



SWS Mountain Guides

210 East Lake St.

Mt. Shasta, Ca. 96067

mail@swsmtns.com

www.swsmountainguides.com

Information: 888.797.6867

RUSSIAN MT ELBRUS EXPEDITION EQUIPMENT LIST

It is extremely important to the success and safety of your expedition that you bring all the items listed below. It is most important that you pack well and pack light your equipment is your protection against the elements. The weather on Mt. Elbrus at times can be extremely windy and arctic cold with temperatures reaching below zero and high winds. Be prepared to encounter all types of conditions. Remember to test all equipment at home or better yet on short training trips, make sure all your clothing fits together in a layering system. Make sure that crampons fit the boots and that boots fit. A final note on boots, plastic double boots are required, make sure they are designed for cold weather, if you have cold feet you may want to invest in insulated gaiters as well. If you have any questions about what to bring please call our office at 1-888-797-6867, that's what we are here for.

The Basics:

- Mountaineering Boots* (Double Boots or Hybrid Mountaineering Boots required)
- Excellent quality Approach Boots; Approach hiking, recommend over the ankle with excellent support, but not heavy weight boot.
- Sleeping Bag* (rated to at least 0 degrees f.)
- Sleeping Pad*(s) (full length Thermarest or Ridgerest, Blue Foam)
- Pack* (Internal Frame 4,000 - 5,000 cubic inches)
- Large Duffel (for all gear on the airline including pack and for storage; questions give us a call.
- Small lock for Duffel (please don't lock your duffel for travel, used while in storage in hotels and huts)

Clothing:

- Expedition to Mid - Weight Synthetic Top
- Expedition to Mid- Weight Synthetic Bottoms
- Synthetic top light weight or wind stopper
- Expedition Weight Fleece Jacket
- Down Jacket with Hood or Down Sweater
- Pile Pants
- Goretex Jacket with Hood or equivalent*
- Goretex Pants or Bibs or equivalent*

**Note: Both Gore-tex Jacket and Pants have to be large enough for all above clothing to fit underneath final outer layer.*

- Wool or Synthetic socks (3-4 pairs)
- Synthetic Liner socks (3-4 pairs)
- Light Pile or Synthetic Gloves
- Expedition Wool/Pile Gloves (with shells) or Expedition Mitts (with shells)
- Expedition Wool/Pile Hat
- Balaclava and/or face shield
- Knee Height Gaiters
- Sunhat

Small Personal Items:

- Passport
- Money Belt (for passport, credit card etc.)
- 3-one Liter Wide Mouth Water Containers
- Swiss Army Type Knife or other small pocket knife
- Excellent Quality Glacier Sunglasses with side shields-don't skip on your eyes
- Sun Block & Chapstick (Rated 25+)
- Large Insulated Cup,
- Bowl and Plate
- Spoon and Fork
- Bandanna
- Headlamp (With extra batteries and extra bulb)
- Small personal first aid kit (include personal medications and blister kit)



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- Toothbrush and Toothpaste
- Foam Ear Plugs (for the noisy tents or huts)
- Toilet Paper (small personal stash)
- Small stuff sacks for small items
- Hand Sanitizer
- Bandana / Face covering
- Ski Goggles

Climbing Gear:

- Ice ax (70 cm Recommended)*
- Crampons* (step-in type highly recommended)
- Sit Harness*
- Pear shaped locking carabiner

Recommended Travel Clothing:

- Two pairs of pants (jeans or light cotton, wearing one pair on the plane)
- 4-5 pairs of underwear (one pair on the plane)
- 2 pairs of shorts (lightweight for hiking)
- Comfortable walks shoes (running shoes or light hiking shoes for cities and travel days)
- 2 shirts (one button type/one t-shirt)
- Cotton socks (2-3 pairs)
- Extra Stuff sacks

Recommended Travel Kit: All in a small stuff sack

- Towel (lightweight & small)
- Small soap & small shampoo, Comb or Brush
- Extra pair of glasses or contact lens
- Personal toiletries/handi-wipes

Optional Equipment:

- Down booties or camp shoes
- Down or Pile vest
- Extra pair of light gloves (wool or Polypro)
- Ski Poles or Trekking Poles
- Phone Charger / Battery and / Solar charger
- Notebook/Journal with pen
- Watch/Altimeter
- Russian/English Dictionary
- Book, playing cards, or travel games(small)
- Insulated gaiters (replacing regular gaiters)
- 0.5L or 1L stainless vacuum thermos

*Can be provided or arranged to be rented by SWS Mountain Guides please call the office if you have questions. SWS Mountain Guides will be providing all group gear such as tents, stoves, safety equipment, group technical climbing equipment.