

List of equipment:

- * Plastic boots or crampon-compatible heavy leather mountaineering boots.
(50 USD for rent for the tour)
- * Crampons
(25 USD for rent for the tour)
- * Ice axe. - An ice axe sometimes is not necessary depending on current weather (snow conditions). However one must have it in case it becomes necessary (your guide will advise before the climb).
(20 USD for rent for the tour)
- * Headlamp. - The climb starts at night and for some hours you walk in the dark. Also a headlamp is extremely useful while visiting toilet at night at the huts.
(7 USD for rent for the tour)
- * Big backpack or a bag which may be carried like a backpack. – In case the 3rd leg of lifts is closed by any reason you will be forced to carry your own personal gear to the base camp on Elbrus. It is 0.5
- 1 hour walk depending on one's pace.
(35 USD for rent for the tour)
- * Flask (thermos bottle) . Do not rely on those backpack flasks with a pipe - the pipe (for sure) and flask (probably) will freeze.
(20 USD for rent for the tour)
- * Small backpack for hikes and summit climb.
(30 USD for rent for the tour)
- * Ski/trekking poles/sticks.
(30 USD for rent for the tour)
- * Windproof mask - in case of cold strong wind
- * Harness with a short piece of rope for selfbelay, 2 carabiners. - This short rope is for self belay and for more flexible connecting with the main rope. Our guide will adjust the equipment for you before the climb and will show how to use it (short training course during the acclimatization hike will give you necessary skills).
(20 USD for rent for the tour)
- * Sleeping bag rated to -15 °C comfort temperature
(50 USD for rent for the tour)
- * Matress for sleeping in a tent
(15 USD for rent for the tour)
- * Insulated parka/jacket, down or synthetic, rated to -10°C and able to fit over other sweater layers
(50 USD for rent for the tour)
- * Rain jacket and pants(side-leg zippers are helpful), roomy and water repellent
(25 USD per each for rent for the tour)
- * Midweight fleece jacket
- * Fleece pants or tights
- * Midweight thermal underwear tops and bottom

- * Hiking pants/skirt
 - * Hiking shorts
 - * Long-sleeve shirts/blouses
 - * T-shirts
 - * Underwear
 - * Hiking socks
 - * Liner socks
 - * Hiking boots, sturdy, ankle-support, water-resistant, broken-in
- (40 USD for rent for the tour)*
- * Camp shoes: running shoes or trail shoes, sneakers
 - * Sun hat
 - * Warm hat.
 - * Bandana
 - * Fleece windproof gloves.
- (10 USD for rent for the tour)*
- * Waterproof overmitts (to protect gloves from snow)
- (20 USD for rent for the tour)*
- * Balaclava
 - * Snow gaiters, knee-length (supergaiters, which cover the whole boot, are excellent)
- (10 USD for rent for the tour)*
- * Sunblock and lip balm.
 - * Toiletry kit
 - * Swimsuit - for a sunbath or sauna. Local people do not like naked bodies at public places..
 - * Personal first-aid kit.
 - * Any prescription or over the counter medications used regularly (these will not be available in the Caucasus).
 - * Sunglasses with retainer strap (side-shields or glacier glasses highly recommended) or goggles)
- (15 USD for rent for the tour)*

IMPORTANT: prices are only informative and subject to changes without further notice.

Bra att veta

Guiderna kommer att gå igenom all din utrustning, men du behöver inte vara oroligt att något fattas eller är otillräckligt. Det finns goda möjligheter att hyra eller att köpa nytt på plats. Glöm inte att ha 'vanliga' kläder med dig också, för eventuella restaurantbesök. Bättre för mycket än för lite, men tänk på att totalvikten på bagaget på ryskt inrikesflyg är 20 kg - och de brukar vara stenhårda (!). Övervikt kostar ca2-3 \$ per kilo. Det kan vara bra att ha något sött och energirikt att dricka på D-dagen. Det som erbjuds är mest te och vatten och det är svårt att äta något på 5 000 m ö.h.