

PACKING LIST ELBRUS:

General equipment:
<input type="checkbox"/> Backpack or Duffle Bag (Flight luggage and for the hut transportation)
<input type="checkbox"/> Day backpack with max. 30 litres packing volume
<input type="checkbox"/> Small bag for material deposit, remains in the hotel
<input type="checkbox"/> Climbing boots suited for the use of crampons with a good profiled sole and a sole edge for crampons
<input type="checkbox"/> Telescopic poles with large baskets
<input type="checkbox"/> Backpack for high altitude tours with 30 - 40 litres packing volume
<input type="checkbox"/> Waterproof bag for mobile phone, camera etc...

Climate and equipment...
You must be prepared for a wide range of weather conditions. From very warm (plus 30° degrees) during the hut ascent to strong winds and below minus 25° degrees at the summit. The personal equipment and clothing listed here is necessary for participation.

Clothing: (+30°C bis -15°C)
<input type="checkbox"/> 2-3 x functional underwear
<input type="checkbox"/> Functional long underpants
<input type="checkbox"/> 2 functional shirt long and short sleeves
<input type="checkbox"/> 3 pairs of functional socks (warm, fast drying and breathable)
<input type="checkbox"/> Small, light and packable insulation jacket preferably hooded with primaloft or down lining.
<input type="checkbox"/> Softshell windproof ski touring pants
<input type="checkbox"/> Windproof softshell jacket
<input type="checkbox"/> Waterproof gore tex trousers and over trousers
<input type="checkbox"/> Waterproof gore tex jacket
<input type="checkbox"/> Warm gloves and hat
<input type="checkbox"/> Additional thin gloves (fleece or windproof)
<input type="checkbox"/> Headband or scarf
<input type="checkbox"/> Sunglasses with protection against side light rays and wind, 100% UVA, UVB and absorption
<input type="checkbox"/> Gaiters
<input type="checkbox"/> Goggles

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Various:
<input type="checkbox"/> Small tube of sun cream incl. lip protection (high-quality UVA and UVB filter with at least SPF 30)
<input type="checkbox"/> First Aid Kit, blister plaster, tape, personal medications
<input type="checkbox"/> Enough cash (overnight stay in a hut, food and drinks) and cash point card (cable cars)
<input type="checkbox"/> Identity card, alpine club card (if available)
<input type="checkbox"/> Mobile phone, camera
<input type="checkbox"/> Pocket knife/multifunctional tool

Food:
<input type="checkbox"/> Light thermos flask for at least 1 litre of fluid
<input type="checkbox"/> Cereal bars, nuts, chocolate and dried fruit
<input type="checkbox"/> Small plastic bag for rubbish

Overnight stay in a hut:
<input type="checkbox"/> Personal medication
<input type="checkbox"/> Ohropax/Earplugs
<input type="checkbox"/> Small micro fibre towel
<input type="checkbox"/> Toothbrush and toothpaste
<input type="checkbox"/> Sleeping bag for huts (light silk sleeping bag, for hygienic purposes)
<input type="checkbox"/> Change of clothes (each one pair of socks, long underpants and underwear)
<input type="checkbox"/> Headlamp (including spare batteries)

Alpine equipment:
<input type="checkbox"/> Mountaineering harness
<input type="checkbox"/> 2 HMS carabiners, 2 normal carabiners
<input type="checkbox"/> 1 ice screw
<input type="checkbox"/> 2 Prusik ropes, 2 stitched band loops (60cm & 120cm)
<input type="checkbox"/> 1 carabiner with triple lock (Ball Lock)
<input type="checkbox"/> Crampons and ice axe

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Travel documents / Arrival:
<input type="checkbox"/> Enough cash and a credit card
<input type="checkbox"/> Passport plus a copy
<input type="checkbox"/> Visa for Russia
<input type="checkbox"/> Insurance document for foreign countries, accidents, rescue and recovery
<input type="checkbox"/> Comfortable shoes
<input type="checkbox"/> Sandals, swimming gear
<input type="checkbox"/> Set of clothing / change of clothing for arrival and departure
<input type="checkbox"/> Mobile phone and camera