

Documents:

- Passport
- Plane/train tickets
- Medical insurance

Personal equipment:

- Backpack 50-60l.
- Assault backpack 15-20l.
- Sleeping bag, comfort temperature from 0C to -7C
- Karemat
- Trekking poles.
- Trekking boots
- Replacement shoes for walking around the camp (trekking sandals or sneakers).
- Waterproof layer - Jacket+pants
- Fleece suit for sleeping
- Thermal underwear top+bottom
- Down jacket or down vest
- Non-warm gloves
- Bandana, buff, cap, hat of your choice
- Fleece hat
- Warm socks for sleeping
- Trekking socks

Miscellaneous:

- Diode flashlight on the head + spare batteries
- Sunglasses sunglasses protection factor not lower than 3
- Thermos - 1 liter.
- Sunscreen, hygienic lipstick
- Personal first aid kit
- Elastic bandage and/or support bandage
- CLMN