

#### Documents:

- Passport
- Plane tickets
- Medical insurance

#### Personal gear:

- Backpack (70-80 liters)
- Sleeping bag with comfort temperature from -20 °C to -30 °C
- Sleeping pad
- Trekking poles
- Steel crampons
- Classic ice axe with a steel pick or ice tool
- Climbing harness
- Helmet
- Carabiners (5 pcs)
- Personal anchor system
- Jumar
- Ice screw on a separate carabiner
- Descender
- Cup, spoon, bowl
- 5 meters of 5-6 mm accessory cord

#### Clothing and footwear:

- Triple or double mountaineering boots (double boots should be plastic or leather; an outer gaiter is highly recommended)
- Trekking boots
- Sneakers (for towns)
- 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
- Spare mittens
- Thick gloves
- Thin gloves
- Bandana (besides sun protection in the valley, it can be used to insulate the throat or face in the cold)
- Hat
- Warm trekking socks for the day of the ascent

#### Miscellaneous:

- Headlamp with an LED and at least 12 hours of light
- Sunglasses
- Ski goggles
- Thermos - 1 liter, preferably without a push button in the lid
- Windproof mask for the lower face (can be replaced with a scarf)
- Gaiters

- Sunscreen, lip balm
- Chemical warmers (optional but can be very useful)
- Personal first aid kit
- Elastic bandage and/or supportive brace