

# PACKING LIST – TOUR DU MONT BLANC AND CHAMONIX

## FOOTWEAR

- 1 pair light/mid-weight waterproof hiking boots.
- 1 pair lightweight comfortable shoes for general use.
- 2-3 pairs of hiking socks (wool or synthetic equivalent: Smartwool, Thorlo, Darn Tough)

## CLOTHING

- 1-2 pair of comfortable synthetic long pants for hiking - zip-offs work well
- 1 pair shorts/3/4 pants (lightweight and quick drying) (unnecessary with zip-offs)
- 2 - 3 synthetic or lightweight merino wool T-shirts or short-sleeved shirts
- 1 lightweight, long-sleeved shirt for hiking/sun protection - button up front is the best
- 1 light weight fleece or down jacket
- 1 pair lightweight long underwear top and bottoms: silk, wool or synthetic equivalent (Capilene, Thermastat, MTS, or polypropylene)
- 1 medium/lightweight top layer: wool shirt, pullover fleece or synthetic equivalent (A wool or fleece vest works well for this layer.)
- 1 wide brimmed or baseball style hat for protection from the sun/rain
- 1 rain jacket and rain pants – **waterproof**/breathable fabric like Gore-tex – ponchos will not work for this trip
- 1 pair wool, Capilene, or Polartec gloves
- 1 warm/lightweight wool or fleece hat
- 1 buff
- Underwear and pajamas or whatever you like to sleep in
- Warm hat and gloves
- 1 – 2 changes of casual clothes to wear when in Chamonix

## EQUIPMENT/ESSENTIALS

- Passport and a photocopy of your passport (when applicable)
- 1 backpack (see notes on packing list for recommended capacity)
- 1 Silk/synthetic/cotton sleeping sack or sleeping bag liner (please see notes on packing list)
- 1 pair Trekking poles (required)
- 1 Pack/rain Cover for your pack
- Capacity to carry 2 liters of water (Please see Notes on Packing List)
- Sunglasses (100% UV protection) w/retention strap
- Small headlamp or flashlight
- Ear plugs (for a good night sleep!)
- Wristwatch/travel alarm clock
- 1-2 bandanas
- Electrical adaptor type C (EuroPlug)

## TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, hand sanitizer, shampoo, contact lens paraphernalia, sanitary supplies
- Sunscreen and lip protection with sunblock of at least SPF 15
- Personal first aid/patch kit - Band-Aids, 1 safety pin, moleskin, Compeed (or blister bandages), ibuprofen, any personal medications

**Please note: Individuals who have had or have the potential for a severe allergic reaction to insect stings, specific foods or medications must bring an epi-pen.** Please consult your physician and tell your guide.

#### OPTIONAL

- |   |   |
|---|---|
| <input type="checkbox"/> Small journal and pen  | <input type="checkbox"/> compact binoculars   |
| <input type="checkbox"/> Camera   | <input type="checkbox"/> Favorite snack(s)    |
| <input type="checkbox"/> Book or small game   | <input type="checkbox"/> Electrical converter |
| <input type="checkbox"/> Washcloth (typically European linens do not include a washcloth) |   |

## NOTES ON PACKING

Adventures in Good Company's packing list includes items to help you be prepared for the various activities and conditions. It is not personalized, so please add the items that you require to travel safely and comfortably but remember – less is better! You may not use everything you bring; however, you need to come prepared for all possible weather. At the same time, you must be able to carry your own luggage, sometimes up and downstairs. Bringing a duffel bag or soft-sided suitcase with wheels, rather than a hard-sided suitcase, is easier for packing into the vans that will be transporting our luggage. **As space for luggage on our trips is limited, please do not overpack!**

**Backpacks:** Your pack should be large enough to hold the following items for day hikes: 2 liters of water, rain gear, lunch/snacks (for the day), sunscreen, warm layer (fleece pullover or vest), personal first aid kit, lightweight gloves, warm hat, and personal items such as camera, etc. For the multiday trek, you will need capacity for these items, plus the following: extra clothing including your long underwear, a lightweight jacket, extra socks, additional footwear, underwear/nightwear, toiletries, and a sleeping bag liner/sleep sack.

We recommend a backpack with a capacity of between 30 – 50 Liters with a hip belt, padded shoulder straps, and 'lifters'. Line your backpack with a durable plastic bag to keep your belongings dry or have an elasticized pack cover that fits snugly over it. Before you leave home check to be sure that it is comfortable to wear all day and has sufficient space for all of your items. **Note: Fanny-packs and hydration packs are not large enough to hold all of the items you will need for the day hikes or the trek.**

**Pack Cover:** These are waterproof, usually elasticized covers designed to go over your backpack and keep both the pack and its contents dry in case of inclement weather. Pack covers are sized. If you are purchasing a pack cover be sure to either take your pack with you or know the size cover you need. Many daypacks do come with built in pack covers.

**Footwear:** Well-fitting, sturdy boots are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes *before* your trip. For general hiking, lightweight or midweight cordura or leather boots with a Vibram sole work well. If you have weak ankles or are recovering from an ankle injury, get boots that come above the ankle– you'll find that this will give you more support in uneven or slippery terrain. Remember to waterproof your boots before the trip. Even boots billed as 'waterproof' need to be treated with a waterproofing product.

**Clothing:** The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. NO COTTON for your active wear! It should all be made from synthetic/synthetic blends, down/down blends or wool/wool blends. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick Layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

**Rain Gear:** You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. **Be sure it keeps water out.** Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Your wind/rain pants should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots. An inexpensive plastic poncho will both leak and tear easily and is not recommended.

**Hydration:** Being able to easily access your water without assistance so that you can drink frequently is important to your safety and enjoyment. One method is to have a water bottle attached to your waist strap. Another option is to use a **HYDRATION SYSTEM**, which are collapsible water bags with a hose attachment that you drink from. The bags fit inside or outside your pack with the hose positioned over your shoulder so that you can access your water as you hike. Bladder bags can hold 1 - 3 liters of water.

**Personal First Aid Kit:** Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, or similar, a small roll of duct tape (always useful!), remedies for respiratory ailments, stomach ailments, sore muscles or joints. The guides will have a first aid kit but having what you know works well for you is a good idea.

**Trekking Poles:** Trekking poles are required for this trip. Trekking poles contribute to your safety by improving your balance and stability, and to your health by saving stress on your hips and knees. If you are not familiar with trekking poles, [click here to read this blog post](#) that addresses the most commonly asked questions.

**Sleep sack or sleeping bag liner:** You will need a sleep sack or sleeping bag liner for your nights in the high mountain refugios. There are many types of bags/liners you can purchase and also at many price points. This is only needed hygiene reasons. There will be blankets to use over top of your sleep sack/liner for warmth. Here are a couple of websites for examples:

- [Vumos Travel Sleep Sack](#) (10oz)
- [Mulberry Silk Sleep Sack](#) (8oz)
- [REI Silk Sack](#) (6oz)
- [Top 10 Sleep Sacks](#)