionnaire from the embassy's website filled out in English (3 copies)
- 4 photos (color 3\*4)
- Copies of the passport and Russian passport

**Personal equipment:**

- Backpack 50-60L.
- Sleeping bag, comfort temperature -10C.
- Trekking poles.
- Crampons
- A classic ice axe with a steel beak or an ice tool.
- Climbing system.
- Carabiners – 5 pcs.
- Self-insurance mustache.
- Trigger device.

**Clothing and shoes:**

- Single-layer climbing boots.
- Sneakers (for cities).
- Waterproof layer – Jacket + trousers. The industry offers a range of products from simple 5000/5000 membranes to Gore-Tex products.
- Fleece suit.
- Thermal underwear top + bottom.
- The mittens are warm.
- The gloves are thick.
- The gloves are thin.
- Bandana (in addition to sun protection in the valley, it can be used to insulate the throat or face in the cold)
- Warm trekking socks for climbing day

**Various:**

- A diode flashlight on the head
- Sunglasses
- Ski mask-glasses
- Thermos – 1L. Preferably without a button in the lid.
- Windproof mask on the lower part of the face
- Leggings
- Sun cream, hygienic lipstick
- Chemical hot water bottles (optional, but may be very useful)
- Personal first aid kit
- Elastic bandage and/or supportive bandage.