

Documents:

- Passport
- Airplane tickets
- Medical insurance

Personal equipment:

- Backpack. 70-80l.
- Sleeping bag, comfort temperature from -20C
- Sleeping mattress.
- Trekking poles.
- Crampons.
- Ice axe.
- Harness.
- Carabiners - 5 pcs.
- Mustache insurance.
- Ascender
- Ice screw on a separate carbine
- Mug-spoon-bowl
- 5 m. 5-6mm reps

Clothes and shoes:

- Mountaineering Double - heavy-duty or single boots.
- Trekking boots.
- Sneakers (for cities).
- Waterproof layer - Jacket + trousers. The industry offers a wide range of products from simple membranes 5000/5000 to products from Gore-Tex.
- Fleece costume.
- Thermo underwear layer - top and bottom
- Thick and warm down coat.
- Thick gloves.
- Thin gloves.
- Bandana (in addition to protection from the Sun in the valley can be used to warm your throat or face in the cold)
- Cap.
- Warm trekking socks for the day of the ascent.

Miscellaneous:

- LED headlamp
- Sunglasses
- Ski goggles
- Thermos - 1L. Preferably without a button in the lid.
- Windproof mask for the lower part of the face (partly can be replaced with a scarf)
- Gaiters
- Sunblock and lip balm
- Chemical heaters (not necessarily, but can be very useful)
- Personal first aid kit
- Elastic bandage and / or supporting bandage.