

Documents:

- Passport
- Plane tickets
- Medical insurance

Personal gear:

- Daypack — volume should be 35 liters or more
- Large backpack or duffel — 60-70 liters
- Sleeping bag — should withstand at least -5°C (can be rented for 60 kina per bag)
- Hydration reservoir — 3 liters
- Trekking poles

Clothing and footwear:

- Base layer: polypropylene long-sleeve top (pants optional)
- Second layer: quick-drying long-sleeve shirt
- Third layer: long-sleeve top made of merino or similar material
- Fourth layer: fleece jacket
- Fifth layer: Gore-Tex jacket
- Long trekking pants
- Waterproof pants
- Gaiters
- Heavy wool/merino socks
- Hiking boots
- Ski or wool gloves
- Warm hat
- Scarf or neck gaiter made of merino/wool
- Sun hat or baseball cap
- Travel shoes
- Dry clean clothes for traveling and for the lodge in the evening

Miscellaneous:

- Toiletries — toothbrush/toothpaste, toilet paper, soap, small towel, shampoo
- Antiseptic hand gel
- Headlamp with at least 12 hours of burn time, plus plenty of spare batteries and bulbs
- Small personal first aid kit — band-aids/blister treatments
- Aspirin / ibuprofen (no sleeping pills)
- Sunscreen / lip balm
- Sunglasses