



Recommended Packing List

All you may need for an adventure in the mountains. This list is a guide so you don't miss key items. If you have any questions or concerns, please feel free to get in touch.

Clothing

- Back pack 10L -15L
- Run bottoms
- Run tops
- Run socks
- Run underwear
- Run shoes
- Run cap
- Leggings
- Technical long-sleeve
- Fleece/down jacket
- Gloves
- Hat/buff
- Arm warmers / windproof jacket
- Gore-Tex jacket
- Waterproof trousers

Health and Medical

- Sleeping bag liner (*Bedding is provided by the refuge, apart from a sleeping bag liner sheet which you will need to bring*)
- Small travel towel
- Emergency blanket
- High Spf sunscreen and lip balm
- First aid kit (*Your guides will carry their own kits, but please bring anything you feel you may need*)
- Toiletries
- Water (*Bladder or bottles*)
- Trail snacks

Gadgets and Documents

- Head torch (*with set of spare batteries*)
- Chargers
- Mobile phone
- Documents (*Passport, insurance details**)
- Cash

Additional items

- Walking poles
- Yoga kit
- Casual clothes
- Swim suit