Two high-altitude stages call for a full set of ski touring, avalanche and glacier equipment. Avalanche equipment can be reserved in advance from Rock and Rent. Touring skis, boots, bindings, skins and ski crampons are not available for hire: each participant brings their own complete, compatible ski set-up.

Ski-touring and avalanche kit

- Ski-touring skis with bindings that have a walk mode
- Skins, trimmed to your own skis
- Ski crampons compatible with your bindings
- Warm touring boots with a walk mode, compatible with your bindings and with mountaineering crampons
- Adjustable ski poles with winter baskets
- Avalanche transceiver
- Avalanche probe
- Avalanche shovel
- Ski or climbing helmet
- A 50-60 litre rucksack with a ski carry system
- An 80-100 litre transport holdall

Glacier and climbing equipment

- Mountaineering crampons compatible with ski-touring boots
- Classic ice axe
- Climbing harness
- Four karabiners, at least two of them screwgate
- Two prusik loops, or accessory cord, prepared as your guide advises
- Cow’s-tail lanyard
- One personal ice screw on its own karabiner
- Head torch and a spare set of batteries

Overnight equipment

- A sleeping bag with a comfort rating of -15 °C or lower
- For early spring dates, a sleeping bag rated to -20 °C, agreed with your guide
- An insulating sleeping mat, for the tented fallback option
- Your own eating utensils

Clothing and footwear

- Base layer, top and bottoms
- A fleece or another warm mid layer
- Softshell jacket and trousers for walking
- Waterproof shell jacket with a hood
- Waterproof shell trousers that can be pulled on over your boots
- Warm down or synthetic jacket with a hood
- Thin gloves for the ascent
- Warm ski gloves
- High-altitude mittens
- Warm hat and a buff or balaclava
- Warm ski-touring socks
- Light footwear for Kazbegi and the road journeys

Personal items

- Category 3-4 mountain sunglasses
- Ski goggles for wind and poor visibility
- Vacuum flask, 1 litre, without a push-button lid
- SPF 30-50 sun cream and lip balm with SPF
- Personal first-aid kit and any medication you take
- Power bank, and waterproof packing for documents and electronics