



# 2019 TOUR DU MONT BLANC EQUIPMENT LIST

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## Equipment List

You **MUST bring all items** listed on the enclosed clothing and equipment checklist. The only exceptions are the items listed as optional; this is very important. Please contact us with any questions you have pertaining to equipment or clothing. At the same time, you must keep your equipment weight to a minimum.

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### Body Wear

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- Waterproof shell jacket
- Waterproof shell pants
- Down or insulated jacket (*optional*)
- Fleece or softshell jacket
- Trekking/softshell pants
- Trekking shorts
- Lightweight spare trousers for the evening
- Trekking shirt
- Base layer tops x 2 and leggings x 1
- Underwear x 2–3 pairs

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### Head Wear

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- Warm hat
- Sun hat
- Bandana/Buff
- Sunglasses

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### Hand Wear

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- Fleece gloves

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### Foot Wear

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- Socks x 2–3 sets
- Hiking boots
- Lightweight shoes/sandals
- Lightweight footwear

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### Trekking Gear

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- Trekking pack (35–40 litres)
- Water bottles/hydration bladder (2 litres)
- Collapsible trekking poles (*optional*)

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### Accessories

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- Headlamp and spare batteries
- Sleeping bag liner (a requirement for all huts)
- Personal first aid kit and medications
- Personal toiletries
- Sun block and lip balm
- Camping towel (*optional*)
- Ear plugs
- Pack cover, dry bags or pack liner
- Camera and spare batteries

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### Travel Gear

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- Additional snack food
- Personal entertainment (*optional*)
- Passport, documents, plus copies
- Cash (huts don't often take credit cards)

# Clothing and Equipment Information Guide

The following information is a guide to assist you in securing the required clothing and equipment for trekking in Europe, along with recommended brands. You may have equipment you have used which is different to what is on the list, please read thoroughly and get back to us with any questions.

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## Fabrics/Garment Designs/Garment Selection

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Today there is a bewildering and ever-changing array of modern technical fabrics and garments on the market. Accordingly, suitable mountain attire can be derived from a wide variety of garments utilized in varying combinations. The clothing on our gear list can be creatively substituted according to your preferences, but ensure your choices are functional and adequate. For example, a functional and often utilized garment that does not appear on our list is a vest.

A basic principle in selecting clothing and equipment is to minimize weight and bulk while still ensuring adequate warmth and functionality. It can be difficult to find a brand that has all the features you prefer which means you must make prudent compromises. In the description below and for certain items, we suggest brands and specific products that we have found to be suitable; this is by no means definitive. In some cases there are multiple suitable brands on the market and hence we do not make specific suggestions.

Appropriate fabrics used in thermal underwear include polypropylene, silk and merino wool. The only cotton garment worn during the climb is your glacier shirt. Warmer insulating materials can be made from fleece, softshell or Primaloft. Varieties of fleece include Windstopper, Wind Pro, Power Shield, Windbloc, Power Dry and Power Stretch. Be aware that fleece garments that incorporate stretch fabric take longer to dry. Softshell garments integrate stretchy nylon fabrics to increase freedom of movement, while also providing various degrees of wind and water resistance in a 'softshell'. They are often lined with a microfleece for increased insulation. Synthetic insulation materials such as Primaloft are advantageous as they are warm even when damp, are water-resistant and quick-drying.

You can read Guy Cotter's thoughts on the ultimate lightweight layering system at <http://adventureconsultantsblog.com/optimum-layering/>

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## Body Wear

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### Waterproof Shell Jacket

Bring a non-insulated, fully waterproof shell jacket with a good hood and water-resistant zip closures. The jacket should be easy to move in with your base and mid layers on underneath, and provide a good overlap with your pants, but should not be so long that it restricts access to your harness. Chest pockets are useful to things like snack bars and sunscreen during the day. Pit zips allow for increased ventilation and cooling.

There are numerous fabrics which are both water-resistant and breathable such as Gore-Tex, eVent, MemBrain, PreCip and Entrant, etc. These fabrics can be expensive but can last for years, when well looked after.

Shell clothing should be seam sealed during the manufacturing process or the garment will leak through the stitching. Shell clothing made of PVC or similar is totally waterproof but does not breath, which means you become damp from the inside out as moisture cannot escape while you are moving. This style of waterproof shell is not suitable for trekking.

*We recommend The North Face Dryzzle Jacket, Marmot PreCip Jacket, Rab Firewall Jacket, Montane Surge Jacket or the Arc'teryx Beta AR Jacket.*

### Waterproof Shell Pants

Waterproof shell pants should have good movement to enable you to lift your legs easily when trekking during inclement weather. They should also have ¾ or full-length zips down each leg to enable you to put them on and take them off, while wearing your boots. Ensure they are sized to fit over your other leg layers.

*We recommend The North Face Venture Side-Zip Pants, Rab Firewall Pants, Montane Spine Pants or the Marmot PreCip Full Zip Pants.*

### Down or Insulated Jacket (Optional)

You may need a light insulated jacket for trekking in the Mont Blanc region, particularly at the higher altitudes.

*Down jackets that we recommend include The North Face Summit L3 Down Hoody, Rab Microlight Alpine, Montane Featherlite Down Jacket and the Patagonia Down Sweater Hoody.*

*Synthetic insulated jackets that we recommend include The North Face Thermoball Hoody, Rab Xenon X Jacket, Montane Prism Jacket or the Arc'teryx Atom LT Hoody.*

		
Marmot PreCip Jacket	Rab Xenon X Jacket	The North Face Paramount Peak II Convertible Pants

### Softshell or Fleece Jacket

This should be made from fleece like Polartec Power Stretch or Polartec Power Grid, active insulation like Polartec Alpha or The North Face Ventrix or a softshell material.

Features to look for include a full front zip, zip up hand warmer and chest pockets, and a hood.

*We recommend The North Face Ventrix Jacket, Rab Alpha Flash Jacket, Montane Viper Hoodie, Marmot Estes II Jacket or the Arc'Teryx Fortrez Hoody.*

### Trekking/Softshell Pants

A quick drying pair of pants made from stretchy fabrics, which are comfortable for trekking in. Convertible pants are a versatile option.

*We recommend The North Face Paramount Peak II Convertible Pants, Rab Sawtooth Pants, Montane Alpine Trek Pants, Prana Stretch Zion Pants and the Marmot Transcend Convertible Pants.*

### Trekking Shorts

These are good for the warmer days down at the lower altitudes.

		
Smartwool Merino 150 Base Layer ¼ Zip	Julbo Monte Bianco Sunglasses	Adventure Consultants Branded Buff

## Lightweight Trousers

Bring one spare pair for wearing in the evening. Please do make sure they are light!

## Trekking Shirt

This is a light coloured long sleeved cotton shirt to be worn on hot days to prevent sunburn. An old office shirt works fine.

*We recommend The North Face Adventure Consultants Branded Long Sleeve Cool Horizon Shirt, available from our office.*

## Base Layer Tops x 2 and Leggings x 1

Bring two long sleeved (or 1 short sleeve and 1 long sleeve) base layer tops and one pair of leggings made of polyester or merino wool (No cotton please!).

Shirts should have long sleeves and a high neck with a zip to allow some ventilation.

Leggings can be worn as a single layer on hot days and is used under your shell or trekking pants, when additional warmth is required.

*We recommend The North Face Warm, Patagonia Capilene, Smartwool, Icebreaker, Montane Primino and the Rab Merino Base Layer Ranges.*

## T-Shirt and Shorts

Cooler clothing to wear if/when the weather is particularly warm.

## Underwear (2–3 pairs)

Bring sufficient changes of your regular underwear. It is possible to buy polyester, silk or merino briefs and singlets, which are warm and dry fast if you get wet. However, most people use their normal underwear.

*We recommend Icebreaker, Smartwool, Montane Primino and Rab Merino Underwear Ranges.*

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## Head Wear

### Warm Wool/Fleece Hat

Your hat can be wool, merino, Windstopper or fleece. It should extend over the ears and be snug enough not to fly off in a strong wind.

*We recommend The North Face Bones or the Rab Logo Beanies.*

### Sun Hat

A wide brimmed soft hat or baseball cap combined with a bandana to protect you from the sun. The sun is extremely strong at altitude, given that there is less pollution in the air.

*We recommend The North Face Horizon Breeze Brimmer Hat, available from our office.*

### Sunglasses

You will need good quality sunglasses to protect your eyes from the harsh sun found at these higher altitudes. Any sports model will work well.

*We recommend Oakley, Adidas, Bollé, Julbo and Smith Sunglasses.*

### Bandana and/or Buff (Optional)

A bandana and/or buff are a useful addition to the cap to protect the back of your neck from the sun. The buff makes a good face mask in windy cold weather.

*We recommend the Adventure Consultants Branded Buff, available from our office.*

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## Hand Wear

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### Fleece Gloves

Fleece finger gloves are very useful and used most of the time for protection against the cold, and they can also be useful to protect your hands from sunburn on a hot day.

*We recommend The North Face Power Stretch, Rab Power Stretch Pro and the Black Diamond Midweight Fleece Gloves.*

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## Foot Wear

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### Socks x 2–3 Sets

Various sock combinations suit different people. Some people prefer to wear just one pair of socks in their boots, while others wear two; a thicker pair over a thinner one. You will need 2–3 complete sets of your personal sock system.

*We recommend Smartwool, Bridgedale and Thorlos Socks.*

### Hiking Boots

You will need a good quality hiking boot with ample ankle support. Much of the terrain during your trek is rough and uneven, so a good comfortable boot is imperative. Ensure you have broken these in before starting the trek.

*We recommend La Sportiva Trango TRK GTX, Salomon Quest 4D GTX, Lowa Irox GTX and the Scarpa Kailash Hiking Boots.*

		
La Sportiva Trango TRK GTX Hiking Boots	Sea to Summit Alpine eVent Gaiters	Osprey Stratos 36 Trekking Pack

### Gaiters

Full calf-length gaiters are great for keeping gravel or snow out of your boots. Your gaiters require a good tie down system under the in-step of your boots to stop them creeping up at the heel. A Velcro or zip closure at the front is best for putting them on and removing them easily.

*We recommend the Sea to Summit Alpine eVent and the Rab Latok Alpine Gaiters.*

### Lightweight Shoes/Sandals

Lightweight footwear is handy for walking around in at the end of the day. Believe it or not, a pair of Crocs are good lightweight slippers for inside the huts. Flip flops can be a good option too.

*We recommend the Salomon XA Pro 3D Ultra 2, Salewa Firetail 3 and La Sportiva TX4 Shoes.*

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## Trekking Gear

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### Trekking Pack (35–40 Litres)

There are many models available which are suitable. The required features include a volume of about 35–40 litres and importantly, do ensure that it is comfortable and correctly fitted for your body size and back.

*We recommend The North Face Terra 35, Lowe Alpine Airzone Pro+ 35:45 or the Osprey Stratos (Men's) and Sirrus (Women's) 36 Packs.*

### Water Bottles/Hydration Bladder (2 Litres)

Wide mouth plastic bottles are a versatile option. Hydration bladders are good, but the tube will freeze quickly if it gets cold and the bladder can puncture easily. If you bring a bladder, please also bring a backup water bottle as well.

*We recommend Nalgene 1 Litre and 500ml Wide Mouth Bottles.*

## Collapsible Trekking Poles (Optional)

These are optional but are great for walking in deep snow or to save the knees on long days.

*We recommend the Leki and Black Diamond Trekking Poles.*

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## Accessories

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### Headlamp and Spare Batteries

You will need a good quality headlamp. Bring additional batteries if you think you will be doing a lot of late-night reading!

*We recommend the Petzl Actik, LED Lenser SEO 7R or M5H and Black Diamond Storm or Spot Headlamps.*

### Sleeping Bag Liner (A Requirement for All Huts)

For use in the huts in addition to the blankets that are supplied.

*We recommend Sea to Summit Sleeping Bag Liners.*

### Personal First Aid Kit and Medications

A basic personal first aid kit is necessary. We recommend including items such as blister tape, second skin, gauze pads, crepe and triangular bandages, painkillers, as well as any personal medication you require. *(Please remember to inform your guide, if you are on prescription medicine as standard medications can be dangerous at altitude).*

Store the first aid kit in a waterproof container or in a plastic bag, placed inside a stuff sack.

### Personal Toiletries

Bring a small toilet kit—flannel, soap, toothpaste and toothbrush. Keep it light and don't bring a full tube of toothpaste!

### Sun Block and Lip Balm

Conditions can be extreme, so you will need to bring maximum protection sun block. In addition, lip balm (with SPF 15 or higher) is worth carrying in your pocket for application during the day.

### Camping Towel (Optional)

Bring a small, fast drying camp towel to use in conjunction with your toiletries.

*We recommend the Sea to Summit Tek and Drylite Towels.*

### Ear Plugs

A handy way to get a night's sleep when sharing a room with a snorer!

### Pack Cover, Dry Bags or Pack Liner

A pack cover, lightweight waterproof dry bags or large pack liner are great to keep your things dry, should you encounter wet weather.

*We recommend the Sea to Summit Dry Bags and Pack Liners.*

### Camera and Spare Batteries

Bring your choice of SLR or fully automatic cameras. Be aware that batteries can be a problem with cold temperatures, so it is a good idea to bring spare sets of batteries. Don't forget to bring spare storage cards too!

		
Black Diamond Alpine Carbon Cork Trekking Poles	Petzl Actik Headlamp	Sea to Summit Silk Sleeping Bag Liner

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## Travel Gear

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### **Additional Snack Food**

Bring any personal favourites that you wish. You may also bring electrolyte drink to mix in your water bottles.

### **Personal Entertainment (Optional)**

Feel free to bring your phone, tablet, Kindle or a good book for any downtime.

### **Passports, Documents, Plus Copies**

You will be in at least two countries on your trek, so your passport will be required.

### **Cash**

The huts often do not accept credit cards and you may feel like an end of the day refreshment in addition to your dinner.

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**NOTE: If you found you have forgotten anything when you arrive in Chamonix, do not worry as there are plenty of stores that specialise in mountaineering equipment. Your guide will be happy to help you with any purchases you would like to make.**

**If you would like to rent any equipment, please let the staff at the office know and they will make sure that it is put aside for you and available for you upon your arrival. If you have any questions, please ask.**

**Adventure Consultants provide a facility for the purchase of recommended clothing and climbing equipment through our office. Please enquire for a catalogue and prices.**

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