

## Documents

- Valid passport
- Airline tickets
- Medical Insurance

## Personal equipment:

- Backpack. 50-60l
- Sleeping bag, comfort temperature from -25C to -15C
- Sleeping mattress
- Trekking poles
- Crampons, can be aluminum
- Ice ax. Classic, on lanyard. Can be lightweight or combined with a ski stick.
- Helmet
- Harness
- Carabines, 3pcs
- Mug-spoon-bowl

## Clothes and footwear:

- Mountaineering Double or triple boots. Double: plastic or leather. Among plastic ones we recommend Scarpa Vega – seem to be the warmest of all double shoes.
- Sneakers or trekking boots. Ideally, both. Sneakers for the track in the base camp, light boots – for acclimatization exit and base camp. Although you can have sneakers only.
- 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.