

Documents:

- Passport
- Flight tickets
- Medical insurance covering helicopter evacuation

Personal equipment:

- Backpack 30-50 liters
- Duffel bag for personal belongings (provided on site by our team)
- Sleeping bag, comfort temperature **-5°C**
- Trekking poles with baskets

Clothing and footwear:

- Trekking boots, thoroughly waterproofed in advance with a special treatment
- Sneakers (for city use)
- Waterproof membrane layer — jacket and pants
- Fleece set
- Thermal underwear (top and bottom)
- Down jacket with hood
- Thick gloves
- Thin gloves
- Bandana or buff (in addition to sun protection in the valley, it can also be used to keep the neck or face warm in cold conditions)
- Hat
- Warm trekking socks

Miscellaneous:

- LED headlamp with a minimum of 12 hours of battery life
- Power bank
- Sunglasses
- Rain poncho
- Rain cover for backpack
- Thermos or water bottle — 1 liter
- 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)