

Mount Elbrus Climb Required Equipment

BASE LAYERS

- Synthetic Short Underwear**
non-cotton style underwear
recommended: [Patagonia Men's Capilene Daily Boxer Brief](#)
- Lightweight Long Underwear**
long sleeve shirt and long pants
recommended: [Mountain Hardware Ghee Long Sleeve 1/2 Zip](#) top, [Ghee Tight](#) bottoms
- Heavyweight Long Underwear**
recommended: [Mountain Hardware Diamond Peak 1/2 Zip](#) top, [Diamond Peak Thermal Tight](#) bottoms
- Short-Sleeve Synthetic Shirt**
recommended: [Mountain Hardware Diamond Peak Short Sleeve T-Shirt](#)

MID LAYERS

- Soft Shell Jacket**
to be worn over other layers
recommended: [Mountain Hardware Stretch Ozonic Jacket](#)
- Soft Shell Pants**
very breathable and water repellent
recommended: [Mountain Hardware Stretch Ozonic Pant](#)
- Lightweight Nylon Pants (optional)**
recommended: [Mountain Hardware Chockstone/2 Pant](#)

WINDPROOF / RAIN LAYERS

- Hard Shell Jacket with hood**
waterproof and breathable shell jacket
recommended: [Mountain Hardware Exposure/2 Gore-Tex 3L Active Jacket](#)
- Hard Shell Pants**
waterproof and breathable shell pants
recommended: [Mountain Hardware Exposure/2 Gore-Tex Active Pant](#)

INSULATION LAYERS

- Insulated Down or Synthetic Jacket with hood**
recommended: [Mountain Hardware Nilas Jacket](#)
- Insulated Pants (optional)**
recommended: [Mountain Hardware Compressor Pant](#)

HEADWEAR

- Warm Hat**
synthetic or wool hat (ski hat)
recommended: [Mountain Hardware Dome Perignon](#)
- Balaclava**
to protect your neck and face in high winds
recommended: [Mountain Hardware Alpine Balaclava](#)

Baseball Cap or other sun hat
to shade your face/neck from the sun on a hot day
recommended: [Madison Mountaineering Cap](#)

Bandana or Buff
to protect your neck/face from the sun
recommended: [BUFF UV Multifunctional Headwear](#)

EYEWEAR

Glacier Glasses
full protection with side covers or wrap-around
recommended: [Julbo Shield Sunglasses](#)

Ski Goggles
to be worn in the event of high winds
recommended: [Scott USA LCG Goggle](#)

GLOVES

Lightweight Synthetic Liner Gloves
for wearing on warm days
recommended: [Mountain Hardware Power Stretch Stimulus Glove](#)

Soft Shell Gloves
to wear for moderate cold/wind
recommended: [Mountain Hardware Route Setter Alpine Work Glove](#)

Shell Glove with Insulated Liner
to wear for severe cold/strong wind
recommended: [Mountain Hardware Exposure/2 Gore-Tex Glove](#)

FOOTWEAR

Liner Socks (3 pairs)
recommended: [Spyder Pro Liner Sock](#)

Wool or Synthetic Socks (3 pairs)
recommended: [Smartwool Mountaineering Extra Heavy Crew Sock](#)

Mountaineering Boots
Double plastic or insulated synthetic boot
recommended: [La Sportiva Nepal Cube GTX](#)

Hiking Shoes/Boots
comfortable hiking boots

Gaiters
recommended: [Outdoor Research Expedition Crocodile Gaiters](#)

SLEEPING EQUIPMENT

Sleeping Bag
rated to at least 20°F
recommended: [Mountain Hardware Phantom 15F/-9C Sleeping Bag](#)

Self-inflating Sleeping Pad
Full-length is preferred
recommended: [Therm-a-Rest NeoAir XTherm](#)

Closed-cell Foam Pad
to be used in conjunction with the inflating pad for warmth and comfort when sleeping
recommended: [Therm-a-Rest RidgeRest Solar](#)

- Earplugs**
recommended: [Eagle Creek Travel Ear Plug Set](#)

MOUNTAINEERING GEAR

- Expedition Backpack**
approximately 65L
recommended: [Mountain Hardwear South Col 70 OutDry](#)
- Compression Stuff Sacks**
for reducing the volume of the sleeping bag, down parka, etc., in your pack
recommended: [Sea to Summit Compression Sacks](#) and [Sea to Summit eVAC Dry Sacks](#)
- Trash Compactor Bags**
to line backpack and stuff sacks as well as for separating gear
- Backpack Rain Cover** (optional)
- Trekking Poles with Snow Baskets**
adjustable poles
recommended: [Black Diamond Alpine Carbon Cork Trekking Poles](#)
- Ice Axe**
general mountaineering tool (~60cm)
recommended: [Petzl Summit Ice Axe](#)
- Crampons**
general mountaineering crampons
recommended: [Petzl Sarken Leverlock Crampon](#)
- Climbing Helmet**
must be able to fit over your warm hat
recommended: [Petzl Sirocco Helmet](#)
- Alpine Climbing Harness**
mountaineering harness, with adjustable leg loops. Not a rock-climbing “sport” harness
recommended: [Petzl Altitude](#)
- Carabineers**
2 regular and 4 locking
recommended: [Black Diamond Oval](#) (regular) and [Black Diamond Positron Screwgate](#) (locking)
- Belay/Rappel Device**
recommended: [Petzl Reverso](#)
- Headlamp**
with 2 extra sets of new batteries
recommended: [Petzl Tactikka Core Headlamp](#)

TRAVEL ITEMS

- Large Lightweight Duffel Bag with Lock**
for transporting gear and storing street clothes, etc. at hotel/car
recommended: [The North Face Base Camp Duffel](#)
- Travel Clothes**
for days in cities and towns
- Lightweight journal, sketchbook, pencils, pen**

ADDITIONAL FOOD ITEMS

Snack Food

bring a few days supply of your favorite climbing snack food such as bars, gels, nuts, beef jerky, etc. variety of salty and sweet is good
recommended: [GU Roctane Energy Gel](#)

OTHER EQUIPMENT

Cup

plastic 16 oz. minimum cup or mug

Bowl

large plastic bowl for eating dinner or breakfast

Spoon

plastic spoon (Lexan)

Water Bottles (2)

wide mouth bottles with 1-liter capacity

Water Bottle Parkas (2)

fully insulated with zip opening

recommended: [Outdoor Research Water Bottle Parka #1](#)

Thermos (optional)

1-liter

recommended: [Hydro Flask 32oz Wide Mouth Insulated Bottle](#)

Water Treatment

recommended: [SteriPEN Ultra](#), [Aquamira](#), tablets, etc.

Sunscreen (2 tubes)

SPF 40 or better

Lip Screen (2 sticks)

SPF 30 or better

Toiletry Bag

include toothbrush, toothpaste, toilet paper, baby wipes and hand sanitizer (2 small bottles)

Pee Bottle

1-liter minimum bottle for convenience at night in the tent

Female Urination Device (FUD)

recommended: [Sani-Fem Freshette](#)

Knife or Multi-tool (optional)

Small Personal First-aid Kit

include athletic tape, band-aids, Ibuprofen, blister care, etc.

Medications and Prescriptions

bring personal medications, antibiotics (Azithromycin, etc.), altitude medicine such as Diamox, etc.

- Handkerchiefs/Bandanas (optional)

OPTIONAL ELECTRONICS

- Country-appropriate power plug adapters and power transformers

- Adventure Sports Watch
recommended: [Garmin fēnix 6](#)

- GPS/Personal Satellite Communicator
recommended: [Garmin inReach Mini](#)

- Personal power system
recommended: [Goal Zero Nomad 28 Plus Solar Panel](#) and [Sherpa 100AC Power Bank](#)

- Digital Entertainment
movies, tv shows, music, books loaded on to smartphone, iPad, Kindle

- Camera
bring extra batteries, charger, and memory cards