

Documents

- Valid passport.
- Flight tickets.
- Medical insurance.

Personal equipment:

- Backpack. 50-60l.
- Sleeping bag, comfort temperature from -15C to -5C.
- Sleeping mats.
- Trekking poles.
- Harness.
- Carabiners, 5 pieces.
- Mountaineering lanyard.
- Ascender.
- Belay device.
- Cup-Spoon-Bowl.
- Climbing helmet.

Clothing and footwear:

- Trekking boots.
- Trainers (for cities).
- Waterproof layer — jacket + trousers. The industry offers a wide range of products, from simple 5000/5000 membranes to Gore-Tex products.
- Fleece suit.
- Thermal underwear layer — top and bottom.
- Thick gloves.
- Thin gloves.
- Neckerchief.
- Cap.

Miscellaneous:

- LED Headlamp.
- Sunglasses.
- Gaiters.
- Sunscreen and lip balm.
- Chemical heaters (not essential, but can be very useful).
- Personal first aid kit.
- Elastic bandage and/or support bandage.