

Elbrus (5,642m)

Expedition Kit List

Our comprehensive kit list has evolved over many successful expeditions to Elbrus. For specific advice on individual items please contact us or talk to a specialist outdoor retailer prior to your trip. Mountain Expeditions has negotiated a 15% discount at Cotswold Outdoors, simply enter discount code AF-MEXP-C2 at checkout. Items marked  can be hired in advance from Mountain Expeditions or hired in-country.

General

- Passport & Travel Documents plus photocopies:** Passport, Visa, Credit Cards, Airline tickets, etc.
- Rucksack:** 20-30L daypack. Good quality with hip belt.
- Holdall:** To put everything else in.
- Waterproof Liners:** For your day pack and holdall, keep everything dry.
- Sleeping Bag & Sleeping Pad:** A good quality 4 season sleeping bag. In addition, a Thermarest (or similar) is highly recommended to help ensure a better night's sleep. 
- Sleeping Bag Liner:** Adds warmth and will keep your sleeping bag clean.
- LED Headtorch:** For use in huts and on summit night. Please bring spare batteries.
- Trekking Poles:** Highly recommended. 
- Camera:** Plus Memory Cards & Spare Batteries.
- Personal Entertainment:** Music, book, cards, diary, notepad & pen.
- Bowl, Mug & Spoon:** No Sporks! Long handled titanium spoons are best!

Head & Hands

- Sun Glasses:** Cat.3 or 4, 100% UVA/UVB
- Sun Hat.**
- Buff:** Essential against the wind and Sun.
- Warm Hat.**
- Thin Gloves:** Windproof liner gloves.
- Thick Gloves/Mittens:** Warm and insulated. Sized to go over your liner gloves for extra warmth. 
- Ski Goggles:** Essential against the wind and glare.

Upper Body

- Down Jacket:** Essential for summit day and evenings. 
- Waterproof Jacket:** Fully Waterproof and breathable with taped seams e.g. GoreTex, eVent.
- Baselayers:** T-shirts or lightweight long sleeve shirts (not cotton); polypropylene, Capilene or merino wool in lighter colours are better.
- Lightweight Fleece.**
- Heavyweight Fleece,** 200/300 weight softshell or Primaloft jacket. 

Legs & Feet

- Double Boots:** 6,000m boots. Double boots are best e.g., Scarpa Vega or La Sportiva Spantik. 
- Walking Trainers:** For use in huts in the evenings. You can also trek the first few days in good sturdy walking trainers.
- Socks:** 3-4 pairs of trekking socks plus 2 pairs of thicker mountaineering socks e.g. Smartwool or Thorlo.
- Walking Trousers:** Comfortable, lightweight and quick-drying (not jeans or cotton).
- Long Thermal Leggings:** To sleep in and wear under your trousers on summit day.
- Waterproof Trousers:** Fully Waterproof and breathable with taped seams e.g. GoreTex, eVent.
- Walking Shorts:** To wear in the valley.
- Gaiters:** To keep snow out of your boots.

Hygiene, Food & Toiletries

- Water Bottles:** 2-3 x 1 litre Nalgene water bottles.
- Sunscreen & Lip Protection:** Essential. High SPF (30+).
- Wash Kit:** Wet wipes, hand sanitizer, toothbrush & toothpaste, travel towel and toilet paper.
- Snacks:** to supplement the food provided. High energy, lightweight and tasty.
- First Aid Kit:** Your Mountain Expeditions Guide will carry a comprehensive group first aid kit. A small blister/first aid kit of your own is advised: Compeed/Second Skin; plasters, painkillers (Paracetamol and Ibuprofen), Zinc Oxide tape, powdered rehydration sachets, anti-bacterial foot powder plus any personal medication you need.
- Small Repair Kit:** Gaffer tape, needle and thread, zip ties, spare bootlaces and para-cord are useful for little repairs.

Climbing Equipment

- Ice Axe:** Mountaineering/walking axe. 
- Crampons:** C2 walking crampons e.g. Grivel G12. 
- Harness:** Properly fitted Climbing harness.
- Gear:** A 3 metre length of 9mm dynamic cord; 2 x screwgate carabiners.

Ski / Board Equipment

- If you are planning to ski/board up/down the mountain you will need to provide all of your own equipment.