Documents

- Valid passport
- Airline tickets
- Insurance

Personal equipment

- Rucksack, 30-50 litres
- Sleeping bag with a comfort rating of -5 °C or lower
- Ski/trekking poles

Clothing and footwear

- Wind- and waterproof outer layer: jacket and trousers (Gore-Tex, for example)
- Fleece jacket and trousers
- Thermal base layer, top and bottoms
- Down jacket.
- Thick gloves
- Thin gloves
- Bandana
- Warm hat
- Underwear, socks and so on
- Warm socks
- Balaclava
- Gaiters
- Trekking trainers
- Trekking boots, thoroughly treated in advance with a special waterproofing agent

Travel Accessories

- Headlamp
- Power bank
- Shower accessories, toothpaste, toothbrush
- Raincoat
- Rain cover for backpack
- Sunglasses
- Ski goggles
- Vitamins
- Vacuum flask, 1 litre (preferably without a button)
- Sunscreen, 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)