



ELBRUS GEAR LIST

www.climbingthesevensummits.com

Elbrus Gear List

This detailed gear list is provided for your reference. Each item has been selected by our owners and trusted guide staff over the course of many expeditions to the peak and experience from hundreds of expeditions to other peaks. Please follow these guidelines carefully. Every item on the list is mandatory (except where noted as optional) and if you arrive missing some of them you will be required to track them down prior to the climb at your own expense, which can be difficult and costly. We have identified our favorite items and highly recommend these to you. Please Choose Items Like this but your selections don't need to be these exact items.

Please make sure you are fully prepared so that your trip and the trips of your teammates goes smoothly. If you have any gear questions please shoot us an email or give us a call and we can discuss it: we're here to help!

Travel Wallet

- With passport, cash, travel documents (travel itinerary and hotel vouchers if overnighiting en route), and pen.
- This must be discreet and able to be hidden underneath clothing layers with either a neck lanyard or a waist belt.



Eagle Creek RFID Blocker Neck Wallet

Large duffel

- Waterproof duffel should ideally be made of high-durability PVC with shoulder straps.
- Do not use a duffel with a roller frame. They are much heavier and very difficult to bring on the mountain.
- You will use this to store extra gear at the hotel and your pack to bring your climbing gear up onto the mountain.



The North Face Extra Large Base Camp Duffel (132L)

Print out of team emails to bring with you.

Hand sanitizer

- Bring several small containers.

Swimsuit

- For Russian Banya/Spa (optional)

In town clothes

- Some restaurants are nice so a collared shirt/dress is not a bad idea.

Lower Body

2 pairs light socks

- For trekking and travel

Medium weight trekking boots

- These need to have ankle support and be waterproof with a good tread.



Merrell Moab 2 Mid Waterproof



Salomon Women's Quest 4D 3 Gore-Tex® Boots

2 pairs of trekking socks

- These should be medium weight and need to extend above the boot top.



Darn Tough Coolmax Micro Crew



Cushion Darn Tough Hiker Boot Sock Full Cushion

Down booties

- These will be worn at base camp and at upper camps.
- They need to have grip on the sole to walk around on snow.



Feathered Friends Down Booties

2 pairs of thermal bottoms

- 1 light
- 1 medium



Icebreaker Men's Merino 260 Tech
Thermal Base Layer Leggings



Women's 250 Vertex Leggings
Snow Storm

3 pairs of synthetic underwear.

- For climbing, trekking and base camp.

2 pairs of synthetic climbing/trekking pants:

- 1 light weight
- 1 medium weight
- These need to fit over your thermal under layers and under your full-zip shell pants.
- Zippered pockets are good and thigh vents can be useful on hot days.
- “Convertible” pants are useful to turn into shorts on hot days.



Outdoor Research Men's Ferrosi
Convertible Pants



Outdoor Research Men's Methow
Pants



Outdoor Research Women's
Ferrosi Pants



Outdoor Research Women's
Cirque II Pants

Shell pants

- These must fit over your thermal under layers AND climbing pants.
- These MUST be waterproof and have full zips on the side to get on and off over your climbing boots and crampons.
- Lightweight and breathable are ideal.



Outdoor Research Men's Apollo
Rain Pant



Outdoor Research Women's Apollo
Rain Pants

2 pairs of climbing socks

- To be worn with double boots.
- They need to fit well so they don't bunch up while climbing.



Darn Tough Mountaineering Over-the-calf Extra Cushion

Insulated pants

- These will be worn around base camp, through the ice fall and at the lower camps.
- Synthetic or Down is good.
- Medium weight is ideal.
- These should fit over BOTH your thermal under layers and your climbing pants.
- These must have full zips on the sides to get them on and off over your climbing boots and crampons without taking your boots off.



Mountain Hardware Compressor Pants

Double insulated climbing boots

- Don't underestimate the cold on summit day- leather boots are NOT acceptable
- Your crampons must fit your boots perfectly before the trip.
- Make sure your boots fit well and leave a bit of room with the socks you are going to use so they are not cold and cramped.



La Sportiva G2SM



La Sportiva Baruntse

Heavy gaiters

- These must fit over your climbing boots (only required if your boots don't have built in gaiters).



Outdoor Research Expedition Crocodile Gaiters

Thermal under layer tops

- 2 tops: 1 light weight and 1 medium weight.



Men's Merino 260 Tech Long Sleeve
Half Zip Thermal Base Layer Top



Women's 260 Tech Long
Sleeve Half Zip

2 medium weight layers: 1 synthetic pile jacket, 1 down or synthetic vest

- You will want a combination of options. We recommend a synthetic or down jacket with a hood AND a fleece sweater-type option. A down vest is another good option.
- These should be lightweight with maximum warmth and very packable.



Himali Altocumulus Down Jacket 2.0



Patagonia Classic Retro-X Jacket

1 shell jacket

- This should be lightweight, waterproof and packable with a hood.
- Should fit over all of your layers except your down parka.



Outdoor Research Men's
Helium II Jacket



Outdoor Research
Women's Helium II Jacket

Down Parka

- This needs to be heavy weight and very warm yet light and packable with a hood. Don't underestimate to cold on summit day.



Feathered Friends Khumbu
Parka



Mountain Hardware
Absolute Zero Parka

2 buff neck gaiters

Face mask

- This is in addition to the Buff neck gaiters.
- This need to cover your entire face in conjunction with your glacier glasses or goggles to prevent frostbite.



Neck Gaiters



Outdoor Research Face Mask

Winter hat

- This must be very warm and cover your ears.

Baseball hat/sun hat

- This should be lightweight and breathable for hot and sunny days yet cover as much exposed skin as possible.



Outdoor Research
Spitsbergen Hat



Outdoor Research
Sun-Runner Cap

Fleece gloves

- Medium weight.
- These will be worn down low and on warm days.



Outdoor Research Waterproof Liners

Climbing gloves

- These need to be the warmest climbing gloves you can find. Do not skimp on this item as it is one of the most important items of gear you will have.
- These need to have room in the fingers to not be constrictive and cut off warmth and circulation to your fingers. More room in the gloves is better than less.
- You must have enough dexterity to use your technical gear (carabiners, etc.) while wearing these gloves. It is important to be very familiar with these gloves and get used to using them with your gear BEFORE your climb.



Black Diamond Guide Gloves

8000m mitts

- These must fit over your medium weight liner gloves and your heavy weight climbing gloves without constriction. Larger is always better than smaller.
- Hopefully you will be able to climb in your heavy weight climbing gloves all the way to the summit of Elbrus and back because gloves offer you a lot more dexterity than mitts. These down mitts serve as a backup in case you drop a glove or your hands are simply too cold in the heavy weight gloves and need a warmer option (gloves PLUS mitts).



Outdoor Research Alti Mitts

Chemical Hand warmers and foot warmers (optional)

- Bring enough pairs to get you through the expedition but not more as they are heavy to carry up the mountain.
- If you are bringing the Hotronics electric foot warmers you will likely not need the chemical warmers.
- Note: chemical hand warmers use oxygen to burn so do not work well at high altitude and the foot warmers in the boots do not really work at all on summit day.



Hand warmers

Glacier glasses

- 2 pairs of Glacier glasses: bring 1 spare pair.
- These must be the darkest lenses you can buy (Cat 4) and have full coverage around the eyes to block all light.

Goggles

- These must have UVA and UVB protection.
- These must be the darkest lenses you can buy (Cat 4).

Prescription eyewear

- If you need prescription Glacier Glasses contact the manufacturer for options well in advance of your trip.



Julbo Skydome Reactive 2-4



Julbo Explorer 2.0 Spectron 4

Sun Hoodie



Sun Hoodie

Climbing pack

- 50L – 60L
- This can double as a carry-on day pack for travel to and from Russia.
- This pack should be light weight with as few “bells and whistles” as possible. We find that a simple tube design with no outside pockets (other than a crampon pouch) works the best.
- There needs to be a crampon pouch and way to fasten an ice axe and a sleeping mat onto the outside.



Hyperlite 3400 Ice Pack (55L)



Mountain Hardware Diresissima 50L

Lightweight Harness

- This must have detachable leg loops and be big enough to fit over your puffy pants, but also fit snugly over just a base layer when it is hot down low.



Arc'teryx SL-340 Harness

Climbing sling

- 1 double-length slings (120cm)
- This will be used for rigging your safety for clipping in to fixed lines.



Black Diamond Nylon Slings

1 locking carabiners and 3 non-locking carabiners



Black Diamond Oval
Wire Carabiner



Black Diamond VaporLock
Screwgate Carabiner

Helmet

- This must fit well and be light weight.
- This must accept a headlamp securely.



Black Diamond Vapor Helmet

Alpine Ice Axe

- This must be long enough for walking and have a leash to clip to your harness.



Black Diamond Raven Ice Axe

12 Point Crampons

- These MUST fit your boots perfectly. There is no way to get new crampons once on the mountains.
- These must be steel (NOT aluminum) and be 12 points.
- Please no vertical-style front points. These are more aggressive than you need and are dangerous for less technical sections.
- We have found that to get the best fit you want to have a clip on heel bail and rounded plastic toe bail (as pictured on the Petzl Vasak). The wire toe bails can break and often do not fit properly.



Petzl Vasak 12 point crampons



Black Diamond 12 point Sabretooth Crampon

Trekking Poles



Black Diamond Trail Pro

Belt

- For climbing pants.

3 compression sacks

- These will be used to compress your gear to fit in your pack and duffel.
- Compression sacks are more versatile than stuff sacks.



Sea to Summit 14L Compression Sack

Sleeping bag

- 1 sleeping bag, rated to 0F.

Water treatment

- Iodine tabs, Chlorine tabs, or water filtration system.

Ear plugs

- For sleeping in the hut if a teammate snores.

Camera or phone camera



Mountain Hardware Trestles

Personal toiletries

Book/kindle

Small medical kit

- This should include: blister kit, low dose aspirin, Band-Aids, wound closure strips, triple antibiotic ointment, basic repair kit, scissors, high altitude medications listed below, antacids, NSAIDs such as aspirin or ibuprofen, anti-diarrheal, duct tape, ear plugs, Antibiotics (upper respiratory such as Azithromycin and a gastro-intestinal such as Ciproflaxin), melatonin, Asthma medication if you use it (Advair), cold and flu medication. Prescription medications in consultation with your doctor.

Lip balm

- Must have spf for sun protection.

Baby wipes

- For staying clean on the mountain.

Medications

- Prescription medications, in consultation with your doctor: (Acetazolamide 125mg x 14 tablets, Dexamethasone 4mg x 4 tablets, Nifedipine 30 mg slow-release x 2 tablets)

Toilet paper

- 1 roll.

Pee bottle

- 1 liter bottle with wide mouth, plus pee funnel for women.

1 large trash bag

- For waterproofing your backpack.

2 headlamps: 1 medium sized and 1 small sized as a backup

- Your main headlamp needs to be powerful enough to climb during bad weather.
- Your secondary headlamp should be small and lightweight yet strong enough to climb with in an emergency should your main headlamp fail.
- Please bring extra batteries for both headlamps.

Batteries

- Make sure to have enough batteries for the expedition with spares



Black Diamond Icon 700



Black Diamond ReVolt 350

Water Bottles

- Must be wide mouth bottles for easy filling.
- Either 2 X 1 L water bottles, or 1 X 1.5 L and 1 X .5L.
- Camelback-type hydration systems are unacceptable. They freeze, pop and break so are unreliable.



Nalgene 48 oz wide
mouth Silo



Nalgene 32 oz wide
mouth



Nalgene 16oz wide mouth

Insulating bottle covers



Forty Below Bottle Boot

Multitool



Gerber Suspension NXT Multi-Tool

Altitude watch

- This should have a long-lasting battery and an alarm.



Suunto Traverse



Coros Vertií GPS Watch

Sun screen & zinc

- Buy sunscreen with a high zinc content and sweat resistance.
- This must be 30 spf or higher.



Neutrogena Sheer Zinc

Snack food

- We recommend 4 pounds/2 kilograms. You need to have an assortment of food you know will be palatable to you at high altitude when you don't want to eat. We will provide you with most of the food you will need for the mountain but it is invaluable to supplement with food that you know works for you. We recommend a wide variety of cheeses, meats, nuts, dried fruits hard candies, chocolates and specialty athletic foods such as "Gu," "Nuun," shot blocks and the like



Gu Energy Gels



Gu Hydration Tabs



CLIMBING
THE SEVEN SUMMITS

www.climbingthesevensummits.com