Documents

- Valid passport
- Airline tickets
- Voucher (a form, which was sent to you for obtaining visa)
- Insurance

Personal equipment

- Backpack
- Sleeping bag
- Ski/trekking poles be sure to have rings of at least 70 mm
- Crampons
- Ice axe
- Mountaineering Lanyard
- Helmet
- Harness
- 2 Carabines
- 2 meters of 5 or 6-10mm rope

Clothing and shoes.

- Wind and waterproof layer – Pants and Jacket. Gore-Tex, for example.
- Fleece pants and jacket
- Thermo underwear layer – top and bottom
- Dawn jacket.
- Mittens
- Thick gloves
- Thin gloves
- Bandana
- Warm hat
- Underwear, socks and so on
- Some warm socks for a summit day
- Balaclava
- Windproof face mask
- Gators
- Trekking shoes/trekking boots
- Double or triple boots

Travel Accessories

- Headlamp
- Shower accessories, toothpaste, toothbrush
- Sunglasses
- Ski goggles
- Vitamins
- Thermos (1 liter, better without button)
- Sunblock and lip balm
- Personal medical kit
- Spare contact lenses or glasses
- Knee supports