



Packing list - Tour du Mont Blanc

To tick off before you leave: hut, hotel or bivouac, from pack to paperwork.

A base list: adapt it to your season, your type of trip and the weather forecast.

PACK

- ☐ Backpack, 40 to 60 L
- ☐ Rain cover and waterproof liner
- ☐ Small daypack HOTEL

FEET

- ☐ Broken-in hiking boots
- ☐ Hiking socks (2 to 3 pairs)
- ☐ Light shoes for the evening HOTEL

CLOTHING

- ☐ Breathable T-shirts (2 to 3)
- ☐ Hiking trousers, shorts
- ☐ Fleece or light down jacket
- ☐ Waterproof jacket
- ☐ Waterproof over-trousers (weather permitting)
- ☐ Warm hat and gloves (early season or forecast)
- ☐ Cap or sun hat
- ☐ Underwear, evening clothes

ON THE TRAIL

- ☐ Water bottles: 1.5 L or more
- ☐ Snacks
- ☐ Trekking poles
- ☐ GPX track, app or paper map
- ☐ Phone, power bank
- ☐ Headlamp
- ☐ Emergency blanket, whistle
- ☐ Sunglasses (category 3)
- ☐ Sunscreen, lip balm
- ☐ Light crampons (early season)

NIGHT & HYGIENE

- ☐ Sleeping-bag liner (mandatory) HUT
- ☐ Earplugs HUT
- ☐ Microfibre towel HUT BIVOUAC
- ☐ Toiletry kit, toilet paper
- ☐ Tent, sleeping bag, mat BIVOUAC
- ☐ Stove, pot, lighter BIVOUAC
- ☐ Purification tablets or filter bottle BIVOUAC
- ☐ Bags for your rubbish

HEALTH & PAPERS

- ☐ First-aid kit
- ☐ Personal medication
- ☐ ID card or passport
- ☐ EHIC/GHIC, rescue and repatriation insurance
- ☐ Cash: euros (accepted in Switzerland), Swiss francs

