



Holidays beyond the postcard...

Mont Blanc Ascent – Equipment Checklist

- Mountaineering Boots.
 - Please note that there will be 2 days of hiking so you need to be happy to walk with your mountaineering boots.
 - Alternatively you can bring your hiking boots and hire mountaineering boots in Les Houches or bring both.
 - However you need to have at least one type of boot with you for the first part of the trip (only possible to rent boots in Les Houches).
- Ice Axe, Crampons, Helmet. Possibility to rent them in Les Houches.
- Waterproof / wind-proof Goretex trouser.
 - For the trousers, if you have a warm micro fleece and ski type pant.
 - Light trouser for the hiking.
- Waterproof / wind-proof jacket warm and breathable.
- Fleece jacket.
- Micro fleece and mountain tee shirts, avoid cotton tee-shirts.
- Hat and cap, bandanna could be helpful.
- Warm socks design for mountaineering.
- Gloves (ski type gloves).
- Shorts.
- Rucksack 50 Litres mini.
- Sun protection, eye protection.
- Don't forget your own medication (if any).
- Water Bottle camel pack 1,5 litre minimum.
- Walking sticks.
- Towel, wash pack.
- Sleeping liner
- Head torch and spare batteries.

