

Documents

- Valid passport
- Airline tickets
- Insurance

Personal equipment

- Backpack 30-50L
- Sleeping bag with a comfort rating of -5 °C or lower
- Ski/trekking poles

Clothing and shoes.

- Wind and waterproof layer – Pants and Jacket. Gore-Tex, for example.
- Fleece pants and jacket
- Thermo underwear layer – top and bottom
- Down jacket.
- Thick gloves
- Thin gloves
- Bandana
- Warm hat
- Underwear, socks and so on
- Some warm socks
- Balaclava
- Gaiters
- Trekking sneakers
- Trekking boots are WELL impregnated in advance with a special anti-water agent

Travel Accessories

- Headlamp
- Powerbank
- Shower accessories, toothpaste, toothbrush
- Raincoat
- Rain cover for backpack
- Sunglasses
- Ski goggles
- Vitamins
- Thermos (1 liter, better without button)
- Sunblock spf 50
- lip balm spf 10-15
- Personal medical kit
- Spare contact lenses or glasses
- Knee supports
- Towel
- Toilet paper (sold in lodges along the way)