

Documents:

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

Personal equipment:

- Backpack 30-50 L
- Sleeping bag, comfort temperature –5°C
- Trekking poles обязательно with baskets

Clothing and footwear:

- Trekking boots, WELL pre-treated with a waterproofing agent
- Sneakers (for city use)
- Waterproof membrane layer – jacket + pants
- Fleece set
- Thermal underwear (top + bottom)
- Down jacket with hood
- Warm gloves
- Light gloves
- Bandana or buff (in addition to sun protection in the valleys, can be used to keep the neck or face warm in cold conditions)
- Hat
- Warm trekking socks

Miscellaneous:

- Headlamp with battery life of at least 12 hours
- Power bank
- Sunglasses
- Rain poncho
- Rain cover for backpack
- Thermos or water bottle – 1 L (optional)
- Gaiters
- Sunscreen SPF 50
- Lip balm SPF 10-15
- 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)