

## ***Clothing and Equipment List***

**Technical equipment:** crampons, ice-axe, harness, helmet can be provided

- **35-50L Rucksack 650g ( arcteryx alpha 30)** that fits your back size. A light simple sack is preferable to one with lots of straps, zips, bells and whistles! Some extra waterproof bags for storing gear inside the pack are useful.
- **Mountain Boots.** (Can be rented in Chamonix)  
Boots designed for alpine mountaineering, able to take crampons effectively (B3 or B2) and well insulated. Examples of suitable boots are Scarpa Mont Blanc, Phantom Guide, Jorasses and Freney. The new Scarpa Mantas are now ok for Mont Blanc in summer in good weather and conditions. Sportiva Nepal Extreme's or Evos are also suitable and popular as are many and various other good brands that meet the above specifications.
- **Crampons with anti-balling plates 950g** (anti-bots). General 12 point steel mountaineering crampons are ideal e.g. Grivel G12, Black Diamond Serac or Petzl Vasak. Make sure they fit your boots well. Avoid very lightweight walking / ski touring crampons or heavy technical ice climbing crampons.
- **Gaiters 150g** are essential for keeping snow out of the top of your boots and laces away from your crampons! Take some time ensuring gaiters are a neat fit and that there are no straps sticking out on the inside of your boots. Boots with built in gaiters work well and generally mean that you don't need an additional pair.
- **Helmet 350g.** General mountaineering helmet essential e.g. Petzl Elios
- **Harness 400g.** General mountaineering harness ideal e.g. DMM Super Couloir / Centre or Black Diamond Bod, with 2 X screw gate Karabiners. If you already have a rock climbing harness this will be fine as long as it is large enough to wear over multiple bulky warm layers. If you are buying one specifically for Mont Blanc, choose a lightweight alpine mountaineering harness.

- **Ice axe 400g.** A simple mountaineering ice axe is ideal and preferable to technical climbing models. Petzl summit, Black Diamond Venom, Grivel air-tech and, cheapest but still totally fine, DMM Cirque. Any straps or leashes on your ice axe should be removed.
- **Waterproof Jacket 300- 500g and Trousers 500g** These form your important 'shell layer' protecting you from the wind as well as rain and snow. They need to be waterproof but not warm as your insulation comes from other layers so lightweight is good. A large hood to go over your helmet is ideal and full length zips mean the trousers can be taken off over boots / crampons.
- **Mountain Trousers.** A tough, stretchy soft shell fabric is ideal and these can be worn without leggings or over trousers most of the time e.g. Patagonia Simple Guide Pant. Lighter trekking trousers are fine too but only with leggings to make them warmer for summit day.
- **Thermal Layer.** A long sleeved synthetic or wool layer to wear next to the skin as a first layer of insulation when cool or as an outer layer on the glacier when warm. A zip neck is useful for ventilation. One spare or additional layer might be useful for summit day in cold conditions.
- **Mid-Layer Jacket 320g** Fleece or ideally a 'soft shell' style jacket with a thin insulation layer. Worn over the thermal layer and under the waterproof jacket when cold / windy e.g Patagonia Pullover / R2 Jacket, Rab Powerstretch Zip Top,
- **LightWeight Duvet Jacket 400g.** A warm insulation layer in a generous size so that it can be worn over all your other layers. Ideally a lightweight down or synthetic duvet jacket with a large hood e.g. Rab Photon / Infinity or Marmot Ama Dablam Jackets
- **Gloves 150g and 250g.** One warm thick pair for summit day and at least one other thinner pair for general use. Thick pair like this [here](#), if you get particularly cold hands Mitts could be a good option, like this [here](#).
- **Warm Hat 50g,s Sun Hat 50g & Buff 50g.** Ideally both hats will cover your ears and protect from the wind / cold and sun / heat. Also bring a neck warmer / buff / face mask or balaclava to cover your face in the event of cold windy weather.

- **Socks.** A thin liner pair for walking in to huts and a warm medium-thick pair for use above the huts plus a spare pair of each. Some people like to wear both together for blister prevention.
- **Sun Glasses & Goggles 100g.** Good quality dark sunglasses that form a good seal with your face and fit securely. Category 3 or 4 for use in strong sunlight with reflection from the snow. Goggles are also useful in case of windy / snowy weather. If you have ski goggles, bring them. If not you can wait and see what the forecast is and buy goggles in Chamonix.
- **Sun Cream & Lip Protection 30g.** Bring both and use liberally every day regardless of the weather. At least factor 30 and factor 50 preferable. Small bottles are ideal to save weight.
- **Water Bottle 1100g.** A tough 1L 'Nalgene' style water bottle is ideal.
- **Snacks / Hill food 650g.** Bring your favorite snacks for the hill, flapjacks, cereal bars, dried fruit, cake, chocolate, energy bars etc. Things can be bought in Chamonix before departure and in the mountain huts which also provide lunch.
- **Head Torch 85g.** Necessary for pre-dawn starts and moving about the mountain huts. Small, light LED head torch like the Petzl Tikka
- **Personal Medical Items 100g .** Blister kit, plasters, painkillers, glasses / contact lenses as necessary
- **Personal Admin Items 300g.** Mobile Phone, Cash, Insurance details, Passport etc

### **Extra Kit for Huts 250g**

- **Very thin / light sheet sleeping bag / liner.** This is a very small / light item and not a normal sleeping bag (which is not required). These can be easily bought in Chamonix or online in advance and are required for nearly all alpine huts
- **Ear Plugs**
- **Toothbrush**
- **Hut discount card / Alpine club membership**
- **1 Euro coin for use in the Tete Rousse Hut lockers**

**Optional Items**

- **Trekking Pole(s)**