

Documents:

- Passport
- Flight tickets
- Medical insurance

Personal equipment:

- Backpack 50-60 liters
- Sleeping bag, comfort temperature down to -10°C
- Trekking poles with baskets of at least 70 mm
- Crampons
- Classic ice axe with steel pick or ice tool
- Climbing harness
- Carabiners - 5 pcs
- Lanyards for self-belay
- Descender

Clothing and footwear:

- Single-layer mountaineering boots
- Sneakers (for cities)
- Waterproof layer - jacket + pants. The industry offers a wide range of options, from basic membranes rated 5000/5000 to Gore-Tex garments
- Fleece suit
- Thermal underwear top + bottom
- Down jacket with hood
- Warm mittens
- Thick gloves
- Thin gloves
- Bandana (in addition to sun protection in the valley, can be used to keep the neck or face warm in cold conditions)
- Hat
- Warm trekking socks for summit day

Miscellaneous:

- LED headlamp with battery life of at least 12 hours
- Sunglasses
- Ski goggles
- Thermos - 1 liter (preferably without a push-button lid)
- Windproof face mask for the lower part of the face
- Gaiters
- Sunscreen, lip balm
- Chemical hand warmers (optional, but can be very useful)
- Personal first-aid kit
- Elastic bandage and/or supportive brace