



Monte Rosa Peaks Traverse Equipment List

Considerations

Packing for a mountaineering trip is a balancing act. You want your pack to be as light as possible so you can truly enjoy the week. But you also need to have enough gear to be warm (or cool), comfortable, and well-fed and watered. When buying, renting, or borrowing gear for the trip, please keep weight, performance, and function in mind.

Zermatt has plenty of mountaineering stores intermingled with its cafes, bars, bookstores, and restaurants. If you need clothing, footwear, or gear for the trip, come a day early and shop to your heart's desire, but be aware that prices in Switzerland tend to be high.

Technical Equipment

Bring the following, or rent or buy it in Zermatt (see 'Trip Info Links' at the bottom of the Monte Rosa Traverse webpage):

- ☐ High-quality, full-shank, leather or synthetic mountaineering boots
- ☐ Lightweight collapsible ski poles (optional, but at least one is recommended)
- ☐ Gaiters, unless your pants lock tightly to your boots
- ☐ Backpack (40-50 litres) with rain cover for transporting your things plus group gear

Bring the following, buy it upon arrival, or ask us (in advance) to provide the items:

- ☐ Crampons with anti-snowballing plates fitted to your boots.
- ☐ Ice axe for glacier travel (50-75 cm long)
- ☐ Climbing helmet
- ☐ Harness for glacier travel
- ☐ One triple-action locking carabiner or two conventional locking carabiners

Your guide will bring the following technical equipment:

- ☐ Ropes for glacier travel
- ☐ Crevasse rescue equipment (Prusik cords, webbing, pulleys, auto-locking device)
- ☐ General repair kit and Leatherman

Clothing

Temperatures on this traverse can vary hugely. We might experience +30°C (85°F) temperatures walking up the glaciers on windless, sunny days and then be exposed to below 0°C / 32°F temperatures with strong winds on the summit ridges. Somewhere in between is normal and having several clothing layering options is important. Bring light, technical clothing that doesn't take much space in your backpack and dries quickly when sweaty or wet.

- ☐ Wind and waterproof shell jacket with hood (Gore-Tex or similar)

- ☐ Wind and waterproof over-pants with side zippers (Gore-Tex or similar)
- ☐ Mountaineering pants (eg. lightly lined Schoeller fabric or similar)
- ☐ Warm Primaloft jacket with hood
- ☐ Medium weight fleece sweater
- ☐ Thin synthetic or wool underwear, top and bottoms
- ☐ Synthetic or wool t-shirt
- ☐ Quick-drying sports bra
- ☐ 2-3 pairs good quality trekking or mountaineering socks
- ☐ Two pairs of gloves (one pair lightweight and one pair waterproof and heavier weight - made for cold mountaineering conditions)
- ☐ Warm hat that covers your ears
- ☐ Sun hat, preferably with a wide rim
- ☐ Bandana or Buff (optional)

Around the huts

- ☐ Spare underwear and socks
- ☐ Light down jacket or vest (optional)
- ☐ Sleeping bag liner - silk is lightest. Blankets are provided
- ☐ Light hut shoes or crocs (optional – they are almost always provided at the huts)
- ☐ Toiletries and a small towel (keep to a bare minimum, but some huts have showers)
- ☐ Alpine Club membership card (if you hold membership)
- ☐ Ear plugs (recommended)

Other

- ☐ Your favourite snacks (snacks and lunch can also be purchased at our accommodations)
- ☐ Sunglasses with high UV protection – glacier-specific sunglasses are best
- ☐ Sunscreen and lip protection with high SPF. Consider zinc-based.
- ☐ One or two one-litre water bottles with insulator. Water bladders not recommended
- ☐ Headlamp with spare batteries
- ☐ Personal first aid kit and other needs (eg. blister kit, prescription medicine, anti-inflammatory, contact lenses, prescription glasses, etc.)
- ☐ Pocket knife (optional)
- ☐ Passport, health and travel insurance documents
- ☐ One or two lightweight garbage bags for extra waterproofing (optional)
- ☐ Light stuff sacs or Ziploc bags to keep your backpack organized and important items dry (optional, but recommended)
- ☐ Camera, spare batteries (optional)
- ☐ Compass, maps, GPS (optional)
- ☐ Personal amount of hand sanitizer or sanitary hand wipes
- ☐ Feminine hygiene supplies
- ☐ Toilet paper – small amount for daytime emergencies
- ☐ Telephone with charging cable (optional)
- ☐ Adaptor for European charging system (optional)