



# WWWTREK

OUR PLANET... WE GUIDE IT, YOU TREK IT.

## Tour du Mont Blanc | Gear & Packing List

Gear selection is one of the most important steps when preparing for your trek. The right gear is pivotal in your trekking experience. The following is a suggested gear list to help you prepare for your Tour du Mont Blanc trek. There are many brands and types of clothing and gear. Usually higher quality leads to longer life of the item. Take note of items you will use again after this trip when buying new items. Gear you will only use once may be of lower quality. Please make sure your gear is comfortable and fits well.

***Laundry services are available all throughout this trip.***

**Have Gear Questions?** Please do not hesitate to contact our gear experts at 801.943.0264 if you have the equipment you are not sure fills our requirements or any other questions. We want to ensure everyone is prepared for a wide array of conditions, and a good experience on the mountain dictates having the right gear.

### Packs & Bags



#### Duffel Bag

Bring one large duffel bag for ease of transport to and from your room.



**Pro tip:** If you use small bags to separate your clothing and other items, you will have a much easier time finding everything in your duffel!

### Toiletry Bag



Please include soap, a toothbrush, toothpaste, hand sanitizer, and toilet paper in a bag for the trek. Don't forget any medications you will need. This doesn't need to be anything fancy.



### Travel Locks

Used for securing luggage in transit and for your storage duffel bag. Make sure that you buy TSA-approved locks. Please store a spare key in a separate bag or pack.



### Medium-sized Day Pack

We recommend a 15-25 liter pack. You will carry day-use items such as a water bottle, camera, lunch, and extra clothing layers in this backpack.



### Day Pack Rain Cover *(Optional)*

A rain cover should be fitted to the size of your day pack. This cover keeps your gear dry in the event of precipitation.

## Sleeping Gear



### Sleeping Bag (35°F | 2°C)

This will be used in the refuge for added comfort.

## Clothing & Layering

Clothing impacts not only your comfort but also your safety. Always be critical of the quality and fit of your clothing. Cotton clothing must be avoided as it dries very slowly and is a poor insulator when wet. Instead, choose wool or synthetic fabrics that wick the sweat away from your skin. If you pick layers that build on each other, you will be able to add or remove layers to match the weather and stay warm and dry.

## Four-Layer System

- A. **Base Layer:** Manages moisture and wicks perspiration away from your skin (Polypro, Capilene, dri-clime)
- B. **Insulating Layer:** Should be down-fill or synthetic-fill (e.g. down, primaloft, or polarguard)
- C. **Softshell:** Should be a durable, comfortable, insulating, and wind/water resistant layer that breathes well. The main softshell fabrics are Polartec Wind Pro, Gore Windstopper N25, Schoeller, and each clothing manufacturer's own fabrics.
- D. **Hard shell:** Windproof, waterproof, and breathable (e.g. Gore-Tex or similar)

## Shirts & Jackets



### Base Layer T-Shirt

Two short-sleeved tech shirts that are good at wicking moisture. Synthetic or wool materials only; no cotton.



### Long Sleeved Shirt

Bring at least one long-sleeved tech shirt made of synthetic or wool material. A sun shirt works well, and a light color works even better.



### Mid-Layer Top

A warmer long-sleeved synthetic mid-layer with quick-drying capabilities. A grid fleece or hybrid works well because of its lightweight, breathability, and flexibility. No cotton.



### Insulated Jacket

A soft shell or insulated jacket. Fleece, down, or synthetic is ok.



### Hard-Shell Jacket

A waterproof jacket for when the weather turns wet. A Gore-Tex rating is recommended. Ensure your jacket has underarm zippers and no insulation.



### **Rain Poncho**

A poncho provides a lot of rain protection in a lightweight package.

## **Pants & Shorts**



### **Long Underwear**

One pair of long underwear bottoms. It is best to bring one that is lightweight and the other medium-weight so you have options for varying temperatures and sleeping conditions.



### **Trekking Pants**

One Pair of lightweight full-length trekking pants. Zip-off pants are nice.



### **Hard-Shell Trekking Pants**

Gore-Tex or other waterproof pants. Full-Length side zippers are a nice upgrade. Don't feel the need to buy the best pair of pants.

## **Headgear**



### **Warm Skull Cap**

A beanie or ski hat to keep your head warm.



### **Sunhat**

Something to keep the sun out of your eyes and off your face. Your favorite personal hat is a great choice.



### **Neck Buff/Gaiter**

One or two buffs for sun and wind protection of your face and neck.



### **Sunglasses**

We prefer polarized sunglasses with UV protection. Sunglasses should be dark and protect your eyes well.



### **Headlamp**

Please ensure your headlamp works well and has a tilting function. 200+ lumens is recommended. A headlamp with a rechargeable battery is not recommended for cold weather. Please bring extra batteries!

## **Gloves**



### **Light-Weight Gloves**

A pair of light-weight gloves

## **Footwear**



### **Light-weight Trekking/Running Shoes**

One pair of lighter shoes for casual wear and for shorter trekking days.



### **Hiking Boots**

One pair of sturdy, water-repellent hiking boots. These should be well broken in before the trip. A high-top boot is preferable.



### Medium-weight Socks

Four to six pairs of medium-weight synthetic or wool hiking socks.



### Gaiters

One pair of waterproof gaiters. These keep rocks, dirt, and water out of shoes and boots in the event of dusty trails or precipitation.

## Personal Equipment



### Trekking Poles

3-section adjustable trekking poles with snow baskets.



### Universal Power Adapter

A universal travel adapter. One with USB ports is convenient.



### Water bottle

Two wide-mouth water bottles with a minimum 1L capacity

## Medicine

- ❑ **Lip-screen:** Two sticks of lip balm with an SPF rating of 20 or higher
- ❑ **Sunscreen:** A few small tubes of sunscreen with an SPF rating of at least 45.
- ❑ **Personal Medications:** Don't forget to pack your personal medications!

- ❑ **OTC Medications:** We recommend bringing Pepto-Bismol, Imodium A-D, and Cough Drops.

## Additional Items

- ❑ **Travel/Casual Clothes:** You will need street clothes for air travel and evenings.
- ❑ **Dress Clothes:** We recommend bringing a few dress shirts and dress pants for dinners.
- ❑ **Insect Repellent:** We recommend 100% DEET, in lotion or liquid spray bottle form. *(Optional)*
- ❑ **Swimsuit:** A swimsuit you already own will be great.
- ❑ **Travel Light:** Bring a small travel light with you just in case.
- ❑ **Camera:** Please make sure to bring your SD card, cords, and other accessories.
- ❑ **Additional Toiletry Items:** Hand Sanitizer, Hand wipes, washcloth, deodorant, etc.
- ❑ **Snack Bag:** Bring a one-gallon-sized bag of energy bars and other small snacks to keep in your day pack to eat between meals if needed. Bring food you like to eat.
- ❑ **Wide-Based Travel Mug:** to use while in the lodges.

## Recommended Apps



**WhatsApp Messenger**

[Android](#) | [iOS](#)



**Google Photos Photo sharing**

[Android](#) | [iOS](#)



**World Clock**

[Android](#) | [iOS](#)



**Google Translate**

[Android](#) | [iOS](#)



**GlobeConvert**

[Android \(Alt\)](#) | [iOS](#)



**Skyview**

[Android](#) | [iOS](#)



**Peak Finder**

[Android](#) | [iOS](#)



**Strava**

[Android](#) | [iOS](#)



**Weather Underground**

[Android](#) | [iOS](#)