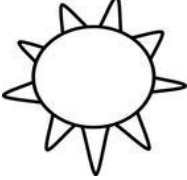



# Tour du Mont Blanc Trek Kit List

Taking the right equipment for your challenge is very important so just get in touch with any questions – we'll be happy to talk you through it. The following recommendations include clothing for all weathers you may encounter; you may not end up needing all of it, but being prepared is vital.

<p><b>Weather Conditions</b></p> <p>We trek through remote mountains, in exposed terrain; you must be well-prepared with good quality kit to keep you warm / cool as appropriate, and dry.</p> <p>Mountain environments are unpredictable and conditions very changeable. Expect it to be warm during the day, though even after a hot day it can be cold at night. Be prepared for sun, rain, hail, snow, wind, etc!</p>	 <p>Average min/max Temp <b>6 – 25°C</b></p>	 <p>Average Rainfall <b>79 – 162mm</b></p>
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## ON TREK

✓	<b>ESSENTIAL Trekking Kit &amp; Clothing</b>	<i>We can't stress enough that you have good quality clothing – it can have a huge impact on how much you enjoy the trek, and whether you are able to complete your challenge. Remember that you will be trekking for full days, whatever the weather. Test your kit out in all weather conditions during training, so you have full confidence in it.</i>
	Walking boots	With firm ankle support for uneven ground. Must be well worn in so they are comfortable; ensure the sole pattern provides plenty of grip on rocky or dirt trails and is not too worn. Ensure they are waterproofed. Well worn-in boots are irreplaceable so wear on flight in the (rare) case your luggage is misplaced
	Walking socks	Enough for dry (not necessarily clean!) socks each morning; damp socks can cause blisters. Ensure they wick well, and are the right fit for your boots. Liner socks can make a difference – ensure you have tried out different combinations of socks while training, so you have the perfect fit in time
	Wicking base layers	T-shirts or tops made from wicking material are essential in regulating your body temperature; avoid cotton as it absorbs sweat and will make you cold
	Insulating mid-layer(s)	Warm long-sleeved layer (eg light fleece). Thinner layers trap warmth and are more effective and versatile than wearing one thick top
	Waterproof windproof jacket	Good quality (eg gore-tex) essential; you are in serious mountain country. Material should be breathable and seam-sealed. Combining a lightweight waterproof with a fleece is more versatile than a heavy jacket which is too hot. It must keep you dry in heavy rain, not just showers – test it while training
	Waterproof over-trousers	Lightweight so you don't get too hot. Recommended on cold rainy days (you may find wet legs preferable if it's just a light shower on a warm day). Protects your socks from rain, which helps prevent blisters
	Wide-brimmed hat / cap	For sun protection
	Trek trousers / shorts	Bring at least two pairs; zip-off trekking trousers add versatility
	Small day-sack	To carry camera, spare layers, fleece, waterproofs, first aid kit, sun cream, snacks and anything else you need for the day. At least 25-30 litre capacity, adjustable shoulder-straps and hip belt essential. Most have compartments for hydration bladders (below)
	Water bottle(s) / hydration bladder	Should be able to carry min 2-3 litres. A bladder (eg platypus) allows you to drink easily and regularly without stopping and is highly recommended – ensure a compatible fit with your day-pack
	Sunglasses	Well-fitting; wraparound style useful
	Liquid handwash (waterless)	Small bottle for easy hygienic hand-washing before lunch / snacks – this prevents any bugs spreading around the group
	Toilet paper / wet wipes + plastic bags	There won't always be toilets where you need them! Bags for disposal en-route; fragranced nappy bags are best

	Whistle	For safety reasons if you become separated
	Snacks (eg cereal bars / dextrose tablets/ dried fruit packs / jelly babies)	Extra sources of energy are highly recommended if you are having a tough day, or have special dietary requirements and need a source of extra energy, or if you just need your personal favourites to motivate you! Don't weigh your bag down too much though – snacks can be bought locally too
✓	<b>OPTIONAL Trekking Kit &amp; Clothing</b>	<i>Use your training walks to experiment with your kit. You may not feel you need all the suggestions below, but they can make your trek much more enjoyable or convenient.</i>
	Trekking poles	Useful on steep and uneven ground especially if you are tired or unsteady. Reduces the impact on your knees considerably. Use them when training to get used to them
	Waterproof rucksack cover	Keeps your day-sack and its contents dry; alternatively line with plastic bags
	Binoculars	Great for spotting birds of prey and other wildlife
	Alarm clock	We generally start early! Many phones have an alarm, but be aware of battery life and ease of recharging
	Talcum powder / vaseline	Can help with blister prevention - experiment at home while training
	Muscle rub	e.g. deep heat, radian B
	Spare set of clean clothes	For celebration meal

## NON-TREKKING

✓	<b>General Clothing &amp; Equipment</b>	
	Spare pair trousers or shorts Spare short & long-sleeved tops Underwear & socks Trainers / spare footwear	General clothing for when you're not trekking and as spares: ensure you have enough for evenings, sight-seeing and travelling home, but don't over-pack!
	Nightclothes	Tracksuit bottoms and T-shirt useful to sleep in and as spares
	Outer fleece / thermal top	It can be cold even in summer at higher elevations, especially in wet conditions. Down jackets are best in reliably dry conditions so not recommended
	Warm hat / buff and gloves	For cold morning / evenings. A buff is versatile and lightweight
	Sleeping-bag liner / sleepsheets	Sheets not provided in accommodation
	Torch with spare battery	Useful at night, may be required on longer trekking days; head torch keeps your hands free
	Wash kit (eg toothbrush, etc)	Wet wipes can be handy, and ear-plugs if you're a light sleeper
	Towel	Small and lightweight to minimise space
	Camera / phone	Be aware of how quickly your battery runs down; you are unlikely to be able to recharge your phone on trek
	Chargers / adaptors / spare batteries	For phone, camera etc
	Book / travel games / cards	Useful for evenings
	Rucksack / Expedition Kitbag for main luggage	Carried in vehicles between night-stops. You will not be able to access it during the day. Soft-sided luggage essential – see luggage notes below
	Large strong plastic bags	To keep things dry inside your day-sack

✓	<b>Small Personal First Aid Kit</b>	<i>Should be carried in your day-pack each day; everyone is different so judge what to trek with and what can be left in your main luggage</i>
	Regular medication	Anything you take regularly or while exercising
	Sun block / sun cream	Minimum SPF 30

	SPF lip balm After sun / moisturiser	Exposure to the strong sun and wind can make skin very dry
	Painkillers	e.g. ibuprofen, paracetamol; bring plenty as useful if you get headaches from altitude; recommend minimum 12 tablets
	Insect repellent	e.g. Mosi-guard, Ultrathon, Repel
	Anti-histamines	For allergies / insect stings
	Plasters and blister dressing	Zinc oxide tape and dressings recommended for covering hot spots and blisters – compeed works well at end of trip, but not recommended when days of trekking still remain
	Rehydration sachets	e.g. dioralyte
	Diarrhoea tablets	e.g. imodium
	Water purification tablets	Small pack as back-up only – this is purely a safety measure

✓	<b>Important Documents &amp; Money</b>	<i>We recommend you have digital copies stored in a safe place you can access if required</i>
	Passport + photocopy	10-year essential (for adults); must be valid for entire duration of stay
	EHIC Card	Entitles you to free/reduced medical treatment; NOT a replacement for full travel insurance
	Money	Euros available from the UK – see Factsheet for more detail
	Flight Tickets	To be collected from your tour leader / DA representative at the airport
	Credit Card	Always carry a credit card in case of emergencies
	Travel Insurance Documentation	Advisable to leave a copy with your next of kin too
	Immunisations Record	Useful if you need a record/proof of your vaccinations (see Factsheet)
	Money belt	Safest way to carry cash and valuables

### Note on Luggage:

- Our support vehicles do not have unlimited space for your luggage, so please be careful when packing and bring just one soft-sided bag (NOT a hard-sided suitcase or rucksack with external frames), with an additional day-sack for the flight / when trekking
- If you do not have a suitable soft-sided bag for your main luggage, see the [Discover Adventure kitbag](#) which is designed for this kind of trip
- Please bring large strong bags to line the inside of your luggage and wrap your sleeping gear in.
- Your luggage allowance on the plane is 20kg. You should not need anything like this much, but you are responsible for any excess baggage costs charged by the airline – most are quite strict. Be aware that hand-luggage restrictions may sometimes change due to airport security measures.
- Remember not to pack any penknives, scissors, tweezers etc in your hand luggage. Liquids can be carried subject to current restrictions – see <https://www.gov.uk/hand-luggage-restrictions>
- Trekking poles should not be carried on as hand-luggage. They should be packed into your main bag – dismantling them will make them smaller, but if they don't fit, the best option is to secure them well and label them separately in case they become detached
- Be aware that hand-luggage restrictions may sometimes change due to airport security measures
- As a general rule, avoid travelling with anything valuable or irreplaceable