Rock and Rent has absolutely everything, all of it good quality, so you can fly in wearing shorts — especially if you reserve it all in advance. We chose every item against one factor only: how well it suits conditions on Elbrus, where we have been leading since 2001. And yes, we put **a great deal of** care into this list; between them the company's guides have run several thousand ascents, and we do not think there is anything superfluous in it. Documents:

- Passport
- Air or rail tickets
- Medical insurance
- Voucher (for foreign nationals)

Personal equipment:

- Rucksack, 30-40 litres
- Duffel bag, 80-100 litres
- Sleeping bag with a comfort rating of 0 to +10 °C from June to September inclusive, and -10 to -20 °C from October to May inclusive
- Trekking poles
- Crampons
- Classic ice axe, with 2-3 metres of 5-6 mm accessory cord for clipping to your harness
- Climbing harness
- Helmet
- Three karabiners, ideally large ones, which are noticeably easier to handle in mittens
- Cow's-tail lanyards

Clothing and footwear: Is downhill ski clothing suitable for Elbrus?

- Double or triple mountaineering boots, plastic or leather. Single boots are acceptable if used with an overboot (not to be confused with a gaiter)
- Trekking shoes or trekking boots. In May and early June you can still meet snow on the first acclimatisation days, and boots are then clearly better than trainers. From mid-June to the end of September, though, trainers will do instead — with some risk of turning an ankle — so make sure they are still waterproof
- Waterproof shell: jacket and trousers, with a membrane rated 10,000/10,000 or better
- Fleece top and bottoms
- Base layer, top and bottoms
- A thick, warm down jacket with a hood; one suitable for Elbrus normally weighs upwards of 700 grams
- Warm mittens
- Thick gloves (ski gloves)
- Thin gloves (fleece)
- Bandana (as well as sun protection in the valley, it can keep your throat or face warm in the cold)
- Warm hat
- Warm trekking socks for summit day
- Sun hat
- Trekking trousers and T-shirts (preferably long-sleeved)
- Trekking socks for the trekking days (ideally one pair per day)

Other items:

- LED head torch with at least 12 hours of battery life

- Sunglasses, category 3-4, which must shield the eyes completely from side light
- Ski goggles, lens category 1-2 (for bad weather, not for good)
- Vacuum flask, 1 litre, preferably without a push-button lid
- Windproof face mask for the lower face (a scarf will do at a pinch)
- Branded sun cream, SPF 30-50 (whatever you may read, in practice the difference between 30 and 50 is negligible)
- SPF 15 lip balm
- Personal first-aid kit
- Elastic bandage and/or a support brace
- Gaiters (not compulsory, but they can be needed, especially in May and June)
- Chemical hand warmers (not compulsory, but they can be very useful)