



















ITEM	EXAMPLE	QUANTITY	DESCRIPTION
Light puffer jacket		1	A lightweight puffer jacket - easy to pack into small carry bag. Either synthetic or down works.
Wind & waterproof jacket		1	Should be wind and waterproof – Gore-Tex or similar breathable material. A shell jacket is good and it should have a hood.
Fleece layers		1	It is better to carry several thin layers than thick bulky ones, to allow you to adjust your clothing according to temperature, weather and activity.
Climbing trousers		1	Lightweight soft shell climbing trousers
Wind & waterproof trousers		1	Wind and waterproof trousers – lightweight and spacious enough to fit over your other trousers. Gore-Tex or similar breathable material.
Base-layer tops		2	The temperature can be hot or cold, depending on the weather. Bring layers of clothes that you can adjust accordingly such as thin base layers and fleece or wool mid-layers.








1 Items marked in red can be rented through Chamonix Experience. The equipment has to be booked 2 weeks in advance to secure the availability.

Sun hat		1	Make sure it stays on your head even when it is windy
Warm hat		1	Windproof lining is an advantage
Warm gloves		1	Should be insulated warm gloves or mitts. Gloves make it easier to use your fingers but mitts tend to be warmer.
Thin gloves		1	A fleece wind stopper glove with leather palms gives better grip.
Gaiters		1	For keeping snow out of your boots. They need to fit over your boots and trousers; it is best if they are made of breathable material.
Rock climbing shoes		1	You will not need these every day. You can rent them on days when needed only.
Mountaineering boots		1	Waterproof and insulated leather or synthetic boots with rigid soles that are compatible with crampons.

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Ice axe		1	Regular mountaineering ice axe (also called a walking axe); should be 50-70cm depending on how tall you are.
Harness		1	A mountaineering harness with adjustable leg loops and at least 4 gear loops is recommended. Make sure it is comfortable and the right size (should fit over your trousers and jacket).
Telescopic poles		1	Optional but recommended. You can have one pole only.
Karabiner		3	Locking gate karabiner. Pick the aluminium pear-shaped karabiner, as it is practical for connecting multiple items easily.
Belay device		1	Belay device such as Petzl Reverso or similar
Climbing helmet		1	Lightweight, and ensure that it is a good fit. It should be big enough to fit over your head with a hat on.
Mountaineering crampons		1	Mountaineering crampons, steel, 12 points with automatic heel clip. Make sure they fit over your boots (size and clip on system). Best is to take your boots to a shop and have them fit your crampons.

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Rucksack		1	25-30 litre capacity rucksack
Lanyard		1	Adjustable or non-adjustable dynamic lanyard
Prusik sling		1	Can be bought ready-made, or they can be made from 6mm rope
Head torch		1	A lightweight head torch with a spare set of new batteries.
Sleeping bag liner		1	There will be blankets and pillows in the hut, so there is <b>no need to bring a sleeping bag</b> . However, most huts insist that you use a sleeping bag liner in place of bed sheets. It is more for hygiene reasons than for warmth, so it only needs to be lightweight.
Washbag & toiletries		1	Only the essentials, no heavy bottles! Remember that water may not be plentiful in some huts, so sanitizer gel and wet wipes can be useful. A lightweight quick-dry towel is good for multi-day trips.
Sunglasses		1	A must when you are spending time on snow and ice! You can badly damage your eyes without them. Make sure they are big enough to cover your eyes well. Factor 4 lenses are recommended by opticians, factor 3 is a minimum.

<b>Sun cream</b>		<b>1</b>	Good quality sun cream factor 50+ for face and lips. The sun is very strong high up especially on glaciers!
<b>Water bottle</b>		<b>1</b>	You will need 1l – 1.5l bottle made of durable plastic or metal. Camel Bag is good too, although it may ruin your day if the bladder leaks!
<b>Packed lunch &amp; snacks</b>		<b>1</b>	Bring enough food to keep your energy levels up for a full day in the mountains.