Documentation:

- international passport
- Airplane tickets
- Medical insurance covering helicopter evacuation

Personal equipment:

- Backpack 30-50l.
- Sleeping bag, comfort temperature from -20C.
- Mat
- Trekking poles
- Cats of steel
- Ice axe with self-insurance
- climbing system
- Helmet
- Carabiners – 4 pcs.
- Lanyard mustache
- Zhumar
- descender
- Mug-spoon-bowl

Clothes and shoes:

- Climbing boots triple or double. Double – plastic or leather
- Trekking boots are WELL impregnated in advance with a special anti-water agent
- Sneakers (for the city)
- Waterproof membrane layer – jacket + trousers
- fleece suit
- Thermal underwear top+bottom
- Middle class puff
- Warm mittens
- Gloves are thick
- Thin gloves
- Bandana or buff (in addition to protection from the Sun in the valley, it can be used to warm the throat or face in the cold)
- Cap
- Warm trekking socks for climbing day
- Windproof mask for the lower part of the face

Travel Accessories:

- LED flashlight for head
- Powerbank
- Sunglasses
- Raincoat
- Rain cover for backpack
- Ski goggles
- Thermos – 1l. Preferably without a button in the lid
- Sunblock spf 50
- lip balm spf 10-15
- Leggings

- Chemical heating pads (not required, but can be very helpful)
- Personal medical kit
- Elastic bandage and/or support bandage
- Toothpaste, brush, soap, shampoo, slippers
- Towel
- Toilet paper (sold in loggias along the way)