

mont blanc summit, kit list



The items listed below are recommendations, and the list has been designed by the local ground handler and past challenge leaders; however, please take into account your personal preferences and common sense. See what you can borrow, and if you need to purchase any items, remember that you can get a discount on equipment and clothing from various well known suppliers and outdoor shops – for more information, please refer to the document “Kit Discount” which you will find in your member’s area in the “Challenge Pack” section once you have booked and paid your deposit.

In order to hire specialist climbing equipment, please contact Outdoor Hire, a company specialising in the hire of top quality outdoor gear. They are working with Charity Challenge to provide all the kit you need for your challenge and offer a 10% discount to Charity Challenge customers who have booked onto one of our challenges. Simply obtain the promotional code by referring to the document “Kit Discount” which you will find in your member’s area, and then go to <http://www.outdoorhire.co.uk/charity-challenge/>, select the kit list for the challenge you have booked and follow the online instructions for how to hire the kit you need.

Bring as little as possible but bring everything you need. You will be carrying the majority of your belongings while you are climbing, so you will need to travel light and fit it into a medium sized day sack of between 30-40 litres.

Watch [this incredibly useful video](#) for information on how to pack your kit for an Alpine climbing expedition. This video has been put together by one of the organisers in charge of your Mont Blanc challenge, and an expert in alpine climbing, certified by the BMG (British Mountain Guides association), and a member of the IFMGA (International Federation of Mountain Guide Associations).

item	take it?
baggage and sleeping	
Holdall/Duffel Bag (a suitcase is not appropriate)	Yes
Day rucksack (for climbing gear, sun cream, water bottles etc) minimum 30 max 40lt	Yes
Sleeping bag liner (for huts – a sleeping bag is not necessary)	Yes
clothing	
Insulated (down/synthetic) jacket	Yes
Windproof jacket & trousers	Yes
Waterproof jacket (eVent or Goretex recommended)	Yes
Long-sleeved base layer	Yes
Light weight fleece	Yes
Thermals (thin and thicker layer)	Yes
Trousers (such as lightweight cargo trousers, avoid jeans)	Yes
Underwear (light and loose)	Yes
Socks – mountaineering specific	Yes
Wide brimmed hat	Yes
Gloves (thermal lined – 2 pairs) & mittens (for the summit)	Yes
Balaclava/ woolly hat (you need to cover your head in its entirety)	Yes
Buff	Yes
Ankle gaiters	Optional
hygiene	
Toothbrush & toothpaste, soap (anti bacterial or bio-degradable), shampoo/conditioner (bio-degradable), lip salve with sun protection, antiseptic wipes/dry wash	Yes
Razor & cream, sanitary products, shower gel, travel towel, deodorant, hairbrush/comb, nailbrush, vaseline	Optional
health	
Sun protection (winter suncream recommended – eg Lifesystems Mountain Sun)	Yes
documents (where relevant, please leave a copy at home with your next of kin)	
Passport	Yes
Flight tickets (you will receive these at the airport)	Yes
Cash	Yes

Credit card – In case of emergencies	Yes
Travel insurance (to include helicopter rescue)	Yes
EHIC Card	Yes
other	
Head torch with spare batteries and bulb (you will begin trekking before dawn on most days)	Yes
Sun glasses (good quality with high 00% UV protection to protect against sun blindness)	Yes
Ski goggles	Yes
1 litre Nalgene drinking bottle (plus 500cl thermos optional. Nalgene won't freeze on the summit)	Yes
Re-sealable plastic bags (for laundry & to protect documents from damp etc)	Yes
High energy snacks (carbohydrate gels, energy bars, pork pies, fruit and nut bars etc)	Yes
Whistle	Yes
Electrolyte tablets to add to water	Optional
Contact lenses (bring spare lenses, and glasses in case of dust)	Optional
Ear plugs (for the huts, which can be noisy)	Optional
Camera / charger / spare battery	Optional
small first aid kit	
Aspirin 500mg (aids altitude acclimatisation)	Yes
Adhesive dressing (plasters) & Compeed blister pads/second skins	Yes
Antiseptic spray	Yes
Diarrhoea tablets (Imodium Or Pepto Bismol)	Yes
Re-hydration sachets (2 per day)	Yes
Any medication you normally use	Yes
Mountain equipment required - can be hired through Outdoor Hire. Hire cost may increase depending on the model of product chosen, but rough prices are in red below	
Climbing harness	Yes
Helmet	Yes
Ice Axe	Yes
12 Point Crampons	Yes
B3 Boots	Yes