



## EQUIPMENT LIST: MONT BLANC &amp; THE MATTERHORN

This list consists of items that are necessary on this trip to Mont Blanc. These items are not optional; they are essential for your comfort and safety. Suggestions are listed in parentheses as to what brands and styles will work on this type of adventure. You may find or already possess others that will work equally well.

**EQUIPMENT**

- Backpack.** Internal frame backpack. Find a pack that fits you well and that can hold all your gear. 3500 to 4000 cubic inches is a good size. (Gregory – Makalu Pro)
- Ice Axe.** 65 cm. in length. (SMC, Charlet Moser, Black Diamond)
- Crampons.** These must be 10 or 12-point, preferably hinged. Step-in or strap-in styles will both work. (SMC, Black Diamond, Charlet Moser)
- Climbing Harness.** Make sure the belt portion fits securely around your body, above your waist, and below your rib cage and it has a drop seat or adjustable leg loops. (Black Diamond, Metolius)
- Climbing Helmet.** UIAA-approved. (Petzl Ecrin available to rent from Mountain Link for \$15.00)
- Sleeping Bag.** Must be zero degrees or warmer.
- Sleeping Pad.** Thermarest or ensolite pad.
- Ski Poles.** Adjustable. (Leki)

**CLOTHING: HEAD**

- Hat for warmth.** Synthetic or wool.
- Sun hat.**
- Sunglasses.** Dark, glacier glasses with side shields. Choose glasses with full UV and IR blockage. (Smith)
- Goggles.** Dark lens, ski type goggles with full UV and IR protection. (Smith)

**CLOTHING: UPPER BODY**

- Long sleeve underwear top.** Light or medium weight synthetic. Absolutely no cotton.
- Lightweight shirt.** Fleece or wool. This is the mid layer between a base (underwear) layer and a heavy top layer.
- Heavyweight shirt/jacket.** Fleece or wool. This heavy layer should fit comfortably over your base and mid layers.
- Waterproof/windproof/breathable shell.** An outer layer made of Gore-Tex or equivalent with full hood.
- Insulating outer layer.** An insulated down or synthetic parka with a hood.
- Shirt.** For trekking and base camp. (short sleeve or long sleeve)

**CLOTHING: LOWER BODY**

- Long underwear bottoms.** All synthetic. Light or medium weight.
- Fleece/wool/synthetic fill pants.** Pants ideally have full side zippers in order to facilitate ventilation and clothing changes while wearing boots and crampons.



- Waterproof/windproof/breathable pants or bibs.** Made of Gore-Tex or equivalent with full side zippers.
- Pants/shorts.** For trek and base camp.
- Underwear.** No cotton.

### CLOTHING: HANDS

- Gloves/Mittens.** One pair warm shelled mitts/Gloves – either separate components or all-in-one
- Fleece Gloves.** One pair fleece gloves.

### CLOTHING: FEET

- Socks.** Synthetic or wool, 2 pairs. Liners if you wear them. Absolutely no cotton. (Smartwool)
- Boots.** Must be a stiff, full-shank, crampon compatible mountaineering boot with a lug sole and hard toe.
- Hiking Boots.** Hiking boot with good support and a stiff sole for non-technical hiking and camp wear.
- Gaiters.** Must be knee length with Velcro closures. Please no zippers or snaps.

### OTHER ESSENTIALS

- Headlamp.** Bring extra batteries and extra light bulbs.
- Water bottles.** Bring 2 wide-mouth, plastic bottles.
- Sunscreen.** SPF 30
- Lip protection.** SPF 30
- First Aid.** A complete personal first-aid kit containing any and all drugs prescribed to you by your doctor (See the “Letter to your Physician” for high altitude meds, antibiotics, and the like)

### PERSONAL ITEMS

- Snacks.** (trail mix, candy, supplemental food items depending on personal preference. 10 lbs maximum)
- Drink Mixes.** (Gatorade, Kool-aid, Tang)
- Mug for hot drinks, eating utensils and bowl**
- Ear Plugs**
- Baby Wipes**
- Cough Drops**
- Garbage Bags.** 3 large, heavy-duty plastic bags
- Toiletry Items:** toothbrush, toothpaste, toilet paper, etc.
- Zip Lock Bags.** Sandwich and gallon size bags to keep small items dry.



**OPTIONAL EQUIPMENT**

- Book**
- Journal**
- Bandana**
- Luggage Locks.** For locking your duffle bags.
- Sleeping Liner.** Used under the provided bedding of the hut.
- Duffel Bags.** A large one for your mountaineering gear/clothes & a smaller one for your city clothes. Please keep combined weight to approx 80 lbs. It is essential to keep gear separated for storage purposes.
- Balaclava or facemask.**