

Team Ascent Ltd

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Sandy Allan IFMGA Mountain Guide:*

Alpine Multi-Day Walking Equipment List

Dressing properly for the mountains can make a huge difference between an enjoyable or uncomfortable trip. Clothing needs to give the right degree of warmth for the activity. We recommend utilising a layering system, which provides a versatile method of regulating your body temperature.

Experienced trekkers will find it best to use their own tried and tested clothing. During a trekking day or multi-day trip you will be expected to carry your share of communal equipment. This may include one or two of the following items supplied by your leader. Emergency short rope, communal first aid kit, emergency shelter.

Please use this list as a guideline only. (Do try and keep your rucksack and contents as light as possible).

Head and face:

Sunglasses
Sun hat
Fleece Hat
Sun creams, lip salves

Upper Body:

Wicking/thermal top
Fleece Jacket/plus spare lightweight one (wind-proof soft shell is popular although not as warm as traditional fleece)
Gore-Tex outer shell jacket or similar outer shell jacket with hood.
Warm gloves plus a pair of thin ones.

Lower body and legs

Underwear...spares as required
Comfortable pair of trekking trousers
Shorts
Gore Tex outer shell trouser or similar (lightweight is better)
Good socks plus spare pair
Boots...These should be comfortable and light with good ankle support and grippy sole. Recommended are lightweight boots with a waterproof breathable liner. If your boots are new go for a few walks in them before the trek to make sure they are comfortable.

Other

Rucksack (30-35 litre) with either liner or cover.

Trekking poles

Platypus or water bottle

Small wash kit

Small personal first aid kit

Lightweight head torch

Lightweight sleeping bag liner (all the alpine huts provide either blankets or duvets)

Ear plugs... small but necessary in some huts

Sun cream

Camera

Minimal spare clothes

Passport and Money (cash is better than credit cards)

Spare lunch type snacking food

Notes:

The weather in the Alps can range from very hot to cold, hence the variation of kit.

In case you don't have everything, do not fret as there is usually a good supply of outdoor shops with plenty of choice especially in the Chamonix area.