

**Documents:**

- Passport
- Plane/train tickets
- Medical insurance
- Voucher (for foreigners)

**Personal equipment:**

- Backpack, 30-40 liters
- Duffel bag, 80-100 liters
- Sleeping bag, comfort temperature from 0°C to +10°C (from June to September inclusive), from -20°C to -10°C (from October to May inclusive)
- Trekking poles mandatory with baskets at least 70 mm
- Crampons
- Classic ice axe with a 5-6 mm accessory cord for clipping into the harness (2-3 meters)
- Climbing harness
- Helmet
- Carabiners, 3 pieces (preferably large — noticeably more convenient to use with mittens)
- Self-belay lanyards

**Clothing and footwear:**

- Double/triple mountaineering boots — plastic or leather. Single-layer boots are acceptable only when used with overboots (not to be confused with gaiters)
- Trekking shoes or trekking boots. In May and early June, snow can still be encountered on the first acclimatization hikes, in which case boots have a clear advantage over shoes. However, from mid-June to the end of September, they can be replaced with trekking shoes (with some risk of twisting an ankle); make sure they are still waterproof
- Waterproof layer — jacket + pants; recommended membrane rating 10,000/10,000 or higher
- Fleece suit
- Thermal underwear, top + bottom
- Down jacket with a hood, thick and warm; the typical weight of a proper Elbrus down jacket starts from 700 grams
- Warm mittens
- Thick gloves (ski gloves)
- Thin gloves (fleece)
- Bandana (in addition to sun protection in the valley, can be used to insulate the neck or face in cold conditions)
- Warm hat
- Warm trekking socks for summit day
- Sun hat / cap
- Trekking pants and T-shirts (preferably with long sleeves)
- Trekking socks for trekking days (preferably one pair per trekking day)

**Miscellaneous:**

- Headlamp with LED, minimum 12 hours of operating time
- Sunglasses, protection category 3-4, must fully block side light
- Ski goggles, protection category 1-2 (for bad weather, not for good conditions)
- Thermos, 1 liter, preferably without a push-button lid
- Windproof face mask for the lower part of the face (can be partially replaced with a scarf)

- Sunscreen, branded, SPF 30-50 (despite popular belief, the practical difference between SPF 30 and 50 is negligible)
- Lip balm, SPF 15
- Personal first aid kit
- Elastic bandage and/or supportive brace
- Gaiters (not mandatory, but can be useful, especially in May-June)
- Chemical hand/foot warmers (not mandatory, but can be very useful)