

Documents:

- Passport.
- Flight tickets.
- Medical insurance.

Personal equipment:

- Backpack. 70-80l.
- Sleeping bag, comfort temperature from -20C to -30C.
- Sleeping mattress.
- Trekking poles.
- Crampons.
- Ice axe.
- Harness.
- Carabiners — 3 pcs.
- Moustache insurance.
- Ice screw on separate karabiner.
- Cup-Spoon-Bowl.
- Ascender.
- 5 m. 5-6mm rep.

Clothes and shoes:

- Mountaineering double or triple boots. Double: plastic or leather. For plastics, we recommend Scarpa Vega — they seem to be the warmest of the double boots.
- Trekking boots.
- Waterproof layer — jacket + trousers. The industry offers a wide range of products, from simple 5000/5000 membranes to Gore-Tex products.
- Fleece suit.
- Thermal underwear layer — top and bottom.
- Thick and warm down coat.
- Thick gloves.
- Thin gloves.
- Bandana (in addition to protecting you from the sun in the valley, can be used to warm your neck or face in the cold).
- A cap.
- Warm trekking socks for the day of the climb.

Miscellaneous:

- LED headlamp.
- A pair of sunglasses.
- Ski goggles.
- 1L thermos. Preferably without a button on the lid.
- Windproof mask for the lower part of the face (can be partially replaced by a scarf).
- Gaiters.
- Sun block and lip balm.
- Chemical heaters (not essential, but can be very useful).
- Personal first aid kit.
- Elastic bandage and/or support bandage.