



## ELBRUS EXPEDITION GEAR LIST

Included is a list of the clothing and equipment you will need for our expedition. Please note that we have given descriptions on some items. This will help you decide if the gear you already own or any items you will buy, are equivalent to what we have listed. Other more simple items do not warrant much description. In many cases we have made specific suggestions on pieces of gear we recommend. This is certainly not to say that these are specific brands or styles you must have, but merely something to use as a reference with regards to warmth, size, function, etc. Please contact us anytime with specific questions at [admin@mtnprofessionals.com](mailto:admin@mtnprofessionals.com)

NOTE: It is possible to rent items such as Ice Axe, Crampons, and Harness at the base of the Elbrus in a good gear shop, many top brands for sale there as well.

### Climbing Gear

<input type="checkbox"/>	Ice axe with or without a leash. Light weight. Examples: Grivel Air tech or Black Diamond Raven	
<input type="checkbox"/>	Crampons—must check fit with climbing boots prior to trip Example: Black Diamond Sabertooth	
<input type="checkbox"/>	Alpine climbing harness. Should have adjustable leg loops and fit over all clothing Example; Black Diamond Alpine Bod	
<input type="checkbox"/>	1 non-locking carabiners Example: Black Diamond Quicksilver	
<input type="checkbox"/>	1 locking carabiner. Larger is better for harness (pear-shaped carabiner is best, screw gate type recommended) Example: Black Diamond Rock Lock	

<input type="checkbox"/>	<p>1 pair plastic double expedition boots or the new wave of 6000-meter plus composite extremely warm leather mountaineering boots. Very important that your toes have room in these boots, you should wear .5 to 1 size bigger than your normal shoe size or enough room so that your toes can wiggle, but not too big so that your heel is slipping when walking Examples: Koflach Degree or Scarpa Inferno in the plastic boot category, La Sportiva Spantik in the composite category)</p>	
<input type="checkbox"/>	<p>Adjustable Trekking Poles Good for the trekking days and a single pole is very useful on some of the upper mountain while descending</p>	
<b>Upper Body</b>		
<input type="checkbox"/>	<p>2 Synthetic polypropylene or wool t-shirts</p>	
<input type="checkbox"/>	<p>2 long sleeve polypropylene or wool shirts lightweight, we highly recommend light colors for base layers</p>	
<input type="checkbox"/>	<p>1 Soft Shell or intermediate thickness Fleece Jacket or Windshirt Examples: Marmot Dri-Clime wind shirt, Patagonia Guide Jacket or Patagonia R2 Fleece</p>	

<input type="checkbox"/>	<p>Down or Synthetic Sweater or Jacket or 300/400 weight Fleece Jacket. Essentially an additional mid-weight warm layer for cold days in your layering system</p>	
<input type="checkbox"/>	<p>Hard shell jacket with hood waterproof and breathable. Gore-Tex or equivalent is best, roomy enough to fit over several layers Example: The North Face Mountain Jacket or Patagonia Stretch Element</p>	
<input type="checkbox"/>	<p>1 Expedition Down Parka with hood. Very warm and very important for summit day Example: Sierra Designs Flex Down Jacket</p>	
<p><b>Lower Body</b></p>		
<input type="checkbox"/>	<p>1-2 pair of liner socks (polypropylene or wool)</p>	
<input type="checkbox"/>	<p>2-3 pair light weight trekking socks (polypropylene or wool)</p>	
<input type="checkbox"/>	<p>2 pair medium to heavy wool socks for the upper mountain, check boot fit with liner and wool socks on</p>	

<input type="checkbox"/>	<p>Gaiters. Important for keeping gravel and snow out of your boots, and gives additional warmth to your feet on summit day. Also protects expensive Gore-tex pant legs from wayward crampon points</p>	
<input type="checkbox"/>	<p>1 pair nylon shorts for Moscow and town days</p>	
<input type="checkbox"/>	<p>2 pair pants. At least one pair should be simple nylon trekking pants for the walking on acclimatization days and relaxing. The second pair can also be nylon or light weight soft shell climbing pants for on the mountain. Example: Guides use simple nylon trekking pant for town days and trekking. Then switch to a soft shell for upper mountain - Patagonia Guide Pants</p>	
<input type="checkbox"/>	<p>2 pair lightweight to mid-weight long underwear bottoms</p>	
<input type="checkbox"/>	<p>1 pair fleece pants w/ side zipper or light synthetic insulated pants. This is (OPTIONAL) for extra warmth on summit day and also on the lower mountain for Base Camp evenings</p>	
<input type="checkbox"/>	<p>1 pair of hard shell pants-waterproof/ breathable with full side zips (Gore-Tex or equivalent)</p>	

<input type="checkbox"/>	<p>1 pair trail shoes for the acclimatization treks and travel inside Russia and use at the huts. Examples: Any comfortable trekking boot or shoe that is durable, comfortable, and preferably waterproof.</p>	
<input type="checkbox"/>	<p>1 pair sandals (Optional but nice on warm days in Moscow and at the base of the mountain lodge)</p>	
<b>Hand Wear</b>		
<input type="checkbox"/>	<p>1 pair liner gloves thin wool or polypropylene</p>	
<input type="checkbox"/>	<p>1 pair expedition shell gloves, with removable inner glove Example: Outdoor Research Arete Gloves</p>	
<input type="checkbox"/>	<p>1 pair warm mitts. Should be very warm expedition mitts for climbing to the summit. Down inner mitts or wool mitt. Should have waterproof outer shell Example: Outdoor Research Alti Mitts</p>	
<b>Head Wear</b>		
<input type="checkbox"/>	<p>1 Warm hat wool or synthetic that cover your ears</p>	
<input type="checkbox"/>	<p>1 Balaclava</p>	

<input type="checkbox"/>	<p>Head Lamp. LED Type are recommended and are now very bright and provide much more reliable light than halogen bulbs. Plenty of extra batteries are good Example: Petzl Tikka</p>	
<input type="checkbox"/>	<p>1 Shade hat or baseball cap</p>	
<input type="checkbox"/>	<p>1 Glacier glasses 100% UV protection with side shields or very good sunglasses with wrap around coverage Example: Julbo Glacier glasses</p>	
<input type="checkbox"/>	<p>1 ski goggles. Can be simple inexpensive ski goggles, this is for wind. Mandatory! We recommend Zeal Optics for a serious mountain goggle</p>	
<p><b>Sleeping Gear</b></p>		
<input type="checkbox"/>	<p>1 down or synthetic sleeping bag rated to 0 F or -15 to C.</p>	
<input type="checkbox"/>	<p>Sleeping pad full length closed cell foam or and full length Thermo-Rest for extra warmth and comfort. (Note) We sleep in mountain huts that have simple foam sleeping pads, but your personal pad adds comfort</p>	

Packs		
<input type="checkbox"/>	<p>1 large capacity internal frame backpack 65 liters to 80 liters. or 4500 cu inches. Your pack should be large enough to carry your personal gear, sleeping bag, extra mountain clothes and climbing equipment. Once we leave the valley floor on the chair lift, you will be wearing climbing clothing and have all your own self-contained personal items with you in your backpack.</p> <p>You will have your climbing boots on your feet so your comfortable trail/hut shoes can be in your pack when riding the lifts and hiking to our highest hut.</p> <p>We have a short 1.5 hour hike from the highest lift to the highest hut (Pruit Hut) and we will be walking as if we are climbing, with all our personal gear and clothing either on our body or in our pack.</p> <p>Example: Arc Teryx Bora 80</p>	
<input type="checkbox"/>	<p>1 Duffel for your gear transport. Large or XL capacity. Nylon bags are fine but will get beat up and have a minimum life expectancy.</p> <p>Example: The North Face Expedition Duffles will last for many years if you choose to invest in this type</p> <p>Please have small padlocks for all your bags</p>	

### Miscellaneous

- \_\_\_ 1 small first-aid kit with ibuprofen and any other doctor recommended medications.
- \_\_\_ Lip balm-at least SPF 20, 1 stick. A string to hang around neck is helpful.
- \_\_\_ Sunscreen-at least SPF 40.
- \_\_\_ Extra batteries for Headlamp.
- \_\_\_ 3 Water bottles: 1 liter wide-mouth Nalgens (1 is a pee bottle) (Females can bring a Freshette)
- \_\_\_ Toiletry kit
- \_\_\_ Small supply of personal toilet paper in Ziploc for emergency. We provide paper while at huts.
- \_\_\_ 3 large plastic bags for keeping miscellaneous gear dry
- \_\_\_ Nylon stuff sacks-for snacks and storage. Ziplocs also useful for keeping small things protected.
- \_\_\_ Bandana: Important to keep sun off neck on trekking days.
- \_\_\_ Ear plugs. Highly Recommended! We sleep in huts with other climbers!
- \_\_\_ Hand wipes for personal hygiene.
- \_\_\_ 1 small stainless steel thermos (Optional).
- \_\_\_ Favorite snack foods, combination of salty and sweet. Candy bars like snickers are available at the base of the mountain in shops. Bring about 1.5 kilos or 2+ pounds. For summit day and walking days.
- \_\_\_ Paperback books and some magazines for travel within Russia and at huts.
- \_\_\_ Ipod or MP3 with extra batteries
- \_\_\_ Camera with extra batteries or charging cords.
- \_\_\_ Wallet-for travel documents, money & passport, Russia Visa.
- \_\_\_ Passport and 2 extra passport photos.
- \_\_\_ Airline ticket.