BLACK MOUNTAINEERING

MT. ELBRUS EXPEDITION

South Route | Russia | 5,642m Summit

GEAR LIST

LOCATION
Russia

DURATION
8 DAYS

ROUTE
SOUTH

GRADE
NON TECHNICAL

ALTITUDE
5,642M

DAILY ACTIVITY
8 HOURS

MANDATORY EQUIPMENT & LAYERING CHECKLIST

Mount Elbrus is a non-technical climb, but a serious high-altitude objective. Climbers must be prepared for cold, strong winds, snow and glacier terrain, nights at the LeapRus Refuge (3,800m) and a long summit day to 5,642m.

All mandatory equipment must be expedition quality, fit correctly and have been tested before departure.

01 | BAGS

- [ ] Large 80L duffel bag (we supply)
- [ ] Expedition backpack 65L

02 | DOCUMENTS

- [ ] Passport (valid for 6 months)
- [ ] Debit / credit cards
- [ ] Insurance papers
- [ ] Photocopy of passport

03 | BASE LAYERS

- [ ] Merino wool underwear (4 pcs)
- [ ] Merino long-sleeve base layer (1 pc)
- [ ] Merino long pants base layer (1 pc)
- [ ] Short-sleeve T-shirt (2 pcs)

04 | MID LAYERS

- [ ] Fleece (1 pc)
- [ ] Mid-weight hiking pants (1 pc)

05 | WINDPROOF / RAIN LAYERS

- [ ] Hard shell jacket (1 pc)
- [ ] Hard shell pants (1 pc)

MANDATORY EQUIPMENT & LAYERING CHECKLIST

06 | INSULATION LAYERS

- [ ] 800+ gram goose down jacket with hood
- [ ] Insulated pants
- [ ] Lite puffer jacket

07 | HEADWEAR

- [ ] Warm hat (1 pc)
- [ ] Balaclava (1 pc)
- [ ] Baseball cap (1 pc)
- [ ] Buff (1 pc)

08 | EYEWEAR

- [ ] Cat 4 glacier glasses

09 | GLOVES

- [ ] Lightweight liner gloves
- [ ] Shell guide glove with insulated liner
- [ ] 7000m expedition mitts

10 | FOOTWEAR

- [ ] Wool or synthetic socks (3 pairs)
- [ ] Double skin mountaineering boots 6000m (Kailas / La Sportiva / Millet)
- [ ] Trekking approach shoes
- [ ] **Refuge shoes:** crocs or sandals

11 | SLEEPING EQUIPMENT

- [ ] Sleeping bag -20°C
- [ ] Earplugs

MANDATORY EQUIPMENT & LAYERING CHECKLIST

12 | MOUNTAINEERING GEAR

- [ ] Crampons (can rent)
- [ ] Climbing harness (can rent)
- [ ] Headlight 500–700 lumens (2 pcs), with batteries or charging leads

13 | TRAVEL ITEMS

- [ ] Travel clothes
- [ ] Cash
- [ ] Visa card
- [ ] ATM card

14 | HUT CLOTHING

- [ ] Tracksuit (1)
- [ ] Sliders / sandals (1)

15 | ADDITIONAL FOOD ITEMS

- [ ] Salty-sweet bars

17 | TOILETRIES (PERSONAL)

- [ ] Toilet paper
- [ ] Toothpaste & toothbrush
- [ ] Bio baby wipes (2 pcs)
- [ ] Soap
- [ ] Shampoo
- [ ] Shaver
- [ ] Towel
- [ ] Small nail brush
- [ ] **Sunscreen:** SPF 50
- [ ] **Lip screen:** SPF 30
- [ ] Aftersun

MANDATORY EQUIPMENT & LAYERING CHECKLIST

16 | MEDICAL / FIRST AID

- [ ] Personal first-aid kit
- [ ] Compeed blister packs
- [ ] Sutures & steri strips
- [ ] Ibuprofen
- [ ] Paracetamol
- [ ] 250mg Diamox (10 days)
- [ ] Medicated throat lozenges
- [ ] Medicated throat spray
- [ ] Antibiotic Azithromycin 500mg
- [ ] Laxatives
- [ ] Imodium
- [ ] Mosquito repellent
- [ ] Menstrual products
- [ ] Electrolytes
- [ ] Nail cutter
- [ ] Duct tape – repair kit
- [ ] Hand & feet chemical warmers

18 | ADDITIONAL ITEMS

- [ ] Trekking poles
- [ ] Water bottles 1 litre (2 pcs)
- [ ] Pee bottle 1 litre
- [ ] Female urination device (FUD)

19 | OPTIONAL ELECTRONICS

- [ ] Country-appropriate plug adapters
- [ ] Power bank
- [ ] Phone
- [ ] Charging leads

PRECISION. PROFESSIONALISM. PASSION.

Black Mountaineering Expedition Leadership

PRECISION
Safety & Security

Careful planning, proven logistics, acclimatisation & risk management.

PROFESSIONALISM
Expedition Leadership

Led by Jason Black — multiple Everest & K2 summiteer with more than two decades of high-altitude experience.

PASSION
Authentic Experience

Built on a lifelong passion for exploration, challenge and adventure.

DIRECT EXPEDITION INQUIRIES & OFFICIAL WEBSITE

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EXPEDITION PAGE
View Mt. Elbrus Expedition

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