

You bring all of your own personal equipment. Before the trip, agree with your guide your footwear, crampons, ice axe, harness, sleeping bag and the amount of baggage for each stage. The set must suit the high-altitude paths of Damavand and Ararat, nights under canvas, and travel on the Kazbek glacier.

Documents

- Passport
- Air tickets or e-ticket receipts
- Visas and the documents needed for entry and transit along the route
- Medical insurance covering mountaineering, altitudes up to 5610 m, search and rescue, and evacuation
- Digital copies of your documents on your phone and in cloud storage
- Waterproof document wallet

Personal and technical equipment

- A summit pack of 30-50 litres for the Damavand and Ararat stages
- A rucksack or soft duffel of 60-80 litres for the Kazbek stage and your main baggage
- Sleeping bag with a comfort rating no higher than -10 °C
- Insulated sleeping mat
- Folding trekking poles with wide baskets
- Crampons compatible with the boots you choose
- Classic ice axe
- Climbing harness
- Cow's-tail lanyards
- 3 karabiners
- Climbing helmet
- Your own eating utensils for the Kazbek stage
- Waterproof rucksack cover
- Dry bags or liner bags for clothing and electronics

On Kazbek, crampons, an ice axe, a harness, karabiners and a helmet are needed throughout the season. Whether crampons and an ice axe are needed on Damavand and Ararat depends on the date and the actual state of the route. Do not leave agreed technical equipment out of your baggage on your own initiative.

Clothing and footwear

- Mountaineering or trekking boots that will take crampons — agree the specific model with your guide
- Light spare footwear for the towns and hotels
- Base layer, top and bottoms
- Fleece jacket or fleece set
- Warm down jacket with a hood
- Waterproof shell jacket with a hood
- Waterproof shell trousers
- Quick-drying trekking trousers
- Thin gloves
- Warm gloves or mittens
- Warm hat
- Buff or bandana

- Sun hat
- Warm trekking socks for the summit days
- Spare underwear and trekking socks
- Gaiters

Useful extras

- LED head torch with at least 12 hours of battery life
- Spare batteries or a rechargeable cell for your torch
- Sunglasses
- Ski goggles for wind, snow and poor visibility
- Vacuum flask, 1 litre, without a push-button lid
- Windproof mask for the lower face, or a warm scarf
- Sun cream
- Lip balm with sun protection
- Power bank and charging cables
- Chemical hand warmers, optional
- A personal first-aid kit suited to your own medical needs
- Elastic bandage or a personal support brace