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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.
T-shirt & shorts		1	Weather dependant but on hot days you will be more comfortable in t-shirt and shorts, with longer layers on standby in case the temperature drops
Thermal underwear		1	Top (preferably with long sleeves for sun protection) and long trousers. Wearing cotton next to your skin can mean you get cold, as it does not dispel moisture in the same way as a thermal, wicking garment.
Wind & waterproof trousers		1	Wind and waterproof trousers – lightweight and spacious enough to fit over your other trousers. Gore-Tex or similar breathable material.
Softshell trousers		1	Lightweight quick-drying trousers suitable for hiking and climbing.

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 reinforced 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.
Mountaineering boots		1	Waterproof and insulated leather or synthetic boots with rigid soles that are compatible with crampons.
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.
Ice axe		1	Regular mountaineering ice axe (also called a walking axe); should be 50-70cm depending on how tall you are.
Walking poles		1	Very useful for trekking and summer mountaineering. Whether to carry one or two is an individual choice. They should be collapsible so that they can attach to your rucksack.

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Harness		1	A climbing harness with adjustable leg loops is recommended. Make sure it is comfortable and the right size (should fit over your trousers and jacket).
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.
Ski goggles		1	To protect your eyes from cold and/or windy conditions.
Rucksack		1	30 litre capacity rucksack
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 no need to bring a sleeping bag . 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.

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 about 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.