

Tour du Mont Blanc Equipment List

Clothing / Layers

- ☐ **Hiking boots**
Make sure they are well broken in before departure. Trail shoes are acceptable for experienced hikers.
- ☐ **Flip flops / sandals**
For showers and wearing in the refuges in the evenings.
- ☐ **Hiking socks x 3 minimum**
Merino wool or synthetic. These can be hand-washed in the evenings.
- ☐ **Underwear x 3 minimum**
Merino wool or synthetic is advisable. These can be hand-washed in the evenings.
- ☐ **Lightweight hiking trousers x 1**
Zip-offs are ideal to save weight rather than bringing separate shorts for hot days.
- ☐ **Quick-dry shorts x 1**
If not using zip-off trousers.
- ☐ **Short-sleeve base layer x 2**
Silk, wool or synthetic. Avoid cotton.
- ☐ **Long-sleeve hooded base layer x 2**
Silk, wool or synthetic.
- ☐ **Mid-layer x 2**
A lightweight fleece, lightweight down jacket or softshell jacket such as your Earth's Edge jacket.
- ☐ **Waterproof jacket**
- ☐ **Waterproof trousers**
Full-length zips are helpful so they can be put on over boots.

- ☐ **Lightweight poncho**
Useful as a backup in heavy rain.
- ☐ **Fleece hat / beanie**
- ☐ **Buff**
- ☐ **Lightweight hiking/liner gloves**
Wool or synthetic.
- ☐ **Sunglasses (category 3)**
- ☐ **Sun hat with a wide brim**
To cover face and neck.
- ☐ **Comfortable clothing set x 1**
Lightweight trousers/leggings and a T-shirt/shirt to wear in the evenings.
- ☐ **Spare set of clothes**
To leave at the hotel and wear after you finish the trek.

Trekking Essentials

- ☐ **Rucksack (35-40 L)**
You will need to carry all your gear for the duration of the trek, including your clothing, personal gear, and daily essentials. This should weigh no more than 10 kg.
- ☐ **Small bag for hotel storage**
To leave at the hotel with any clothes or equipment you don't need on the trek.
- ☐ **Dry bags**
For additional waterproofing and to separate items inside your bag.
- ☐ **Sleeping bag liner**
Mandatory for refuge nights. Pillow and blanket provided.
- ☐ **Walking poles**

- ☐ **Water bottles / hydration bladder**
You must be able to carry at least 2 L of water while walking.

- ☐ **Personal snacks**
Although meals are included throughout the trek, bring your favourite high-energy snacks like energy bars, sweets, trail mix or nuts to eat on the trail.

- ☐ **Headtorch with spare batteries**
Essential for dorm rooms, night-time toilet trips, power cuts and early starts.

Personal Care

- ☐ **Sun cream (at least SPF 30)**
SPF 50 recommended.
- ☐ **SPF lip balm (SPF 50)**
- ☐ **Insect repellent**
- ☐ **Toiletries**
Toothbrush, toothpaste and soap.
- ☐ **Small quick-drying towel**
Microfibre or similar.
- ☐ **Tissues / toilet paper**
- ☐ **Hand sanitiser**
- ☐ **Moisturiser**
Useful for dry skin caused by wind and sun exposure.
- ☐ **Glasses / contact lenses (if needed)**
We advise bringing both glasses and contact lenses. Daily disposable lenses are recommended over monthlies.
- ☐ **Menstrual hygiene products**
It's best to be prepared, even if you're not expecting your period. Applicator tampons or pads are best.

- ☐ **Small rubbish bags / resealable bags**
For used tissues, wipes and personal hygiene products.

Important Items

- ☐ **Passport**
Must be valid for at least six months after you return and have at least two free pages.
- ☐ **European Health Insurance Card**
If applicable to you. This is not a substitute for travel insurance.
- ☐ **Copies of your passport and travel insurance**
Bring printed copies and keep digital copies accessible offline.
- ☐ **Cash and bank card**
For tips, drinks, snacks, showers or small refuge purchases where cards may not be accepted, optional activities and emergencies.

Optional Items

- ☐ **Earplugs and eye mask**
Strongly recommended for dorm rooms in the refuges.
- ☐ **Universal travel adaptor, power bank and charging cable(s)**
You'll pass through France, Italy and Switzerland. Bring a universal European adaptor that covers Type C/E/F/L and Swiss Type J sockets.
- ☐ **Camera**
- ☐ **Swimwear / togs**
There is the opportunity for a swim in the lake at Champex-Lac.

☐ **Kindle / book, notebook and pen**

☐ **Rain cover for your rucksack**

☐ **Bag for luggage transfer (if using)**

A luggage transfer service may be available at an additional cost. This must be arranged in advance. Bring an additional soft duffel or large rucksack. Maximum weight: 15 kg.

Med Kit List

It's essential that you bring your own basic first aid kit. Below are the key items you'll need:

Essential:

☐ **Current medications**

Bring a good supply of any tablets, creams, or inhalers you currently take or think you may need.

☐ **Paracetamol and ibuprofen**

☐ **Rehydration salts / electrolytes**

☐ **Blister kit and plasters**

Compeed (blister plasters), standard plasters, KT tape and a small pair of scissors.

☐ **Throat lozenges**

Useful in dry or cold conditions.

Optional:

☐ **Antihistamine cream and tablets**

Useful for allergies, bites or skin irritation.

☐ **Nasal spray / decongestant (e.g. Sudafed)**

☐ **Diarrhoea relief tablets (Loperamide)**

☐ **Buscopan**

☐ **Laxatives**

☐ **Medicated cream**

For example, hydrocortisone, antifungal cream or cold sore cream, if you normally use them.

If you have any questions or concerns, just get in touch - we're happy to help!