

Mont Blanc summit equipment list

	SPECIFIC DETAILS	EXAMPLES**	CHECKLIST
TECHNICAL EQUIPMENT			
Mountaineering boots*	A high mountain boot of B2 or B3 standard	La Sportiva Nepal Extreme	<input type="checkbox"/>
Crampons*	Anti-snow balling plates essential	Grivel G12	<input type="checkbox"/>
Climbing Harness*	Lightweight mountaineering harness	Petzel Hirundos	<input type="checkbox"/>
Ice Axe*	Classic mountaineering axe - min 55cm or longer		<input type="checkbox"/>
Helmet*	Lightweight	Petzel Elios	<input type="checkbox"/>
*Highlighted items can be hired in Chamonix and we can arrange this for you including a discount through Sanglard sport.			
PERSONAL CLOTHING			
Mountaineering Jacket	Lightweight wind and water-proof shell jacket	Goretex paclite	<input type="checkbox"/>
Over Trousers	Water-proof and windproof	Goretex paclite	<input type="checkbox"/>
Down or primaloft jacket	Lightweight		<input type="checkbox"/>
Mountaineering trousers	Lightweight Strech fabric		<input type="checkbox"/>
Fleece tops	Light layering is the best way to keep warm on the mountain		<input type="checkbox"/>
Thermal underwear	Only required if you really feel the cold		<input type="checkbox"/>
Gloves	Ski gloves to protect from the wind		<input type="checkbox"/>
Mittens	Ski mittens to protect from the cold		<input type="checkbox"/>
Warm hat			<input type="checkbox"/>
Sun hat			<input type="checkbox"/>
Neck and lower face protector	eg balaclava or snoods		<input type="checkbox"/>
OTHER ESSENTIAL EQUIPMENT			
Rucksack	Minimum 40litres lightweight and simple in design		<input type="checkbox"/>
Head Torch	LED system		<input type="checkbox"/>
Sun glasses	Minimum category 3	Tofosi	<input type="checkbox"/>
Ski goggles	Highly recommend if high winds near the summit		<input type="checkbox"/>
Walking gaiters	Half length or "stop -tous"		<input type="checkbox"/>
Water Bottle	1 litre - plastic nalgene is better than a metal one		<input type="checkbox"/>
Sun Block	High quality minimum SPF 30		<input type="checkbox"/>
Lip Protection			<input type="checkbox"/>
Silk Sleeping bag liner	Requirement for the mountain huts		<input type="checkbox"/>
First aid kit	Anti blister foot care, mild anagesics	compeed, nurofen etc	<input type="checkbox"/>
OTHER OPTIONAL EQUIPMENT			
Camera			<input type="checkbox"/>
Pen Knife			<input type="checkbox"/>
Binoculars			<input type="checkbox"/>
Walking Poles	Recommended		<input type="checkbox"/>
GPS			<input type="checkbox"/>
Mobile Phone			<input type="checkbox"/>
Altimeter			<input type="checkbox"/>
Maps/compass			<input type="checkbox"/>
PERSONAL ITEMS			
Wash kit			<input type="checkbox"/>
Toilet Paper			<input type="checkbox"/>
Food/snacks			<input type="checkbox"/>
Money			<input type="checkbox"/>
Insurance document			<input type="checkbox"/>
Passport			<input type="checkbox"/>

**Although we offer some examples above the most important thing is that your equipment fits you comfortably