You can fly in wearing shorts, and that is no joke. Rock and Rent stocks all the good-quality equipment you need for an Elbrus climb. It is particularly convenient to reserve a full set in advance: we will have it ready for your arrival, matched to the route, the season, your sizes and the particulars of your own trip. We choose equipment against one criterion above all: how well it suits real conditions on Elbrus, where we have worked since 2001. This list is built on the experience of the company's guides, who between them have run several thousand ascents. The exact set depends on the route you choose. The list below is the basic one for a private Elbrus climb by the classic southern route. For the northern or western route, a traverse, the Cross of Elbrus or a winter climb, we will prepare a separate, fuller list once the trip is agreed.

Documents:

- Passport
- Air or rail tickets
- Medical insurance covering mountaineering, an altitude of at least 5642 m, search and rescue and evacuation
- For foreign participants: a visa and any other documents needed to enter Russia, where your nationality requires them
- Digital copies of your main documents, saved on your phone and in cloud storage

Personal equipment:

- Rucksack of 30-40 litres
- Duffel bag of 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
- Crampons
- Classic ice axe with 2-3 m of 5-6 mm accessory cord for clipping to your climbing harness
- Climbing harness
- Helmet
- Three karabiners. Large ones are preferable, as they 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-layer mountaineering boots are acceptable only with warm high-altitude overboots, which should not be confused with gaiters
- Trekking boots or trekking shoes
- Snow can still lie on the acclimatisation routes in May and early June, so trekking boots are preferable then
- From mid-June to the end of September you can swap boots for waterproof trekking shoes, though they support 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 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 walking days, ideally one pair per day of the trip

Other items:

- LED head torch with at least 12 hours of battery life
- A spare set of batteries, or a charged cell, for your torch
- Category 3-4 sunglasses that fully shield the eyes from side light
- Category 1-2 ski goggles, for bad weather, strong wind 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
- 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 sometimes necessary, especially in May and June
- Chemical hand warmers: not compulsory, but they can be very useful
- Power bank and the charging cables you need

Climbing Elbrus from the north, the traverses and the routes over both summits usually call for a larger rucksack, a warmer sleeping bag and additional climbing equipment. The western route involves self-sufficient tented camps, so the set is extended with a sleeping mat, an expedition rucksack, dry bags and other necessary items. On a private climb we do not hand out a one-size-fits-all list blind. Once the route and dates are chosen, your guide will check the set, take out what you do not need and add what your particular trip actually requires.