





















ITEM	EXAMPLE	QUANTITY	DESCRIPTION
Warm hat		1	Windproof lining is an advantage should it be cold and windy.
Sun hat		1	Make sure it stays on your head even when it is windy
Thermal underwear		1	Top preferably with long sleeves (sun protection) and long johns. Wearing cotton next to your skin can mean you get cold, as it does not disperse moisture in the same way as a thermal, wicking garment. It is nice to have a spare t-shirt for the
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.
Light puffer jacket		1	A lightweight puffer jacket - easy to pack into small bag. Either synthetic or down works.
Ski jacket		1	Wind and waterproof ski jacket. Gore-Tex or similar breathable material.
Ski trousers		1	Wind and waterproof ski trousers. Gore-Tex or similar breathable material.
Warm gloves		1	Should be insulated warm gloves or mitts for when you are skiing. Gloves make it easier to fiddle with ski gear but mitts tend to be warmer.
Thin gloves		1	A fleece wind stopper glove will keep your hands warm and dry on the ascent, a leather reinforced palm will give better grip. Thick ski gloves may be too warm and make your hands sweaty when you are going uphill.

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.

Helmet		1	Ski helmet, lightweight and ventilated.
Ice axe		1	Regular mountaineering ice axe (also called a walking axe); should be 50-70cm depending on how tall you are.
Harness		1	Make sure it is comfortable and the right size (should fit over your jacket and trousers).
Locking gate carabiner		1	Screwgate carabiner or locking carabiner. Pick the aluminium pear-shaped carabiner, as it is practical for connecting multiple items easily. A sling (lanyard or daisychain) is also needed.
Touring skis		1	Skis with touring bindings, light and wide enough underfoot to handle skiing powder or uneven snow (90 - 100 mm). Must be fully serviced (waxed and edged) before departure!!!
Ski touring boots		1	Touring specific ski boots, compatible with bindings that you have on your skis. We recommend the low-tech setup, which is light and practical.
Ski poles		1	Either adjustable or regular ski poles with powder baskets.
Ski goggles		1	Good weather and bad weather lenses
Skins		1	Cut to fit your skis, make sure that the glue is sticky! Have a bit of duck-tape in your bag in case your skins get whet and do not stick well.
Rucksack		1	30-40 litre capacity rucksack with attachment loops for carrying skis.

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Ski crampons		1	Make sure they are compatible with your bindings and fit the width of your skis. These crampons are rentable as a part of the ski set only, not available separately.
Crampons		1	10 or 12 points crampons, semi-automatic or strap, preferably light-weight. Make sure that the crampon attachment system is compatible with and adjusted to your ski boots.
Sling		1	120cm sling
Avalanche transceiver, shovel & probe		1	Bring 2 sets of fresh batteries for the transceiver
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!
Headlamp		1	Bring a spare set of new batteries for your headlamp
Sleeping bag liner		1	More for hygiene reasons than for warmth, so only needs to be light
Washbag & toiletries		1	Only the essentials, no heavy bottles! Remember that water may not be available in some huts, so sanitizer gel and wet wipes can be useful
Earplugs		1	Not essential but highly advisable to ensure a good night's sleep in the huts

Water bottle		1	You will need 1-1.5 litre bottle made of durable plastic or metal. Camelbak-style systems are to be avoided as the water can freeze in the tube and there is always the chance of it leaking into your backpack.
Packed lunch & trail snacks		1	Bring enough food to keep your energy levels up for a full day in the mountains.