



# NORTH CAUCASUS: MT. ELBRUS

## Mt. Elbrus South Route Climb / Packing List

### Mandatory Items

- 1 daypack/backpack: Minimum gear capacity of 25-30 L. Must have a waist belt and outside pockets to hold (2) 1-liter Nalgene water bottles. Backpack will hold a jacket, hat, gloves, daily snack, 2 water bottles, gaiters, waterproof jacket and pants, headlamp, passport and money at all times. *Can be rented upon arrival.*
- 1 mountain duffel bag with no wheels: Capacity of 8,000-10,000 cubic in. (95-160 L). This falls in the range of XL to XXL duffels. This duffel bag will hold your sleeping bag, sleeping pad, mountain clothes, extra pair of boots and other items needed for the mountain. Consider getting a waterproof duffel that will protect from rain and dust.
- Small roller suitcase or duffel: This will hold your street clothes and all other personal items that *will not be needed on the mountain*. This suitcase will be left at the hotel in a secure location while you are on the mountain.
- 1 sleeping bag: Recommend temperature rating of 15° to -5° F. (-10° – -20° C.) This is a personal preference based on your internal body temperature. Preferably down-filled and 4 season rating. Sleeping bags vary in length and zipper side location. Prices are subject to brand and quality of the down. You must use a compression sack for packing purposes.
- 1 pair of trekking poles: Adjustable shaft recommended. No folding poles. *Can be rented upon arrival.*
- Mountaineering ice axe (55-65 cm). *Can be rented upon arrival.*

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- Step-in crampons. *Can be rented upon arrival*
- Climbing harness. *Can be rented upon arrival.*
- Nylon slings/runners. *Can be rented upon arrival.*
- 3 locking carabiners. *Can be rented upon arrival.*
- 2 (1-Liter) Nalgene water bottles (Camelpacks are NOT RECOMMENDED)
- 1 insulated water bottles. *Can be rented upon arrival.*

### Head

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- 1 helmet with chin strap
- 1 balaclava/buff
- 1 warm beanie cap
- 1 wide-brimmed hat or visor
- 1 headlamp with batteries. *Can be rented upon arrival.*
- 1 pair of glacier sunglasses, 100% UV protection. Side protection recommended. *Can be rented upon arrival.*
- 1 pair of ski goggles with fog cloth, 100% UV protection. *Can be rented upon arrival.*

### Torso

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- 1 windproof/waterproof hard shell jacket (Gore-Tex or equivalent). *Can be rented upon arrival.*
- 1 Expedition parka (heavy insulated “puffy”). *Can be rented upon arrival.*
- 1 light/mid-weight insulated “puffy” jacket
- 1 heavyweight long sleeve fleece hoodie or jacket
- 2 thermal long underwear (synthetic, wool or silk)
- 2 - 3 mid-weight long sleeve shirts (polypropylene, polyester or silk)
- 2 short sleeve shirts (polypropylene, polyester or silk)

### Hands

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- 1 pair of extremely warm, heavyweight gloves
- 1 pair of glove liners or light/mid-weight gloves
- 1 pair of expedition weight gloves. *Can be rented upon arrival.*

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### Lower Body

- 1 windproof/waterproof hard shell pants (Gore-Tex or equivalent). Make sure they will fit over your hiking boots or have a full length zipper on the side of each leg for easy on and off and for ventilation. *Can be rented upon arrival.*
- 1 pair of synthetic trekking pants
- 1 pair of heavyweight pants, ski pants or down pants
- 1 - 2 pairs of long hiking pants
- 2 pairs of hiking shorts
- 2 pairs of thermal long underwear (synthetic, wool or silk)
- 1 pair heavy weight pants, can be polar fleeced or insulated. For the trail or at camp.
- 3 - 4 pairs of synthetic or wool underpants
- 1 pair of gaiters. *Can be rented upon arrival.*

### Feet

- 1 pair waterproof high rise hiking boots
- 1 pair of mountaineering boots or plastic boots with liners. *Can be rented upon arrival.*
- 3 - 4 pairs of light/mid-weight hiking socks, preferably wool that fit the hiking boots listed above
- 3 - 4 pairs of medium to heavyweight expedition socks, preferably wool that fit the plastic boots listed above
- 1 pair of closed toe shoes or warm boots for camp

### Additional Important Items to Bring

- \$300 USD per person in tips for hotel staff, bus drivers, porters, cooks and guides
- Adapter C and F for Russia
- Sunscreen
- 1 lip balm with sunscreen
- 1 small personal first aid kit. Include personal medications to assist with digestive problems, headaches, soreness or other personal health issues that may be of concern. High altitude conditions can cause headaches and fatigue. Consider bringing antibiotics for intestinal and respiratory disorders; Tylenol, Aleve or Ibuprofen for headache and soreness; Benadryl or other antihistamine for allergic reaction; Melatonin for a sleeping aid; and Diamox for altitude sickness. *K2AT cannot provide these medications; it is your responsibility to bring your own.* Refer to the K2AT General Information document for additional information.
- Electrolytes (2-3 servings per climb day)
- Gu or other energy gels

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- Daily snacks (two per day is sufficient)
- 3 compression sacks to organize and compact your mountain clothes
- 1 pack of baby wipes for personal hygiene
- 1 pack of tissues or 1 roll of toilet paper
- 5 medium Ziploc (plastic) bags
- 2 large plastic garbage bags if your mountain duffel is not waterproof
- 1 spare pack of batteries for headlamp
- 1 pocket knife or multi tool
- 3 ft. (1 m) of Duct tape. Wrap around your trekking poles
- 2 small containers of hand sanitizer gel
- 1-2 packs of disinfectant wipes
- 1 pee bottle at least 1.5 L in size
- 1 bar of soap and other personal toiletries

### Optional Items to Bring

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- 1 sleeping pad: Recommend 2-2.5 in. (6.3 cm) of thickness. Inflatable pads are best for packing purposes. Consider a Z-Rest pad or a Thermarest pad. Bunk beds with mattresses are provided, but a pad can be brought for extra comfort.
- Repair kit for inflatable sleeping pad
- Plastic mug with lid, bowl, knife, fork and spoon
- Portable power source for charging cell phone
- 1 small camping/sleeping pillow
- 1 pack of hand/foot warmers
- 1 set of earplugs for sleeping
- 1 container of insect repellent
- Journal and pen/pencil
- Paperback book
- Camera
- Music

### Important Information

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- International clients need to check the visa requirements for the country stated on their passport
- Label all luggage with name and address
- Lock all luggage with TSA approved locks
- Check with your international airline for specific baggage restrictions and if there is a charge for checked baggage. Most international airlines accept 2 checked bags with a 50lb. (22.5kg) weight restriction. Baggage fees vary by airline.
- Label the water bottles with your name
- Use your backpack as your carryon bag for your flight. Keep all medications inside the backpack and wear or carry your hiking boots.

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### Resources

Check your local outdoor recreational store for all gear and supplies.

Popular resources for researching or purchasing gear and supplies online are:

[www.blackdiamondequipment.com](http://www.blackdiamondequipment.com)

[www.northface.com](http://www.northface.com)

[www.sierratradingpost.com](http://www.sierratradingpost.com)

[www.mountainhardwear.com](http://www.mountainhardwear.com)

[www.rei.com](http://www.rei.com)

[www.marmot.com](http://www.marmot.com)

[www.backcountry.com](http://www.backcountry.com)

[www.leki.com](http://www.leki.com)

[www.moosejaw.com](http://www.moosejaw.com)

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