

Documents:

- Passport
- Flight tickets
- Medical insurance with helicopter evacuation

Personal equipment:

- Backpack 50-60 liters
- Duffel bag (120-150 l)
- Sleeping bag, comfort temperature from -20°C to -30°C
- Sleeping pad
- Trekking poles with baskets at least 70 mm
- Crampons (steel or aluminum)
- Classic ice axe with steel pick
- Climbing harness
- Carabiners — 5 pcs
- Safety lanyards
- Ascender (jumar)
- Rappel device
- Ice screw on a separate carabiner
- Mug, spoon, bowl
- 5 meters of 5-6 mm accessory cord

Clothing and footwear:

- Triple high-altitude mountaineering boots (8000 m class)
- Trekking boots
- Sneakers (for cities)
- Down suit or a set: down jacket with hood + down pants
- Waterproof layer — jacket and pants. Options range from basic 5000/5000 membranes to Gore-Tex garments
- Fleece suit
- Thermal underwear (top and bottom)
- Warm mittens
- Spare mittens
- Thick gloves
- Thin gloves
- Bandana (in addition to sun protection in the valley, can be used to insulate the neck or face in cold conditions)
- Hat
- Warm trekking socks for summit day

Miscellaneous:

- LED headlamp with at least 12 hours of battery life
- Sunglasses
- Ski goggles
- Thermos — 1 liter, preferably without a push-button lid
- Windproof face mask for the lower part of the face (can be partially replaced by a scarf)
- Gaiters
- Sunscreen and lip balm

- Chemical hand warmers (optional, but can be very useful)
- Personal first-aid kit
- Elastic bandage and/or support brace