Rock and Rent stocks all the good-quality equipment you need for the Kazbek and Elbrus climbs. If you book in advance we will make up a set and deliver it for the start of the Kazbek section. 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. The set must suit long walking stages and the glacier route on Kazbek, as well as the Elbrus climb. A mat and sleeping bag are needed in case you are accommodated in tents beside the meteorological station.

Documents:

- Passport valid for entry to Georgia and Russia
- Air or rail tickets
- Medical insurance
- A voucher for foreign participants

Personal equipment:

- Rucksack of 30-40 litres
- Duffel bag of 80-100 litres
- Foam sleeping mat
- Sleeping bag with a comfort rating of -15 to -5 °C from June to September inclusive, and -30 to -20 °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 climbing harness
- 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
- Single-layer mountaineering boots may only be used together with overboots — not to be confused with gaiters
- Trekking shoes or trekking boots
- Trekking boots are recommended in May and early June, as snow can remain on the first acclimatisation days
- From mid-June to the end of September boots can be swapped for waterproof trekking shoes, though boots give the ankle better support
- 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
- 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 the summit days
- 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 12 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 trip starts. If anything is missing, or the kit does not suit conditions on the routes, it has to be put right before you go into the mountains.