



## **Recommended Packing List - Essential Trails, Chamonix**

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 the overnight refuge stay 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 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 (flip-flops or crocs, for refuge)
- Yoga clothing
- Swimsuit
- 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
- Walking poles (recommended, but not essential)