



Recommended Packing List - Tour du Mont Blanc

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 carry your kit for a couple of the overnight refuge stays and following day. 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 12l-15l
- Run kit (tops, bottoms, socks, underwear for 6 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 (flip-flops or crocs, for refuge)
- Casual clothing

Health & Medical

- Small travel towel
- High SPF sunscreen & lipbalm
- Toiletries (to include travel size for the refuge)
- 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

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

Other

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