



## **Recommended Packing List - Aosta Adventure, Italy**

All you may need for an adventure in the mountains. This list is a guide so you don't miss key items. Please note you will be carrying your own kit for the whole 3 days. If you have any questions or concerns, please feel free to get in touch.

### **Clothing**

- Goretex jacket or equivalent - this needs to be good quality and really waterproof. Windproof or showerproof only is not adequate. Do not underestimate the potential of mountain storms!
- Waterproof trousers
- Run pack 10l-15l
- Run kit (tops, bottoms, socks, underwear for 3 days)
- Run shoes (trail-running shoes. Note that road running shoes are not suitable)
- Run cap
- Leggings
- Technical long-sleeve
- Fleece/down jacket
- Hat/buff
- Gloves
- Arm warmers or windproof jacket
- Light, comfy shoes (optional, for La Thuile night only)
- Casual clothing (for Chamonix only)
- Swimsuit (for Chamonix only)

### **Health & Medical**

- Small travel towel
- Sleeping bag liner (for our refuge night)
- High SPF sunscreen & lipbalm
- Travel toiletries
- Medication (please ensure you carry any medication you need and make others aware)
- First aid kit (your guides will carry their own kits, but please bring anything you feel you may need)
- Emergency blanket

### **Gadgets & documents**

- Head torch (with set of spare batteries)
- Small plastic bag/dry sac (to keep documents safe & dry)
- Larger dry sac, to keep clothing dry
- Chargers
- Mobile phone
- Documents (passport, insurance details)
- Cash (euros)

### **Other**

- Water (bladder or bottles, 1l minimum)
- Trail snacks
- Lightweight running poles (highly recommended, but not essential. Please seek advice before you buy)