

[Rock-and-Rent](#) has absolutely everything, of a good high level, you can arrive even in shorts (especially if you book everything in advance, we will give you a ride to the north of Elbrus). We selected all the equipment based on only one factor: maximum compliance with the conditions of Elbrus, where we have been driving since 2001!

And yes, we have compiled this list very carefully, in total, the company's guides have conducted several thousand ascents, and we do not think that there is anything superfluous in it!

Documents

- Valid passport
- Airline tickets
- Voucher (a form, which was sent to you for obtaining visa)
- Insurance

Personal equipment

- Backpack
- Sleeping bag
- Ski/trekking poles be sure to have rings of at least 70 mm
- Crampons
- Ice axe
- Mountaineering Lanyard
- Helmet
- Harness
- 5 Carabines
- 7 meters of 5 or 6 mm rope

Clothing and shoes.

- Wind and waterproof layer - Pants and Jacket. Gore-Tex, for example.
- Fleece pants and jacket
- Thermo underwear layer - top and bottom
- Dawn jacket.
- Mittens
- Thick gloves
- Thin gloves
- Bandana
- Warm hat
- Underwear, socks and so on
- Some warm socks for a summit day
- Balaclava
- Windproof face mask
- Gators
- Trekking shoes/trekking boots
- Double or triple boots

Travel Accessories

- Headlamp
- Shower accessories, toothpaste, toothbrush
- Sunglasses

- Ski goggles
- Vitamins
- Thermos (1 liter, better without button)
- Sunblock and lip balm
- Personal medical kit
- Spare contact lenses or glasses
- Knee supports
- Mountaineering Lanyard