Rock and Rent stocks the good-quality equipment you need. You really can fly in wearing shorts, especially if you reserve the whole set in advance and send us your sizes. The kit was chosen against one criterion above all: how well it suits conditions on Elbrus, where we have been leading groups since 2001. The list is built on the experience of the company's guides, who between them have run several thousand ascents. Liking your fellow participants remains optional; a complete set of equipment does not.

Documents

- A valid 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 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, which must have 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
- 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 suitable overboots, which should not be confused with gaiters
- Trekking shoes or boots for the acclimatisation days in the valley
- Waterproof jacket and trousers. The recommended membrane rating is 10,000/10,000 or better
- Fleece top and bottoms
- A set of base layers, 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 or buff, for sun protection and to keep your face and throat warm
- Warm hat
- Warm trekking socks for summit day
- Sun hat
- Trekking trousers and T-shirts, preferably long-sleeved

- Trekking socks for the acclimatisation days, ideally one pair per day out

Snow can remain during the first acclimatisation days in May and early June, so trekking boots are preferable to trainers then. From mid-June to the end of September good trekking shoes will do, provided they support the foot and stay waterproof.

Other items

- LED head torch with at least 12 hours of battery life
- Category 3-4 sunglasses with protection from side light
- Category 1-2 ski goggles for poor weather 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 they can be needed, especially in May and June
- Chemical hand warmers: not compulsory, but they can be very useful