



SUMMITTING MT ELBRUS

Gear List

Mount Elbrus is a dormant volcano located in Russia. At 5,642 metres, it the highest peak in Europe and one of the Seven Summits. Though not a technically difficult climb, the route to the top is long and strenuous, and the weather can get nasty. Check out our gear list below to see what you'll need to be best equipped for your Elbrus adventure.

TECHNICAL CLOTHING

- Merino wool thermal tops
- Merino wool thermal pants
- Merino wool underwear
- Short sleeve synthetic shirts
- Long sleeve synthetic shirts
- Lightweight nylon pants
- Fleece jacket
- Fleece pants
- Softshell jacket
- Softshell pants
- Down jacket
- GORE-TEX® shell jacket
- GORE-TEX® shell pants
- Expedition down jacket or down suit (optional)

HANDWEAR & HEADWEAR

- Lightweight synthetic gloves or liner gloves
- Heavyweight softshell gloves
- GORE-TEX® shell gloves
- Down mitts
- Hand & toe warmers
- Headlamp with spare batteries
- 100% UV glacier glasses or ski goggles
- Sun hat
- Balaclava or beanie
- Neck gaiter or scarf

PACKS & BAGS

- Duffle bag (90-120L; lockable)
- Alpine hiking pack (55-70L)
- Day pack (30-40L)
- Compression stuff sacks
- Bag locks

PERSONAL ITEMS

- Toiletry bag
- Toothbrush & toothpaste
- Biodegradable soap
- Lip balm with SPF
- Sunscreen with maximum SPF
- Basic first-aid kit
- Medication/s
- Travel towel
- Baby wipes
- Hand sanitiser
- Pee bottle
- Go Girl funnel (women)
- Sunglasses

MOUNTAINEERING ESSENTIALS

- Ice axe with leash & rubber protectors
- Crampons
- Ascender
- Alpine climbing harness
- Carabiners (4 locking, 6 regular)
- Climbing helmet
- Snow shovel
- Rappel/belay device
- Sling
- Prusiks
- Adjustable trekking poles
- Tent & repair kit
- Down sleeping bag
- Self-inflating sleeping mat
- Self-inflating pillow
- Closed-cell foam pad
- GPS device
- Altimeter watch

FOOTWEAR

- Mountaineering boots
- Trekking boots
- Lightweight hiking boots or shoes
- Sandals or shoes for travel
- Expedition socks
- Trekking socks
- Liner socks
- Fleece booties or down booties (optional)
- Gaiters
- Spare laces

OTHER GEAR

- Water bottles
- Water purifier
- Thermos & mug
- Stove & fuel
- Waterproof matches or lighter
- Cooking set
- Cups & utensils
- Plastic bags for rubbish
- Zip-lock bags
- Camera, case & charger/batteries
- International adaptors
- Multi-tool or pocket knife
- Map & compass
- Pen & paper
- Whistle & signalling mirror
- Mobile phone
- Nylon cord
- Duct tape
- Mallet
- Base camp recreation items
- Spare travel clothes