



PERSONAL EQUIPMENT LIST FOR MT ELBRUS

Boots - double plastic mountaineering boots - Scarpa, Koflach, etc
Approach boots - sturdy but lightweight hiking boots/shoes
Sleeping bag - good to a minus 10-15 Celsius range
Backpack - internal frame, approx. 70 litres
Daypack - approx. 30 litres
Outer shell jacket with hood - Gore-Tex style (1)
Full-zip pants or bibs - Gore-Tex style (1 pair)
Long underwear - top and bottom, Poly-pro, Capilene, etc. (1 pr)
Hiking pants (1 pr)
Hiking shorts (1 pr)
Insulated pants – lightweight fleece, pile or down (1 pr)
Gaiters (1 pr)
Gloves (medium weight) - wool or poly-pro (1 pr)
Expedition style gloves or mitts w/removable liners (1 pr)
Overmitts - shells only (1 pr)
Socks - synthetic, wool or wool blend (3-4 pr)
Liner socks (Poly-pro type) (2-3 pr)
Warm parka - down, fleece or pile (1)
Sweater or vest - wool, fleece or down (1)
Toque - wool or fleece (1)
Balaclava (1)
Hat with sun visor (baseball cap, etc) (1)
Bandannas (2)
Glacier style sunglasses with side shields and nose shield (1 pr)
Ski goggles
Headlamp with extra set of batteries
Personal kit - (toothbrush, foot powder, skin cream, etc.)
Personal 1st aid (blister kit, medications, etc.)
Misc. personal items (camera, book, cards, journal, walkman, lighter, etc.)
Water bottles and/or hydration system w/insulation - minimum 2 litres
Knife - Swiss army style
Sunscreen and lip screen (min. 30 spf & waterproof)
Collapsible ski/walking poles (1 pr)
Crampons - adjusted to your boots (1 pr – supplied if required)
Ice axe (60 - 70 cm – supplied if required)
Climbing harness - lightweight seat harness only (1 – supplied if required)
Large duffel bag with lock (1)

When organizing your equipment, remember that the conditions on Elbrus may vary from +30 to -30 degrees Celsius, with possible extreme high winds and snowfall. The climbing is almost exclusively on snow and glaciers. Outer clothing should be capable of venting, and you should be able to get in and out of it easily. Inner layers should dry easily and retain warmth when wet (no cotton). Take into account your own personal "warmth rating". If you know that your hands don't warm up easily, or your feet are always cold, keep that in mind!

As well as the above gear and clothing, be prepared for a few days based out of a lodge in the Baksan Valley. All bedding is supplied in our lodge, but casual street clothes should be brought for this portion, as well as for the time spent in Moscow.

Canada West Mountain School supplies all technical equipment and safety equipment including satellite phone, climbing tools, ropes, etc.