If you do not have your own kit, most of what you need can be reserved in advance from Rock and Rent. You can pick up clothing, footwear, trekking poles, rucksacks and other equipment there for walks, treks and days out on the slopes of Elbrus. Hire is particularly convenient for participants who do not want to buy kit for a single trip, or who prefer to travel light. We recommend reserving the sizes you need in advance.

Documents

- A valid passport
- Air or rail tickets
- Medical insurance covering trekking and the maximum altitude of the route chosen

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

Personal equipment

- A rucksack of about 20 litres
- Trekking poles

Clothing and footwear

Is downhill ski clothing suitable for Elbrus?

- Trekking shoes or trekking boots
- Windproof jacket
- A poncho or waterproof shell jacket for the rain
- Fleece jacket
- A set of base layers, top and bottoms
- Thin gloves
- Bandana or buff
- Warm hat

Trekking boots are particularly recommended in May and the first half of June, when snow can still lie on the routes. From mid-June to the end of September, good trekking shoes are enough for most participants, provided they suit long walks and keep your feet dry. Ski clothing can be used on the way up the slopes of Elbrus. Because it protects against wind, snow and cold, it suits the high-altitude section better than ordinary town clothing.

Other items

- Sunglasses
- Gaiters: whether you need them depends on the season, the weather and the footwear you choose
- Sun cream
- Lip balm
- Personal first-aid kit
- Elastic bandage and/or a support brace

This list is written for the main itinerary. An extra day above the high huts, or up to the Pastukhov Rocks, may call for warmer clothing, mountaineering boots, crampons and other equipment. The guide sets the final list, taking account of the altitude, the season and the state of the route.