Rock and Rent stocks all the good-quality equipment you need to climb Elbrus. You can fly in wearing shorts, and that is not a joke. The main thing is to reserve the set you need in advance, and we will have it ready for your arrival. We chose this kit against one criterion only: how well it suits conditions on Elbrus, where our guides have been leading groups since 2001. Participants on Mountain Guide trips get a 15% discount on equipment hire at Rock and Rent. If you already have ski clothing and are not sure whether it will do for an Elbrus climb, we recommend reading “Is downhill ski clothing suitable for Elbrus?”. You may already own some of what you need. This list is built on the experience of Mountain Guide’s guides: between them the team has run several thousand Elbrus climbs, so it reflects real conditions on the classic southern route.

Documents:

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

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 -20 to -10 °C from October to May inclusive
- Trekking poles with baskets at least 70 mm across
- Crampons
- Classic ice axe with 2-3 m of 5-6 mm accessory cord for clipping to your harness
- Climbing harness
- Helmet
- Three karabiners. Large ones are preferable, as they are 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-layer boots are possible only with warm overboots (not to be confused with gaiters)
- Trekking boots or waterproof trekking shoes. There can be snow on the acclimatisation days in May and early June, so boots are preferable. From mid-June to the end of September trainers are acceptable, but they protect the ankle less well
- Waterproof shell: jacket and trousers. The recommended membrane rating is 10,000/10,000 or better
- Fleece top and bottoms
- Base layer, top and bottoms
- A thick, warm down jacket with a hood. A down jacket suitable for Elbrus normally weighs upwards of about 700 g
- Warm mittens
- Thick gloves (ski gloves, for example)
- Thin fleece gloves
- Bandana — for sun protection in the valley and to keep your face or neck 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 acclimatisation and trekking days

Other items:

- LED head torch with at least 12 hours of battery life
- Category 3-4 sunglasses with full protection from side light
- Category 1-2 ski goggles for bad weather, wind and snowfall
- 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
- SPF 15 lip balm
- Personal first-aid kit
- Elastic bandage and/or a support brace
- Gaiters — not compulsory, but they can be useful, especially in May and June
- Chemical hand warmers — not compulsory, but they can be useful

For the 9-day Elbrus climb from the south there is no need to buy all your equipment specially for one trip. Most of it can be hired from Rock and Rent, and the guides will help you check the set before you go onto the route.