

## HIGH VENTURE TRAVEL

Nevsky ave. 135-38, St.Petersburg, 191024 RUSSIA  
fax/tel: +7 812 7175066, tel.:+7 812 7174983  
e-mail: cetneva@peterlink.ru  
<http://www.cetneva.com>

## EQUIPMENT LIST: MOUNT ELBRUS

This list consists of items that are necessary on a high-altitude mountaineering trip. These items are not optional; they are essential for your comfort and safety. Suggestions are listed in parentheses as to what brands and styles will work on this type of adventure. You may find or already possess others that will work equally well.

### I. EQUIPMENT

1. Backpack. Internal or external frame backpack. Find a pack that fits you well and that can hold all your gear (60L).
2. Ice Axe. 70 cm. in length.
3. Crampons. These must be 12-point, preferably hinged. Step-in or strap-in styles will both work.
4. Ski Poles.
5. Mechanical Ascenders (only 12-days programm).
6. Prussic Cord: Everyone should have runners that are tied for self-extraction and crevasse rescue (only 12-days programm).
7. Climbing Harness. Make sure the belt portion fits securely around your body, above your waist, and below your rib cage and it has a drop seat or adjustable leg loops.
8. Climbing Helmet. UIAA-approved (only 12-days programm).
9. Carabineers. Three, one locking with a screw gate, preferably "Pear shaped". (only 12-days programm)
10. Sleeping Bag. Down or synthetic fill. Down or synthetic fill (-10/-15C).
11. Duffel Bags. A large one for your mountaineering gear/clothes & a smaller one for your city clothes.

### II. CLOTHING: HEAD

1. Hat for warmth. Synthetic or wool.
2. Sun hat.
3. Balaclava or facemask.
4. Sunglasses. Dark, glacier glasses with side shields. Choose glasses with full UV and IR blockage.
5. Goggles. Dark lens, ski type goggles with full UV and IR protection.

### III. CLOTHING: UPPER BODY

1. Long sleeve underwear top. Light or medium weight synthetic. Absolutely no cotton.
2. Lightweight shirt. Fleece or wool. This is the mid layer between a base (underwear) layer and a heavy top layer.
3. Heavyweight shirt/jacket. Fleece or wool. This heavy layer should fit comfortably over your base and mid layers.
4. Waterproof/windproof/breathable shell. An outer layer made of Gore-Tex or equivalent with full hood.

5. Insulating outer layer. An insulated down or synthetic parka with a hood.
  6. Shirt. For trekking and base camp.
  7. Sports Bra. Women only. No cotton.
- 

#### **IV. CLOTHING: LOWER BODY**

1. Long underwear bottoms. All synthetic. Light or medium weight.
  2. Fleece/wool/synthetic fill pants. Pants should have full side zippers in order to facilitate ventilation and clothing changes while wearing boots and crampons.
  3. Waterproof/windproof/breathable pants or bibs. Made of Gore-Tex or equivalent with full side zippers.
  4. Pants/shorts. For trek and base camp.
  5. Underwear. No cotton.
- 

#### **V. CLOTHING: HANDS**

6. Gloves/Mittens. Two pairs warm shelled mitts - either separate components or all-in-one
  7. Fleece Gloves. Two pairs fleece gloves.
- 

#### **VI. CLOTHING: FEET**

1. Socks. Synthetic or wool, at least 4 pair. Liners if you wear them. Absolutely no cotton.
  2. Boots. Must be a stiff, full-shank, crampon compatible mountaineering boot with a lug sole and hard toe. Plastic boots with high-altitude liners are required.
  3. Hiking Boots. Hiking boot with good support and a stiff sole for non-technical hiking and camp wear.
  4. Gaiters. Must be knee length with Velcro closures. Please no zippers or snaps.
  5. Lightweight shoes. Sandals or other shoes for crossing rivers and for base camp.
  6. Camp booties. Warm, down or synthetic booties for upper camps.
- 

#### **VII. OTHER ESSENTIALS**

1. Headlamp. No flashlights, please. Bring extra batteries and extra light bulbs.
  2. Water bottles with Insulated water bottle cover or thermos
  3. Sunscreen. Minimum of SPF 35
  4. Lip protection. Minimum of SPF 15
  5. First Aid.
- 

#### **VIII. PERSONAL ITEMS**

1. Snacks. (trail mix, candy, supplemental food items depending on personal preference. 10 lbs maximum)
2. Drink Mixes. (Gatorade, Kool-aid, Tang)
3. Toiletry Items: toothbrush, toothpaste, toilet paper, etc.