

Checklist and Equipment Hire

- Plastic boots or crampon-compatible heavy leather mountaineering boots.
- Ice-axe
- Crampons
- Headlamp. - The climb starts at night and for some hours you walk in the dark. Also a headlamp is extremely useful while visiting toilet at night at the huts.
- Big backpack (not less than 75 liters)
- Flask (thermos bottle) . Do not rely on those backpack flasks with a pipe - the pipe (for sure) and flask (probably) will freeze.
- Small backpack for hikes and summit climb.
- Ski/trekking poles/sticks.
- Windproof mask - in case of cold strong wind
- Harness with, 2 carabiners,
- Sleeping bag rated to -15 °C comfort temperature
- Foam mattress for sleeping in a tent
- Insulated parka/jacket, down or synthetic, rated to -10°C and able to fit over other sweater layers
- Gore-tex jacket and pants (side-leg zippers are helpful), roomy and water repellent
- Midweight fleece jacket
- Fleece pants or tights
- Midweight thermal underwear tops and bottom
- Hiking pants/skirt
- Hiking shorts
- Long-sleeve shirts/blouses
- T-shirts
- Underwear
- Hiking socks
- Liner socks
- Hiking boots, sturdy, ankle-support, water-resistant, broken-in
- Camp shoes: running shoes or trail shoes, sneakers
- Sun hat
- Warm hat
- Bandana
- Fleece windproof gloves.
- Waterproof over mitts (to protect gloves from snow)
- Balaclava
- Snow gaiters, knee-length (super gaiters, which cover the whole boot, are excellent)
- Sun block and lip balm.
- Toiletry kit
- Swimsuit - for a sunbath or sauna. Local people do not like naked bodies at public places.
- Personal first-aid kit.
- Any prescription or over the counter medications used regularly (these will not be available in the Caucasus).
- Sunglasses with retainer strap (side-shields or glacier glasses highly recommended) or goggles)



Hire of mountaineering equipment

Item		Quantity	Price for 1 day EUR	Quantity of days	Amount
Double plastic or double leather boots			9		
Leather climbing boots or trekking boots			7		
Crampons			4		
Ice axe			3		
Telescopic poles			3		
Sleeping Bag			7		
Harness (set)	↓(x3)		3		
Harness			2		
Karabiners (2)			1		
Selfbelay			1		
Ski goggles			3		
Glasses			3		
Head torch			2		
Warm mitten			3		
Overmitts			2		
Gloves (Fleece, Polar or Windstopper)			2		
Down jacket			8		
Jacket			5		
Jacker Goretex			7		
Warm pants			6		
Pants			5		
Pants Goretex			7		
Gaiters			2		
Warm gaiters			4		
Rucksacks			3		
Thermos			1,5		
Mattress			0,5		
Total:					