Equipment and useful extras for the 7-day Elbrus climb from the south

Rock and Rent can supply the clothing and equipment you need for the climb. We recommend reserving a set in advance, so that sizes can be matched and everything is ready for the start. Mountain Guide has been running Elbrus climbs since 2001. In that time the company's guides have made several thousand ascents with participants. This list is built on that experience and reflects real conditions on the southern route. Documents

- Passport
- Air or rail tickets
- Medical insurance
- A tourist voucher, for foreign participants where one is required

Personal equipment

- Rucksack of 30-40 litres
- Duffel bag of 80-100 litres — hire of a duffel for the climb is included in the price
- Sleeping bag with a comfort rating of 0 to +10 °C from June to September inclusive, and -20 to -10 °C from October to May inclusive
- Trekking poles with baskets at least 70 mm across
- Crampons
- Classic ice axe
- Accessory cord, 5-6 mm and 2-3 m long, for attaching your ice axe to your harness
- Climbing harness
- Climbing helmet
- Three karabiners — large ones are easier to handle in mittens
- Cow's-tail lanyards

Clothing and footwear

Before choosing your kit we recommend reading our piece "Is downhill ski clothing suitable for Elbrus?".

- Double or triple mountaineering boots, plastic or leather. Single-layer boots are only acceptable with mountaineering overboots, which should not be confused with gaiters
- Trekking boots or trekking shoes. There can be snow on the acclimatisation routes in May and early June, so boots are preferable then. From mid-June to the end of September waterproof trekking shoes will do, bearing in mind that they support the ankle less
- Waterproof jacket and trousers, with a membrane rated 10,000/10,000 or better
- Fleece top and bottoms
- A set of base layers, top and bottoms
- A thick, warm down jacket with a hood, weighing roughly 700 g or more
- Warm mittens
- Thick ski gloves
- Thin fleece gloves
- Bandana, for sun protection and to keep your face or throat warm
- Warm hat
- Warm trekking socks for summit day
- Sun hat
- Trekking trousers
- T-shirts, preferably long-sleeved
- Trekking socks, ideally a separate pair for each day of walking

Additional items

- LED head torch with at least 12 hours of battery life
- Category 3-4 sunglasses that fully shield the eyes from side light
- Category 1-2 ski goggles for poor weather and limited visibility
- Vacuum flask of 1 litre, preferably without a push-button lid
- Windproof mask for the lower face — a scarf will partly do the same job
- SPF 30-50 sun cream
- Lip balm with SPF 15 protection
- 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 useful in low temperatures