









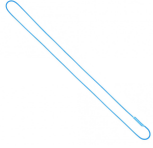






ITEM	EXAMPLE	QUANTITY	DESCRIPTION
Light puffer jacket		1	A lightweight puffer jacket - easy to pack into small carry bag. Either synthetic or down works.
Wind & waterproof jacket		1	Should be wind and waterproof – Gore-Tex or similar breathable material. A shell jacket is good and it should have a hood.
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.
Sun hat		1	Make sure it stays on your head even when it is windy
Warm hat		1	Windproof lining is an advantage





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.

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.
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.

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.

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.
Rucksack		1	25-30 litre capacity rucksack
Dynaloop		1	120cm or 150cm. This is a sling made of a dynamic rope used for safe attachment to belays, equalising belays or extending an anchor point. The multipurpose of the dynaloop makes it our favourite in the world of lanyards, daisy chains and other slings.
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	No need for a full sleeping bag as the huts provide blankets, but you will need a sleeping bag liner for hygiene reasons.
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.

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.

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.
Sun cream		1	Good quality sun cream factor 50+ for face and lips. The sun is very strong high up especially on glaciers!
Water bottle		1	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!
Packed lunch & snacks		1	Bring enough food to keep your energy levels up for a full day in the mountains.