



High Country Expeditions Limited
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Equipment List – Mt. Elbrus

Travel clothing which can double as valley/acclimatisation. days wear.

Sun hat, fleece hat, sunglasses, goggles, suncream, lipcream.

Light trekking boots and poles* headlight* 1 or 2 litre drink bottles

Long underwear, fleece layer, storm layer. Mid-weight sleeping bag* and mat*

70 litre pack*

Camera, personal first aid and toilet kit, medications.

To send up the Mountain: down jacket* and gloves* extra fleece,

Lightweight harness* 2 biners* face mask

Heavy mountain boots* Ice axe* and crampons* Thermos

Notes: * means can be rented in Russia but we must book it well ahead!

Tent, cook gear etc will be supplied by our outfitter