

Mt. Elbrus Expedition

Equipment List

Climbing Equipment

- Ice Axe w/Leash.** General mountaineering tool. Sizing is important: under 5'7" use a 60cm tool; 5'7"- 6'1" use a 65cm tool; over 6'1" use a 70cm tool. (Too short is preferable to too long). No rubberized grips—they are heavy and do not plunge well into the snow. Make sure that you have a leash that is designed for use on a glacier axe. Please no technical leashes designed for ice climbing—they are too short, heavy, and not versatile.
- Crampons.** A 12-point mountaineering crampon with flat rather than “cookie cutter” frame rails. A combination heel bail/toe strap is a better system than a heel and toe bail system. Anti-balling plates are a useful accessory.
- Alpine Climbing Harness.** Harness should fit over all clothing, have gear loops, adjustable leg loops and be reasonably comfortable to hang suspended in. Make sure you can get into the harness without having to step through any part of it.
- Locking carabiner.** Belay “Rapell” style auto locking.
- D carabiner.** 1 carabiner. oval shape acceptable.
- Trekking poles.** Collapsible three section pole. Large Snow baskets required no trekking baskets. Most trekking poles come with small baskets be sure to swap them for the larger “Snow” type. Poles are helpful for balance or for knee problems.

Footwear

- Light hiking boots or trekking shoes.**
- Double plastic climbing boots.** Good quality plastic shells with inner boots. Avoid tight fit with heavy socks. Comfort is key in buying plastic boots. Spend a little extra time walking around the store or take them home and wear them around your house to make sure the fit is right. A little big is always better than a little small.
- Gaiters.** Please make sure your gaiters fit around the plastic boot without being too tight around the boot.
- Wool or Synthetic Socks.** 2 pair heavyweight wool or synthetic socks (wool is warmer) to be worn over the liner socks. When layering socks, check fit over feet and inside boots. It is very important to buy new socks regularly as they lose their cushioning over time. Socks with padded shins are especially nice with plastic boots.

Technical Clothing

- Lightweight Long Underwear.** 1 pair tops & bottoms, Capilene, other synthetic or wool. **No Cotton.** Lightweight is preferable as it is more versatile. Zip-T-neck tops allow more ventilation options.
- Heavyweight Long underwear top.** For extra warmth.
- Synthetic/Soft Shell jacket.** A full-zip version is easier to put on and has better ventilation than a pullover.
- Insulated Synthetic Pants.** Full separating side zippers (This is very important for ventilation. Full side zips also allow pants to be taken off without having to remove boots).
- Insulated Down parka.** lightweight with hood. Needs to fit over all insulation layers.
- Hard Shell jacket w/ hood.** We recommend a waterproof breathable shell material with full front zipper, underarm zips, and no insulation. This outer layer protects against wind and rain.
- Hard Shell Pants.** Waterproof, breathable. Full length side zippers preferred because it allows easy removal of pants, 7/8th zippers allowed but is more difficult to remove pants, no short lower leg zippers allowed.

Headwear

- Lightweight synthetic/wool hat.** Both the hat and the balaclava should be able to fit together on your head. Hat should cover ears.
- Baseball cap/sun hat.** One with a good visor to shade the nose and eyes. Synthetic is nice as it dries quickly.
- Buff.** A synthetic multipurpose tube of fabric that can be used in a variety of ways.
- Balaclava (1).** 1 lightweight.
- Headlamp.** Bring spare bulb & batteries. No Halogen bulbs. They take more power and have a shorter life.
- Glacier glasses with Side Covers.** 100% UV, IR, high quality optical lenses designed for mountain use, must have side covers and leashes. No more than 8% light transmission. If you wear contact lenses we recommend packing a spare pair of glasses—it is a good idea to have these with “photo-gray” or equivalent light-sensitive material so they can double as emergency sunglasses. If you wear glasses we recommend prescription glacier glasses (gray or amber). Regular sunglasses are not dark enough and do not provide any side protection from the sun.
- Ski goggles.** 100% UV & IR with carrying case.

Over Please

Handwear

- Lightweight Synthetic Gloves.** 1 Pair. To wear alone on very sunny days for hand protection or as a layering piece with other mitts or gloves.
- Soft Shell or Ski Gloves.** 1 Pair. A medium synthetic will do a better job of keeping hands warmer when wet than a lighter synthetic. This glove can have a light shell exterior.
- Hard Shell Mitts w/ insulated removeable liners.** Waterproof, breathable shell material. We recommend that the insulation in your mitts can be removed in order to dry faster. Make sure that you can fit one of your gloves inside the mitts.

Personal Equipment

- Expedition Backpack.** Internal frame pack expandable to 5,000-6,000 cu.in. Keep it simple and light, avoid unnecessary zippers which add weight.
- Sleeping Bag.** Quality with hood to at least 10⁰ F. If you sleep cold bring a warmer bag. Goose down preferred over synthetic for bulk & weight. If well-cared-for, a down bag will last much longer than a synthetic bag. It should be roomy enough for comfortable sleeping but snug enough for efficient heat retention.
- Compression/summit pack stuff sack.** Necessary to reduce volume when packing a sleeping bag and also double as a carry on and summit pack. Look for a compression sack that has shoulder straps and roll top.
- Self Inflating Pad.** One 3/4 or full length. If you are over 6' a long is recommended. Make sure to include a valve stem and patch repair kit. Optional
- Sunscreen.** SPF 30 or better, 2 small tubes. Make sure that the sun screen is not older than 6 months. Sunscreen older than six months loses half of its SPF rating.
- Lipscreen.** SPF 30, at least 2 sticks. Not older than 6 months.
- Hand and Toe Warmers.** 2 sets of chemical warmers each.
- Water Bottles:** 2 to 3 Wide mouth bottles with minimum 1 Litre capacity per bottle. **No water bag or bladder systems,** they freeze or are hard to fill.
- Water Bottle Parka (2).**
- Water Purification tablets.** 1 bottle. Water filters are too heavy and clog quickly with silt.
- Knife.** Medium sized. Keep the knife simple.
- Pee Bottle (1 Liter).** Large mouth. Make sure the bottle is clearly marked, "Pee Bottle."
- Pee Funnel (for women).** It is a good idea to practice, practice, practice.
- Hand Sanitizer.** Alcohol based hand cleaners work well.
- Ear Plugs. (1 or 2 sets)** Huts can be noisy at night. Foam ear plugs are comfortable and inexpensive.
- Trash Compactor bags (3).** To line stuff sacks & pack to keep gear dry. Trash Compactor bags are made from a heavier plastic.

Traveling

- Travel clothes.** Include 1 pair of synthetic hiking shorts.
- Large duffel bag w/ travel lock.** For transporting gear.
- Toiletry bag.** Include toilet paper.
- Camera gear. Optional.** We recommend a small instant or point and shoot cameras. Please do not bring large SLR cameras with extra lenses. For the best pictures bring slow speed film, 50, 100, or 200. Simple and light. Digital and disposable cameras work well.

First Aid

- Small personal first-aid kit.** (Simple and Light) Aspirin (Extra Strength Excedrin is best), Antibiotic ointment, Moleskin, mole-foam, waterproof first-aid tape, athletic tape, Band-Aids, personal prescriptions, etc. The guides will have extensive first-aid kits, so leave anything extra behind. Please let your guide know about any medical issues before the climb.
- Drugs/Medications/Prescriptions.** Climbers should bring Pepto Bismol. Ciprofloxin (Cipro) 500mg tablets for traveler's diarrhea and for urinary tract infections. Acetazolamide (Diamox) 125 or 250mg tablets for altitude sickness. Ibuprofen (Advil, Motrin) 200mg tablets for altitude headaches, sprains, aches, etc. Acetaminophen (Tylenol) 325mg tablets for stomach sensitivity. Excedrin for headaches.

This list is only a guide. While you are required to bring everything on this list, there are numerous options, brands, and versions of each piece of equipment, unless otherwise noted. Using our Current Suggested Brand List we encourage you to shop around, do research, use your experience and the listed features to find the best gear for you. If you have questions please give us a call (8:30am-4:00pm M-F PST). Or email Climb@AlpineAscents.com.



121 Mercer Street
Seattle, WA 98109
P: 206.378.1927
F: 206.378.1937
Climb@AlpineAscents.com
www.AlpineAscents.com