

# 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

## 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