



Haute Route Glacier Trek Gear List

Considerations

Packing for a trekking trip is a balancing act. You want your pack to be as light as possible so you can truly enjoy the trek. 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. Chamonix is a sports enthusiast's shopping mecca. There are dozens of outdoor stores intermingled with the lovely cafes, bistros, bookstores, and restaurants. If you need to purchase clothing, footwear, or gear for the trip, come a day early and shop to your heart's desire.

Technical Gear

This section is divided into 3 portions: Gear provided by OnTop on request, gear provided by your guide and gear you need to provide yourself.

Bring or Rent the Following: (see 'Trip Info Links' at the bottom of the Haute Route page for Rental Shops):

- ☐ Light mountaineering boots or sturdy, waterproof hiking boots that cover your ankles (make sure they are comfortable and don't give you blisters!)
- ☐ Backpack (35-45 litres) with rain cover fitted to the pack
- ☐ Collapsible ski poles

Provided by OnTop Mountaineering, Upon Request:

Should you require the use of this gear, please inform your Trip Coordinator. This rental is included as part of your trip package.

- ☐ Ice axe for glacier travel (50-75 cm long)
- ☐ Crampons with anti-snowballing plates (usually integrated into modern crampons) that are suitable for your boots. Note: rigid crampons will not work on hiking boots
If you require specialty sizing please let us know with your request.
- ☐ Harness for glacier travel
- ☐ One triple-action locking carabiner or two conventional locking carabiners

Your Mountain Guide Will Bring the Following:

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

***Optional**

****Optional but recommended**

Clothing

Temperatures on the Haute Route Glacier Trek can vary hugely. Temperatures can range from lows of -10°C (14°F) overnight to +15°C (60°F) during the day, or from +5°C (40°F) overnight to +30°C (85°F) during the day in the valley bottoms. 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)
- ☐ Medium weight Primaloft jacket
- ☐ Medium weight fleece sweater
- ☐ Thin synthetic or wool underwear, top and bottoms
- ☐ Synthetic or wool t-shirt and shorts
- ☐ Quick-drying sports bra
- ☐ Two pairs of gloves (one pair lightweight and one pair waterproof and heavier weight)
- ☐ 2-3 pairs good quality trekking socks
- ☐ Gaiters that fit over your boot (unless pants seal tightly to your boots)
- ☐ Wool or fleece hat that covers your ears
- ☐ Sun hat, preferably with a wide rim
- ☐ Bandana or neck gaiter (eg. Buff)*

Lodging

- ☐ Sleeping bag liner (silk is lightest) **MANDATORY**
- ☐ Light down jacket or vest*
- ☐ Spare underwear and socks
- ☐ Light hut shoes or crocs*
- ☐ Toiletries (keep to a bare minimum – the huts have minimal washing facilities)
- ☐ Ear plugs**
- ☐ Alpine Club Card*

Other items

- ☐ Sunglasses with high UV protection
- ☐ Sunscreen and lip protection with high SPF
- ☐ Small container bug spray or cream
- ☐ One or two, one-litre water bottles
- ☐ Water purification tablets or small personal water filtration system*
- ☐ Headlamp with new battery
- ☐ Your favourite hiking snacks - candy bars, dried fruit, nuts, etc. Lunches and snacks can be purchased at the huts or in the villages
- ☐ Personal first aid kit and other needs (eg. blister kit, prescription medicine, anti-inflammatory, contact lenses, prescription glasses, etc.)
- ☐ Pocket knife*
- ☐ Passport, health and travel insurance documents
- ☐ Light stuff sacs or Ziploc bags to keep your backpack organized and important items dry**
- ☐ Camera, spare batteries*
- ☐ Compass, maps, GPS, altimeter watch*
- ☐ Hand sanitizer or sanitary hand wipes
- ☐ Feminine hygiene supplies
- ☐ Toilet paper – small amount for daytime emergencies
- ☐ Telephone with charging cable*
- ☐ Adaptor for European charging system*