Documents:

- Passport
- Plane tickets (and return tickets!!!)
- Medical insurance

Personal equipment:

- Backpack 20-40l
- Sleeping bag, comfort temperature from 0C
- Trekking poles

Clothing and footwear:

- Trekking boots
- Trainers (for cities)
- Waterproof layer – Jacket+pants
- Fleece suit
- Thermal underwear top+bottom
- Down jacket with a hood
- Thick gloves
- Thin gloves
- Bandana (besides protection from the sun in the valley, you can use it to insulate your throat or face in the cold)
- hat
- Warm trekking socks for the day of climbing
- Cap/hat

Miscellaneous:

- Diode head torch
- Sunglasses
- Thermos – 1 litre Preferably without a button in the lid
- Reusable bottle
- Windproof mask for the lower part of the face (with some success can be replaced by a scarf).
- Gaiters
- Sun cream and lip balm.
- Chemical warmers (not essential, but may be useful)
- Personal first aid kit
- Elastic bandage and/or support bandage