Documents:

- Valid passport.
- Flight tickets.
- Medical insurance.

Personal equipment:

- Backpack. 50-60l.
- Sleeping bag, comfort temperature from -25C to -15C.
- Sleeping mattress.
- Trekking poles with baskets at least 70 mm in diameter are required.
- Crampons, can be aluminium.
- Ice axe. Classic, on a lanyard. Can be lightweight or combined with a ski pole.
- Helmet.
- Cup-Spoon-Bowl.

Clothes and footwear:

- Mountaineering Double or triple boots. Double: plastic or leather. Among plastic ones we recommend Scarpa Vega – seem to be the warmest of all double shoes.
- Sneakers or trekking boots. Ideally, both. Sneakers for the track in the base camp, light boots – for acclimatization exit and base camp. Although you can have sneakers only.
- Waterproof layer – Jacket + trousers. The industry offers a wide range of products from simple membranes 5000/5000 to products from Gore-Tex.
- Fleece costume.
- Thermo underwear layer – top and bottom.
- Thick, warm down jacket with a hood.
- Warm mittens.
- Thick gloves.
- Thin gloves.
- Bandana (in addition to protection from the Sun in the valley can be used to warm your throat or face in the cold).
- Cap.
- Warm trekking socks for the summit day.

Miscellaneous:

- LED headlamp with at least 12 hours of operating time.
- 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.