Rock and Rent stocks all the good-quality equipment you need for the Elbrus traverse from south to north. If you book in advance we will prepare the full set beforehand, so you can arrive with almost no specialist kit at all, even in shorts. We chose this kit against one criterion above all: how well it suits real conditions on the south and north sides of Elbrus, where we have been running climbs since 2001.

We have put this list together with a great deal of care. Between them the company's guides have run several thousand ascents, so there is nothing superfluous here.

Documents you need:

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

We recommend keeping digital copies of your documents on your phone and in cloud storage.

Personal equipment:

- Rucksack of 50-60 litres
- Duffel bag of 60-100 litres
- Sleeping bag with a comfort rating of -10 to 0 °C from June to September inclusive, and -30 to -15 °C from October to May inclusive
- 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 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; a model suitable for Elbrus usually weighs upwards of about 700 g
- 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 day of the trek

Other items:

- 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
- 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