







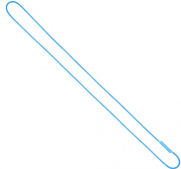









| ITEM | EXAMPLE | QUANTITY | DESCRIPTION |
|---------------------|---|----------|--|
| Warm hat |  | 1 | Windproof lining is an advantage |
| Thermal underwear |  | 1 | Long sleeved top and long trousers. Wearing cotton next to your skin can mean you get cold, as it does not disperse moisture in the same way as a thermal wicking garment. |
| Warm 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 backpack. 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. Gloves make it easier to use your fingers but mitts tend to be warmer. |

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.

| | | | |
|---------------------------------------|---|---|---|
| Off-piste skis or snowboard |  | 1 | Off-piste or all-mountain skis, wide enough to handle skiing powder or uneven snow. Or freeride snowboard. |
| Ski poles |  | 1 | Skiers can bring their normal poles. Snowboarders will need telescopic poles that can attach to their backpack, in case needed for the final section. |
| Ski/snowboard boots |  | 1 | |
| Goggles |  | 1 | Goggles with all weather or changeable lenses (one lens for good light and one for low/flat light). |
| Ski/snowboard helmet |  | 1 | |
| Avalanche transceiver, shovel & probe |  | 1 | We can provide this if you do not have your own. If you do bring your own avalanche equipment, remember to include a set of fresh batteries for the transceiver. |
| Harness |  | 1 | Light ski harness. Make sure it is comfortable and the right size (should fit over your GTX trousers and Jacket). |
| Rucksack |  | 1 | 20-30 litre capacity rucksack with attachment loops for carrying skis or snowboard. We can provide this on request. |
| 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. |

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| | | | |
|-------------------------|---|---|---|
| Locking gate carabiner |  | 1 | Screwgate carabiner or locking carabiner. Pick the aluminium pear-shaped carabiner, as it is practical for connecting multiple items easily. If you use one of our harnesses, the carabiner is included. |
| Mountaineering crampons |  | 1 | Mountaineering crampons, steel, 12 points with automatic heel clip. Make sure they fit over your ski or snowboard boots. If you do not have your own we can reserve them for you at the rental shop. |
| 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 snow and glaciers! |
| Water bottle |  | 1 | You will need 1l – 1.5l bottle made of durable plastic or metal. CamelBak/Platypus hydration systems are good too, although it may ruin your day if the bladder leaks! |
| Thermos flask |  | 1 | Not essential and it will add weight to your pack, but hot tea can be very welcome on cold days |
| Packed lunch & snacks |  | 1 | Bring enough food to keep your energy levels up for a full day in the mountains (and/or cash, as not all mountain restaurants accept card payment). |