



## Equipment List – Summer Alpine Itineraries

It is often very warm during the day, particularly when ascending and your outer clothing will be in your rucksack making it heavy, therefore if you can, choose lightweight, good-quality equipment over bulkier cheaper items. However it may also be very cold, particularly on early morning alpine starts, so a clothing system that is based on layers is best, this way you can control your temperature much more easily than if you were wearing one thick item. This equipment list is intended as a guide to what you will need on the mountain and doesn't cover your clothing etc for valley use. Also, quantities of items, e.g. socks and undergarments are a personal choice. We have made some recommendations based on our experience to help guide you towards the best equipment for our itineraries. Please contact us if you need any further specific advice on what to buy or bring.

It is possible to rent your mountain equipment in Chamonix (cost not included). Please make sure you arrive in good time to hire equipment the day before. There are a number of shops you can hire from in Chamonix and you can order in advance via the internet, we recommend Fall Line - see links on our website

Mountain boots	Good quality and appropriate to the itinerary, must also be able to accept an appropriate crampon, we recommend La Sportiva Batura, Nepal Extreme, Nepal Evo, Nepal Top or Scarpa Pantom Lite, Cumbre, Freney.
Helmet	Must fit over headwear, we recommend Petzl Meteor 3, Elios or Black Diamond Tracer, Half Dome.
Harness	Must be able to go over all clothing. We recommend Black Diamond Alpine Bod.
Karabiners	2 screwgates, pear shaped, wide gate style.
Long Sling	240 cms (8ft) .
Ice axe	Mountaineering style 50 – 60 cm, we recommend Grivel Air Tech.
Crampons	With crampon bag and anti ball plates. We recommend Grivel G12 or Petzl Vasak.
Rucksack	35-45 litres maximum, we recommend Black Diamond Speed 40 or Osprey Mutant 38.
Ski poles	Three piece flicklock telescopic poles, either a pair or a single - make sure you have powder baskets we recommend Black Diamond Expedition.
Headlamp	Lightweight LED type, we recommend Petzl Tikka.
Base layer	Long sleeved, Synthetic or Merino wool, we recommend Patagonia Capilene 2 and Merino 2 range.
Mid Layer	Long sleeved, Synthetic or Merino wool, we recommend Patagonia Capilene and Merino 3 or 4 range or R2 fleece.
Top Layer	Lightweight synthetic or down vest or jacket, we recommend Patagonia Micro Puff Vest or Jacket (hooded version available).
Jacket	Soft Shell, we recommend Patagonia Ascensionist Jacket.
Trousers	Soft Shell trousers, lightweight ski pants or salopettes, we recommend Patagonia Guide Pants.
Outer Jacket	Waterproof and Breathable, Goretex or similar with appropriate hood, we recommend Patagonia Stretch Element.
Over-trousers	Waterproof and Breathable, Goretex or similar, with full side-zips (easier to take on and off and control temperature), we recommend Patagonia Stretch Element Low Bibs.
Socks	Suitable for your boots.
Hat	Woollen beanie or similar.

Balaclava	Spare headwear, Patagonia R2 or similar.
Gloves	Two pairs, thin (single layer) with synthetic or leather palms and thick (double layer) with synthetic or leather palms and waterproof/breathable shell/lining, we recommend Black Diamond Kingpin (thin) and Black Diamond Patrol (thick).
Sun hat	Baseball cap or full brim style for sun protection
Sun glasses	Good quality, protection category 3 minimum, either wraparound or with side pieces, we recommend Oakley.
Ski goggles	Good quality, used mainly for poor weather/strong wind protection, we recommend Poc or Oakley.
Sun cream	High protection factor depending on your skin type.
Lip salve	High protection factor.
Small thermos flask	Lightweight stainless, 0.75 litre max.
Water Bottle	Hydration systems tend to freeze at altitude, we recommend large neck Nalgene or similar, 1 litre max.
Personal items	Personal medication (please inform us on your medical declaration), Compeed blister plasters, plasters, painkillers (ibuprofen/paracetamol), small pack towel, small soap (washing facilities are limited so baby wipes are a good option for personal hygiene), toothbrush and small toothpaste, ear plugs, spare batteries.
Sleeping bag liner	Required in most alpine huts for hygiene, we recommend silk, more compact and lighter than cotton
Camera	Make sure you have sufficient battery power and film/memory cards as there is not always the option of recharging in high mountain huts
Lunch	Snacks and lunch items can be bought locally before leaving on itineraries. It is possible to get snacks and packed lunches from high mountain huts
Insurance	Rescue, medical and repatriation cover
EHIC medical card	For UK citizens. Replaces old E111 for reciprocated healthcare in Mainland Europe.
Passport	Check that it is valid for itinerary countries and in date
Money	Appropriate denomination to cover personal expenses, snacks, lunches, soft and alcoholic drinks - credit cards are not always accepted in mountain huts
Optional Items	These are items that can be useful – it would not be expected that you would wish to bring all of these; book, iPod, mobile phone (reception and charging facilities are normally limited, playing cards, notebook and pen, map and compass

You will be required to carry all of your items with you and the lighter you can keep your rucksack, the more you will enjoy your itinerary. Before you add that extra item that may be useful, remember that light plus light plus light equals heavy.