

# TOUR DU MONT BLANC

## Adventures in Good Company's suggested packing list

Since you will be carrying all of your clothing on your back, you probably want to keep the weight in your pack as light as possible. For this reason you should consider the following packing list as bare minimum, to be added to at your discretion. You can plan on leaving your suitcase/duffel bag with your traveling clothes at our hotel.

### FOOTWEAR

- 1 pair lightweight hiking boots (Gore-tex, cordura, or leather). They should fit comfortably, without constriction, when you are wearing one liner sock and one heavy-weight sock.
- 1 pair sport sandals or crocs to wear in huts
- 3 pair thick socks: wool or synthetic equivalent (Coolmax, Thermax, Thorlo, Teko, Smartwool, etc)
- 2-3 pair light-weight sock liners (not everyone prefers these)

### CLOTHING

- 1 pair comfortable, lightweight, synthetic hiking pants (Supplex, or nylon/polyester/spandex blend)
- 1 pair comfortable shirt and pants to wear at night (your extra tee shirt and your sun shirt can work for the shirt part)
- 1 long-sleeved, lightweight shirt for protection from sun while hiking
- 1 pair lightweight long underwear top and bottoms: silk, wool, or synthetic equivalent (Capilene, Thermastat, MTS, or polypropylene)
- 1 pair shorts: nylon shorts with liners are comfortable and easy to wash (unnecessary if you use zip-offs)
- 2-3 T-shirts/short sleeved shirts (2 should be synthetic/light wool; the 3<sup>rd</sup> can be cotton and used for sleeping/huts)
- 1 wide-brimmed hat for protection from sun
- 1 rain parka and rain pants: a **waterproof**/breathable fabric like Gore-tex is preferable. Partial or full-length leg zippers are great for easily putting your pants on over your shoes or boots.
- 1 warm hat and gloves
- 1 vest, lightweight, down or synthetic
- underwear
- sleepwear (long underwear bottoms and extra t-shirt can be used in the huts)

### EQUIPMENT

- 1 large day and a half pack: make sure it's large enough to hold all of your clothing and still have room for lunch. Please line your pack with a durable plastic bag, such as a garbage bag.
- Trekking poles

### ESSENTIALS

- sunglasses (100% UV blocking) with retention strap
- 2 bandannas
- sunscreen and lip block with SPF of at least 15
- Passport** and xeroxed copy of Passport
- 2 one-quart water bottles (wide-mouthed) or hydration system (see back)
- backpacking towel ("packTowel")
- headlamp or flashlight and extra batteries
- earplugs (for a good night's sleep)

### TOILETRIES (small everything)

- toothbrush, small toothpaste, trial-size biodegradable soap and shampoo, moist towelettes, sanitary supplies and a zip-lock plastic bag, contact lens paraphernalia, glasses
- personal "patch kit": bandaids, safety pins, Compeed and moleskin, molefoam, first aid tape, foot powder, ibuprofen, personal medications, if any. **Individuals allergic to insect stings must bring an epi-pen.** Please consult your physician and tell your guide.

### OPTIONAL

- camera and film/memory card and extra batteries
- compact binoculars
- book, journal and pen
- your favorite snack (Adventures in Good Company will also provide group snacks throughout the day)
- extra pair of sunglasses
- compass

**AT THE HUT:** The huts and hotels are well-stocked with games, books and things to do, so bringing your own reading material isn't essential.