



Tour du Mont Blanc Express Guided Hike - 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.

Legend:

Early and Late Season Trips: June and September can be considered early and late season trips – depending on residual snowpack (June) or early snow/colder temps (September)

*Optional

**Optional but recommended

Hiking Gear

- Light trekking boot or sturdy approach shoe with a fairly stiff sole for walking over rocky terrain
- Daypack (25-35 liters) with rain cover specific to the pack
- Yaktrax-type traction devices that fit your boots or shoes (for early and late season trips)
- Lightweight, collapsible hiking poles **
- Short summer gaiters (for early and late season trips)*
- Lightweight umbrella*

Clothing

We recommend the 'layering system': bring light, technical clothing that doesn't consume much space in your backpack and dries quickly when sweaty or wet. Layers must be put on and taken off quickly as weather conditions change during the day. There may be days when you can wear cotton, but your main clothing choices should be synthetic or wool. Merino wool is a nice material for base layers and t-shirts because it is comfortable, warm, and it does not retain odours, even after many days of use.

- Wind and waterproof shell jacket with hood (Gore-Tex or similar)
- Lightweight wind and water-resistant over pants (Gore-Tex or similar)
- Lightweight synthetic trekking pants or zip-offs
- Medium weight Primaloft jacket with hood
- Medium weight fleece sweater

- Synthetic or wool base layers – top and bottom
- Synthetic shorts and t-shirt
- Quick-drying sports bra
- 2-3 pairs of good quality trekking socks
- Warm hat that covers your ears
- Lightweight synthetic or wool gloves
- Sun hat, preferably with a wide rim
- Spare socks and underwear
- Bandana or Buff*

Lodging (pack these items for your daily luggage transfer)

- Duffel bag for the luggage transfer (you will store the rest of your luggage at the Hotel in Chamonix Valley)
- Casual clothing, spare socks and underwear
- Lightweight, comfortable footwear for the nightly accommodations
- Toiletries
- Ear plugs**
- Swimsuit* (if you have a rest day or hotel with sauna/pool)
- Book/magazine*
- Portable power bank*

Other items

- Cash – Euros/ Swiss Francs for lunches, drinks, snacks, etc
- Sunglasses with high UV protection
- Sunscreen and lip protection with high SPF
- One or two, one-liter water bottles
- 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.)
- Passport, health and travel insurance documents
- Toilet paper – small amount for daytime emergencies
- Light stuff sacs/ Ziploc bags to keep your daypack organized and important items dry**
- Smartphone with charging cable**
- Pocket knife*
- Water purification tablets or small personal water filtration system*
- Hand sanitizer or sanitary hand wipes*
- Small container bug spray or cream*

- Camera and charger*
- Compass, maps, GPS, altimeter watch*
- Feminine hygiene supplies*
- Adaptor for European charging system*