Rock and Rent has absolutely all the equipment you need for an Elbrus climb with oxygen, all of it good quality. 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.

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.

Some of the equipment for an Elbrus climb can be hired separately from Rock and Rent. The specific models, availability, hire agreement, payment and correspondence are settled directly with the hire shop. 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, which must have baskets of at least 70 mm
- Crampons
- Classic ice axe, with 2-3 m 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
- Oxygen equipment (if you are using your own)

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)
- 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

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)