

REQUIRED

- SOCKS
- HIKING BOOTS OR TREKKING SHOES
- HEAVYWEIGHT BASE LAYER BOTTOM
- MIDWEIGHT BASE LAYER BOTTOM
- HIKING PANTS (2 at least)
- HEAVYWEIGHT BASE LAYER TOP
- MIDWEIGHT BASE LAYER TOP
- FLEECE JACKET OR SWEATER
- DOWN PARKA
- SOFTSHELL JACKET
- T-SHIRTS
- LIGHTWEIGHT LINER GLOVES
- BANDANA or BUFF
- SUN HAT
- WOOL / SYNTHETIC SKI HAT
- GLACIER GLASSES
- TREKKING POLES
- TREKKING PACK
- SMALL DUFFEL
- 5F DOWN SLEEPING BAG
- INFLATABLE SLEEPING PAD
- SLEEPING FOAM PAD
- HEADLAMP
- WATER BOTTLE or CAMEL BAG
- SUNSCREEN & LIPSCREEN



RECOMENDED

- TOILETRY BAG OR PERSONAL BATHROOM KIT
- TRAVEL TOWEL
- SMALL PERSONAL FIRST-AID KIT
- MEDICATIONS & PRESCRIPTIONS
- HAND SANITIZER
- CASUAL CLOTHING & SHOES

TRAVEL DOCUMENTS

- VALID PASSPORT
- VISA IF YOU NEED

OPTIONAL

- CAMERA
- TRAVEL POWER ADAPTER
- READING AND WRITING MATERIALS
- ALARM CLOCK
- TRAVEL PILLOW