



Packing list for Ararat

- Traveler's checks, cash, credit card, insurance card
- Daypack (volume 30-40 liters)
- Rain cover for the backpack or waterproof pack sack in the backpack
- Sleeping bag (down sleeping bag 5 - 20° ,)
- Crampon festivals
- Crampon-proof mountain boots
- gaiters
- Ski poles
- Jacket
- Overpants
- hat, headband
- Gloves
- Softshell - jacket, sweater
- Thin fleece sweater
- 2 long sleeve mountain shirts
- 2 short sleeve shirts
- 2-3 T-shirt mountain pants (good: zip-up legs)
- 2-4 pairs of thick mountain socks
- 2-4 pairs of trekking socks
- Long underpants, warm undershirt (ski underwear)
- Underwear
- Thermos bottle (1 liter)
- Sunglasses (suitable for high mountains)
- Sunscreen, lip balm, possibly eye drops for irritated conjunctiva
- laundry supplies,
- Hand towel
- Headlamp, watch, photographic equipment, writing supplies
- Personal medication travel first aid kit:
- Medicines for indigestion, colds, coughs, headaches, circulatory problems, Voltaren for Pains
- Aseptic bandage material, elastic bandage, plaster, blister plaster, 2 triangular cloths
- Drinking water tablets (Micropur)
- Insect protection Waterproof plastic or nylon bags (for overview in the duffel bag), for dirty laundry or Problematic waste such as batteries and aluminum)