

**INTERNATIONAL MILITARY SPORTS  
COUNCIL**

**RUSSIAN DELEGATION**

**INVITATION**



**«Sport for Peace» CISM event  
«Climbing for Peace on Mount Elbrus»**

**20 - 30 July 2024  
Terskol, Russia**



INTERNATIONAL MILITARY SPORTS COUNCIL  
RUSSIAN DELEGATION  
«Climbing for Peace on Mount Elbrus»  
20 - 30 July 2024, Mount Elbrus,  
Terskol, Russia



Department of Physical Training and Sports of the Armed Forces of the Russian Federation

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*Date:*

15.02.2024

*To:*

See Distribution List

**Subject:**

«Climbing for Peace on Mount Elbrus» (Terskol, Russia)

*I have the honor to invite a delegation representing the Armed Forces of Your country to participate in the «Sport for Peace» event under the auspices of the International Military Sports Council (CISM) «Climbing for Peace on Mount Elbrus» (Terskol, Russia) during the 20- July 30, 2024.*

*Friendship through Sport*

Sincerely,

Colonel Andrey ZYKOV  
Chief of the Russian Delegation to the CISM

ANNEXES:

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**1. DISTRIBUTION LIST**

1. *President of CISM.*
2. *Official CISM Representative.*
3. *The concerned Continental Vice-President.*
4. *CISM Secretary General.*
5. *Representatives of concerned Liaison Office.*
6. *Representatives of the CISM Partners and Sponsors.*
7. *President and Members of Climbing CISM Sport Committee.*
8. *To the Chiefs of Delegation of CISM Members Countries.*

*All CISM member nations are warmly invited and strongly encouraged to participate in this Event. A complete list of current CISM member nations is available on the CISM website.*

**2. RIGHT TO PARTICIPATE IN THE «CLIMBING FOR PEACE ON MOUNT ELBRUS»**

Only active CISM member nations have the right to participate in the «Climbing for Peace on Mount Elbrus» 2024 event under the auspices of the International Military Sports Council (CISM) (as per CISM Regulations, Article 1.10) An inactive nation, intending to take part in the event must pay its annual fee before the deadline established by the Organizing Committee for sending the final entry. If it is not done, the delegation will not be able to take part in the event.

**Priority of participation will be given to the first twenty (20) nations applied from CISM members. The total number of countries that will be participating in the event is twenty (20).**

**3. GENERAL PROGRAM OF THE «CLIMBING FOR PEACE ON MOUNT ELBRUS»**

Date	Activity
<b>Day 1</b> <b>July 20, 2024</b>	<ul style="list-style-type: none"> <li>- Arrival of delegations at Moscow airports</li> <li>- Accommodation in the hotel in Moscow.</li> </ul>
<b>Day 2</b> <b>July 21, 2024</b>	<ul style="list-style-type: none"> <li>- Flight from Moscow to Mozdok by aircraft of the Armed Forces of the Russian Federation.</li> <li>- Moving to the Terskol (Camp 1). Travel time 3.5 hours by bus (180 km).</li> <li>- Hotel accommodation in Terskol</li> </ul>
<b>Day 3</b> <b>July 22, 2024</b>	<ul style="list-style-type: none"> <li>- Safety briefing.</li> <li>- Technical commission.</li> <li>- Medical check-up.</li> <li>- Getting special equipment for climbing.</li> <li>- An easy 5-hour acclimatization trek to Lake Donguz-Orunkel (altitude 2800 m) with a return to Camp 1.</li> </ul>
<b>Day 4</b> <b>July 23, 2024</b>	<ul style="list-style-type: none"> <li>- Opening ceremony.</li> <li>- Technical briefing on ascent Mount Elbrus.</li> </ul>
<b>Day 5</b> <b>July 24, 2024</b>	Start of the ascent of the first day along the route: <ul style="list-style-type: none"> <li>- From Camp 1 by car to the «Azau» glade.</li> <li>- Movement by the cable car from the «Azau» station to the «Mir» station.</li> <li>- Hiking from «Mir» station to «Shelter 11» (Camp 2)</li> <li>- Instructor and methodological lesson with participants on snow and ice terrain.</li> <li>- Meeting-providing technical information.</li> </ul>



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Date	Activity
<b>Day 6</b> <b>July 25, 2024</b>	Start of the ascent of the second day along the route: <ul style="list-style-type: none"> <li>- Camp 2 – Pastukhov rocks – «Sedlovina» (Saddle) – Summit of Elbrus.</li> <li>- Descent to Camp 2 along the ascent route.</li> <li>- Descent by cable car from the «Garabashi» station to the «Azau» station;</li> <li>- Departure by vehicle to Camp 1.</li> </ul>
<b>Day 7</b> <b>July 26, 2024 -</b> <b>Reserve day for</b> <b>climbing in case of</b> <b>bad weather.</b>	<ul style="list-style-type: none"> <li>- Bring back special equipment for climbing.</li> <li>- Cultural program.</li> </ul>
<b>Day 8</b> <b>July 27, 2024</b>	<ul style="list-style-type: none"> <li>- Closing ceremony.</li> <li>- Gift exchange.</li> <li>- Official dinner</li> </ul>
<b>Day 9</b> <b>July 28, 2024</b>	<ul style="list-style-type: none"> <li>- Moving from Terskol to the Mozdok airfield (Travel time 3.5 hours by bus (180 km).</li> <li>- Flight from Mozdok to Moscow by aircraft of the Armed Forces of the Russian Federation.</li> </ul>
<b>Day 10</b> <b>July 29, 2024</b>	<ul style="list-style-type: none"> <li>- Official event to sum up the results of «Climbing for Peace on Mount Elbrus».</li> <li>- Cultural program.</li> </ul>
<b>Day 11</b> <b>July 30, 2024</b>	<ul style="list-style-type: none"> <li>- Departure of delegations.</li> </ul>

#### 4. COMPOSITION OF THE MISSION

The following table lists the members of mission and represents the maximal composition of a mission.

Function in mission	Number of persons
Chief of Mission	1
Male or female athletes	2
<b>Total</b>	<b>3</b>

- No additional member(s) may be included in the mission without prior approval of the Organizers.
- Only military personnel on active duty will participate. (CISM Regulations, Art. 7.23, item 'A' refers.
- Climbing is not mandatory for the Chief of Mission. During the event, a cultural program is planned for Chiefs of Mission who do not want to go up.

#### 5. COMPETITION VENUE

- a. Delegations should arrive at airports or railway stations of Moscow on 20 July 2024.
- b. The travel costs to and from Moscow will be paid by participating Missions. **The flight on the route Moscow - Mozdok airfield - Moscow will be carried out by aircraft of the Armed Forces of the Russian Federation.**
- c. **The flight on the route: Moscow - Mozdok airfield will be carried out on 21 July 2024.; flight on the route Mozdok airfield - Moscow 28 July 2024.**  
**There are no other flights.**
- d. The «Climbing for Peace» will take place in Mount Elbrus (the nearest settlement is Terskol, Russia), the distance from Mozdok airfield to the village of Terskol by car is 180 km.



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Approximate travel time - 3 hours 30 minutes (transport will be provided by the Organizing Committee).

## 6. CONDITIONS OF STAY

- a. Meals and accommodation as well as transport for all «Climbing for Peace on Mount Elbrus» related events will be provided for all participants by Organizing Committee.
- b. Participants shall pay extra expenses such as telephone calls, laundry, additional food and beverages.
- c. Nations arriving in Moscow before **20 July 2024** and departing from Moscow after **30 July 2024** will be responsible for all expenses incurred during the period outside the official event dates.
- d. Additional persons will not be accepted without official written permission of the Organizers.
- e. Medical support for the duration of the event will be provided by the host, which will cover costs for basic emergency treatment only. In case of additional treatment, hospitalization and routine medical care, participating nations will be responsible for their payment.

## 7. MEDICAL CARE

The Organizing Committee will bear all necessary emergency (first aid) hospital/medical center care expenses.

All other expenses, such as hospitalizations, surgical operations and any other special treatments, repatriation in case of disease by illness or accident, other expenses on account of illness/accident such as compensation loss of income or non-emergency dental/medical care will be charged to the user themselves.

## 8. INSURANCE

The Organizing Committee will not be responsible for any claim for loss, injury or damage arising from the holding of the competition.

**All participating nations have an obligation to take out insurance for all the care that can be given to the persons in the Mission.**

Organizing Committee is not responsible for post-injury medical follow-up, nor for any medical or psychological consequences resulting from the injury.

The Missions must have the appropriate **insurance for extreme sports (in the mountains)** to cover travel, accidents and health risks disease as they are not under the responsibility of the Organizing Committee.

**Delegations must fill out the insurance information for each member of the delegation in the Confidential Medical Form (Annex 4) and send it along with a scan of the insurance policy to the Organizing Committee before July 1, 2023.**

## 9. «CLIMBING FOR PEACE ON MOUNT ELBRUS» EVENT INFORMATION

The start zone is 2200 m above sea level. The total length of the route is 12500 m. The total altitude gain is 3442 m. The finish is at the Western peak of Elbrus 5642 m.

**On the first day** – climbing from Camp 1 to Camp 2 (the total ascent time will be from 4 to 5 hours, of which the climbing will take up to 2 hours). Equipment for climbers will be delivered from Camp 1 to Camp 2 by road, then by cable car. During this day there will be a slow ascent on foot for acclimatization. In the afternoon, classes on snow/ice terrain.

**On the second day** – early rise and ascent from Camp 2 to the Elbrus summit. The ascent starts at 3:00am (night). The control time for reaching the summit is determined the day before depending on weather conditions by the decision of the Organizing Committee.



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Climbing to the summit is recommended not only for professional climbers. Any person who has acclimatized and in good physical condition can climb.

For the best ascent, participants must have winter equipment, as well as medical support: means for acclimatization and the prevention of acute mountain sickness (AMS).

**All participants must bring personal climbing equipment, including:**

1. Comfortable clothes for climbing
2. Mountain winter boots
3. Warm socks (2-3 pairs)
4. Warm merino (wool) leggings
5. Fleece leggings
6. T-Shirts
7. Warm merino tops
8. Fleece or synthetic middle layer
9. Light down jacket
10. Gore-tex jacket
11. Gore-tex pants (or pants with wind protection)
12. Two pairs of gloves (medium weight and down insulated)
13. Sunglasses
14. Sun hat
15. 30-45 L alpine backpack
16. 70-100 L expedition travel bag (for use before Camp 2)
17. 3-season sleeping bag
18. Bottle (nalgene)
19. Hand warmers
20. Warm hat
21. Neck cape or buff
22. Balaclava (optional)
23. Headlamp
24. Sunscreen 30+ or 50 SPF
25. Thermos (up to 1 liter)
26. Plaster for calluses on feet (for example: Compeed Blister)
27. Personal medicines

**The Organizing Committee provides each participant with the following special equipment for climbing:**

1. Climbing crampons
2. Safety system
3. Ice ax
4. Trekking poles

**Need to know:** If you want to climb Mount Elbrus, you need to have the ability to walk 12 hours in the mountains, although this is not necessary for all days of the trek, but it is the maximum number of hours of walking.

**It is also very important to remember that this is not a timed sporting competition but a friendly “Climb for Peace” and all participants will together carry the flags of their countries and the CISM flag to the Elbrus summit.**

Participants of this event will be awarded a certificate of Elbrus ascent.

Along the way, climbers will see unique landscapes, including waterfalls and ice plateaus, numerous springs and rivers.

**About Mount Elbrus:**

Elbrus (early name Elborus) - a stratovolcano in the Caucasus (5642 m above sea level) - the highest mountain peak in Russia and Europe, provided that the border between Europe and Asia is



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drawn along the Main Caucasus Range or to the south (in other cases, the Alpine mountain Mont Blanc is considered the highest peak in Europe).

Elbrus is located in the Lateral Range of the Greater Caucasus, 10 km north of the Main Caucasus Range, on the border of the Republics of Kabardino-Balkaria and Karachay-Cherkessia, and is a mountain range of volcanic origin with a base diameter of 15 km. The distance between the peaks is 1500 m. The absolute heights of the base are 3200-3800 m. The average steepness of the slopes is 35°.

Elbrus is included in the “Seven Summits” list of the highest peaks of the world. Melted glacial water flowing from its slopes feeds some of the largest rivers of the North Caucasus: Kuban, Malka and Baksan. Due to the well-developed transport and related infrastructure, Elbrus and the surrounding areas are very popular in recreational, sports, tourism and mountaineering terms. On the saddle of Elbrus (5416 m), separating its Eastern (5621 m) and Western (5642 m) peaks, the highest altitude shelter in the Caucasus is located.

23 glaciers flow down from the slopes of Elbrus, with a total area of 134 km<sup>2</sup>. The largest of them are Big and Small Azau, Terskol, Kyukyurtlyu, Irik.

The air temperature on Elbrus in July depends on the altitude above sea level and can be different in different parts of the mountain.

On average, at an altitude of 3500 meters above sea level, the air temperature in July ranges from +2 to +10 degrees Celsius during the day and -10 to -5 degrees Celsius at night. Closer to the top of Elbrus (above 5000 meters), the air temperature can drop to -20 degrees Celsius. The natural landscape of the area is very beautiful.

In total, more than 10 routes of varying difficulty and duration have been developed for climbing Elbrus. Moreover, there is an ascent to the Western and also to the Eastern peak.

**CLIMBING ROUTE SCHEME:**



- Start – Camp 1
- Checkpoints:
  - Checkpoint 1 – «Azau» glade - 2350 m.
  - Checkpoint 1 – «Mir» cable car station - 3800 m.
  - Checkpoint 2 – «Shelter 11» (Camp 2) - 4050 m.
  - Checkpoint 3 – Pastukhov Rocks - 4800 m.
  - Checkpoint 4 – Sedlovina (Saddle) - 5300 m.
- Finish – Summit of Elbrus 5642 m.



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### 10. UNIFORM

The participating missions are obliged to wear Service uniform during their stay on the official scheduled events such as opening and closing ceremony (no uniform, no ceremony). Sport clothing marked with country name may be worn outside the ceremonial events.

### 11. SECURITY AND ACCREDITATION

The Organizing Committee, through its Security and Intelligence Office, is responsible for the security of all authorities, missions and guests during the competitions, official transportation and at accommodation sites, authorized stay.

All participating delegations will be accredited and given appropriate credentials to access all facilities they require. The use of accreditation will provide the necessary control and security measures ensuring the smooth flow of personnel while restricting access of non-authorized persons, providing a safe environment for all.

**Delegations must complete «Final Entry - Personal data for accreditation and visa support to visit the Russian Federation». And send to Organizing Committee with color photos in good quality (35mm\*45mm min size in the format of .JPG, with the resolution rate no less than 300dpi) of all members of the delegation before 1 June 2024.**

### 12. CUSTOMS AND VISA PROCEDURES

To be allowed on the Russian territory, any foreigner shall possess one valid passport (still valid 6 months after their return to their country) and shall present a travel document accepted by the Russian authorities, visa (for the countries falling under that bond) as well as the justifications related to their conditions and durations of stay.

It is highly recommended that each participating nation contacts the Embassy of the Russian Federation in their respective country for specific information regarding to entry procedures and VISA information into the Russia. Failure to do so may cause refused entry into the Russian Federation.

**Delegations of countries that require a visa to enter the Russian Federation must complete «Final Entry - Personal data for accreditation and visa support to visit the Russian Federation». And send to Organizing Committee with color scanned copies of the first page of the valid passports of all members of the delegation in full size and in good quality before 1 June 2024.**

### 13. WEATHER

MOSCOW	
Highest daily temperature	+ 24,8 °C
Normal daily temperature	+19,9 °C
Lowest daily temperature	+ 15 °C

July is the warmest month of the year in Moscow. The average daytime temperature in July is +24 degrees, the climate can be described as warm.

TERSKOL	
Highest daily temperature	+25 °C
Normal daily temperature	+20 °C
Lowest daily temperature	+8 °C

In July, the average temperature in Terskol is +24 during the day and +7,5 at night. It rains sometimes, about 9 days a month, and 106.8 mm of precipitation falls. Sunny weather almost the entire month for at least 23 days.





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MOUNT ELBRUS	
Highest daily temperature	+12,1 °C
Normal daily temperature	+8 °C
Lowest daily temperature	+3,4 °C

In July, the average temperature on Elbrus is about +10°C, but at night it can drop to -10°C. The average monthly atmospheric pressure on Elbrus in June/July is 597 mmHg, and air humidity is 88%.

**Peak of Mount Elbrus:**

In July, the weather is characterized by sharp and sudden changes in pressure, gusts of wind, up to hurricane force, and very large jumps in temperature. Within 1.5 - 2 hours, the weather can completely change from calmly sunny, in which you can fully sunbathe, to a severe, truly winter blizzard with charges of snow, temperatures up to -25 C and “zero” visibility.

NOTE: Air temperatures in the mountains and at altitude are unpredictable, and the temperatures indicated for Mount Elbrus are based on last year.

**14. CURRENCY**

The local currency is the Russian ruble.

Due to restrictions, payments by credit cards of foreign banks (VISA and Mastercard) are not currently available.

The payments can be made only in cash (in Russian rubles).

The Organizing Committee will assist in the exchange of cash foreign currency for Russian rubles.

In case of a change in the situation regarding the method of payment, the Organizing Committee will immediately inform the delegations of the participating countries.

**15. ADDITIONAL INFORMATION**

Chiefs of Missions are kindly requested to bring national flag (1.5m x 2.5m).

Any special dietary needs should be conveyed in advance in order to ensure that it is catered for.

**16. DEADLINES FOR CONFIRMATION**

Please note and comply with the following deadlines:

a. Preliminary Agreement for participation. **Annex 1** is to be submitted before 20 March, 2024.

b. Final Entry for participation. **Annex 2a, 2b, 2c, color scanned copies of the passports and color photos for accreditation** are to be submitted not later than 1 June 2024. Late submissions may result in denied participation.

c. Final Entry – Travel Data. **Annex 3** are to be submitted not later than 1 July 2024.

d. Annex 4 - Final Entry - Confidential Medical Form. **Annex 4 and a scan of the insurance policy** must be sent no later than 1 July 2024

**17. CORRESPONDENCE**

All official correspondence and mail concerning the competition should be sent to:

Department of Physical Training and Sports of the Armed Forces of the Russian Federation

**Mobile:** + 7 961-938-29-16 (Gorodnitskaya Elena)

**Email:** [Elbrus2024CISM@gmail.com](mailto:Elbrus2024CISM@gmail.com)

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