Some of the trekking equipment you need can be reserved in advance from Rock and Rent. Collecting the equipment for this trip, and a child carrier, must be arranged before you travel. Try everything on and check it beforehand: a nine-day trek is a poor place to discover the quirks of new boots on the first pass.

Documents

- A valid passport – carry the original with you on the route
- Tickets to Krasnodar and back from Krasnaya Polyana or Sochi
- Medical insurance covering mountain trekking and the maximum altitude of the trip
- A border-zone permit for the Kardyvach area, if one is required for you
- Electronic copies of your documents, saved on your phone and in a cloud service

Personal equipment

- A main rucksack of 50-60 litres with the harness properly adjusted
- A small 15-20 litre rucksack for the out-and-back outings
- A rain cover for your rucksack
- Dry bags or heavy-duty waterproof bags for your sleeping bag, clothing, documents and electronics
- A sleeping bag with a comfort rating of 0 to -7 °C
- Foam sleeping mat
- Trekking poles
- Head torch with at least 12 hours of battery life
- Spare batteries or a rechargeable cell for your torch
- Mug, spoon, bowl and a small knife
- A flask or water bottle
- A vacuum flask of about 1 litre
- Sit mat

Clothing and footwear

- Broken-in waterproof trekking boots with a stable sole
- Light footwear to change into at camp
- A waterproof shell jacket, or another jacket you can rely on to keep the rain out
- Waterproof trousers, or side-zip overtrousers
- Walking trousers
- Fleece jacket
- A light down or synthetic insulated jacket
- Base layers – top and bottom
- T-shirts or thin walking tops, preferably long-sleeved
- Thin gloves
- Warm hat
- A cap, sun hat or other head covering against the sun
- Bandana or buff
- Trekking socks for the walking days
- A separate pair of dry warm socks for sleeping in
- A spare set of underwear
- Gaiters – particularly useful early in the season, in wet grass and on snowfields

Hygiene, safety and electronics

- Sunglasses of protection category 3 or higher
- Sun cream
- Lip balm with SPF
- A personal first-aid kit, without duplicating the group kit
- An elastic bandage or the support you normally use, if you need one
- Toiletries in small containers
- Wet wipes and toilet paper
- A light quick-drying towel
- Power bank and the charging cables you need
- A phone with your documents downloaded for offline use
- Your own bags for rubbish
- Insect repellent, according to the season

Additional items if you are bringing a child

- A Deuter trekking backpack carrier or a similar model, adjusted in advance for both adult and child
- The carrier’s own sun and rain covers
- Warm clothing for the child, allowing for sitting still in the carrier
- A separate waterproof set of children’s clothing
- Food and drink for the child, matched to the length of the walking days
- The child’s toiletries and any medication
- A small insulating mat or another agreed arrangement for camp

Your guide checks the final kit before you set out. Depending on the date, the amount of snow and the forecast, items may be added to this list. Do not leave out the warm or waterproof layer on your own judgement because the forecast for Krasnodar looks good.