Rock and Rent stocks all the good-quality equipment you need to climb Elbrus from the west. If you book in advance we will make up a set and deliver it for the start of the trip on the west side of Elbrus. We chose this kit against one criterion above all: how well it suits conditions on Elbrus, where we have been running groups since 2001. This list is built on the experience of the company's guides, who between them have run several thousand ascents, so we do not think there is anything superfluous in it. On the western route you spend several days in tented camps, carry your own gear and part of the group equipment, cross glaciers and work with climbing equipment. It therefore matters not only that your kit is right, but that you know how to use it.

Documents:

- Passport
- Border-zone permit
- Air or rail tickets
- Medical insurance
- A voucher for foreign participants

Personal equipment:

- Rucksack of 80-100 litres
- Foam sleeping mat
- Sleeping bag with a comfort rating of -20 to -15 °C for the summer season
- Trekking poles with baskets at least 70 mm across
- Crampons
- Classic ice axe with 2-3 metres of 5-6 mm accessory cord for clipping to your climbing harness
- Ice screw on its own karabiner
- Climbing harness
- Helmet
- Five karabiners, ideally at least three of them large, which 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
- Trekking boots
- Waterproof shell jacket and trousers, ideally rated 10,000/10,000 or better
- Fleece top and bottoms
- Base layer, top and bottoms
- A thick, warm down jacket with a hood, weighing roughly 700 g or more
- An extra insulating gilet, or a second fleece top
- Warm mittens
- Thick ski gloves
- Thin fleece gloves
- Bandana, for sun protection in the valley and to 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, ideally a separate pair for each walking day

Additional equipment:

- LED head torch with at least 24 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, 1 litre, preferably without a push-button lid
- Windproof mask for the lower face; a scarf will partly do the same job
- Good sun cream, SPF 30-50
- 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

The guides check participants' equipment before the expedition starts. If anything is missing, or the kit does not suit conditions on the western route, it has to be put right before you go into the mountains.