

#### Documents:

- International passport
- Airline tickets
- Medical insurance covering helicopter evacuation

#### Personal equipment:

- Backpack 30-50 liters
- Duffel bag for personal belongings (provided by our team on site)
- Sleeping bag with comfort temperature down to  $-20^{\circ}\text{C}$
- Sleeping pad
- Trekking poles with baskets at least 70 mm
- Steel crampons
- Ice axe with leash
- Climbing harness
- Helmet
- Carabiners - 4 pcs
- Safety lanyards
- Jumar (ascender)
- Belay / descender device
- Mug-spoon-bowl set

#### Clothing and footwear:

- Triple or double mountaineering boots. Double boots - plastic or leather
- Trekking boots, WELL treated in advance with waterproofing agent
- Sneakers (for city use)
- Waterproof membrane layer - jacket + pants
- Fleece suit
- Thermal underwear top + bottom
- Mid-weight down jacket with hood
- Warm mittens
- Thick gloves
- Thin gloves
- Bandana or buff (in addition to sun protection in the valley, can be used to protect the neck or face from frost)
- Hat
- Warm trekking socks for summit day
- Windproof face mask for the lower part of the face

#### Miscellaneous:

- Headlamp with battery life of at least 12 hours
- Power bank
- Sunglasses
- Ski goggles
- Rain cover / rain jacket
- Thermos - 1 liter (preferably without a push-button lid)
- Gaiters
- Sunscreen SPF 50
- Lip balm SPF 10-15

- Chemical hand warmers (optional, but can be very useful)
- Personal first-aid kit
- Elastic bandage and/or support brace
- Toothpaste, toothbrush, soap, shampoo, flip-flops
- Towel
- Toilet paper (available for purchase in lodges along the route)