

Documents:

- Passport
- Plane tickets
- Medical insurance

Personal gear:

- Backpack (60 liters)
- Duffel bag for personal belongings (provided by our team on site)
- Sleeping bag with comfort temperature from -20 °C to -30 °C
- Sleeping pad
- Trekking poles with baskets of at least 70 mm
- Steel crampons
- Classic ice axe with a steel pick or an ice tool
- Climbing harness
- Helmet
- Carabiners - 3 pcs
- Personal anchor lanyards
- Jumar (ascender)
- Descender
- Cup, spoon, bowl

Clothing and footwear:

- Triple or double mountaineering boots (double boots should be plastic or leather; an outer gaiter is highly recommended)
- Trekking boots pre-treated well with water-repellent
- Sneakers (for cities)
- Waterproof layer - jacket and pants (the industry offers a range from simple 5000/5000 membranes to Gore-Tex garments)
- Fleece suit
- Thermal underwear, top and bottom
- Down jacket with hood, thick and warm
- Warm mittens
- Thick gloves
- Thin gloves
- Bandana (besides providing sun protection in the valley, it can be used to insulate the neck or face in cold conditions)
- Hat
- Warm trekking socks for the summit day

Miscellaneous:

- Headlamp with LED and at least 12 hours of burn time
- Power bank
- Sunglasses
- Ski goggles
- Raincoat
- Thermos - 1 liter, preferably without a push button in the lid
- Gaiters
- Sunscreen SPF 50

- Lip balm SPF 10-15
- Chemical warmers (optional but can be very useful)
- Personal first-aid kit
- Elastic bandage and/or supportive brace
- Toothpaste, toothbrush, soap, shampoo, flip-flops
- Towel
- Toilet paper (available for purchase at lodges along the way)