

# Mont Blanc Expedition Required Equipment

## BASE LAYERS

- Synthetic Short Underwear** (1-2 pair)  
non-cotton style underwear  
recommended: [Patagonia Men's Capilene Daily Boxer Brief](#)
- Lightweight Long Underwear** (1-2 pair)  
long sleeve shirt and long pants  
recommended: [Mountain Hardwear Ghee Long Sleeve 1/2 Zip top](#), [Ghee Tight](#) bottoms
- Heavyweight Long Underwear** (1 pair)  
recommended: [Mountain Hardwear Diamond Peak 1/2 Zip](#) top, [Diamond Peak Thermal Tight](#) bottoms
- Short-Sleeve Synthetic Shirt** (1-2)  
recommended: [Mountain Hardwear Diamond Peak Short Sleeve T-Shirt](#)

## MID LAYERS

- Soft Shell Jacket**  
to be worn over other layers  
recommended: [Mountain Hardwear Stretch Ozonic Jacket](#)
- Soft Shell Pants**  
very breathable and water repellent  
recommended: [Mountain Hardwear Stretch Ozonic Pant](#)
- Lightweight Nylon Pants**  
recommended: [Mountain Hardwear Chockstone/2 Pant](#)

## WINDPROOF / RAIN LAYERS

- Hard Shell Jacket with hood**  
waterproof and breathable shell jacket  
recommended: [Mountain Hardwear Exposure/2 Gore-Tex 3L Active Jacket](#)
- Hard Shell Pants**  
waterproof and breathable shell pants  
recommended: [Mountain Hardwear Exposure/2 Gore-Tex Active Pant](#)

## INSULATION LAYERS

- Heavyweight Insulated Down Jacket with hood**  
recommended: [Mountain Hardwear Phantom Alpine Down Hooded Jacket](#)

## HEADWEAR

- Warm Hat**  
synthetic or wool hat (ski hat)  
recommended: [Mountain Hardwear Dome Perignon](#)
- Balaclava**  
to protect your neck and face in high winds  
recommended: [Mountain Hardwear Alpine Balaclava](#)
- Baseball Cap or other sun hat**  
to shade your face/neck from the sun on a hot day  
recommended: [Madison Mountaineering Cap](#)

**Bandana or Buff**

to protect your neck/face from the sun

recommended: [BUFF UV Multifunctional Headwear](#)

**EYEWEAR****Glacier Glasses**

full protection with side covers or wrap-around

recommended: [Julbo Shield Sunglasses](#)

**Ski Goggles**

to be worn in the event of high winds

recommended: [Scott USA LCG Goggle](#)

**GLOVES****Lightweight Synthetic Liner Gloves**

for wearing on warm days

recommended: [Mountain Hardwear Power Stretch Stimulus Glove](#)

**Soft Shell Gloves**

to wear for moderate cold/wind

recommended: [Mountain Hardwear Route Setter Alpine Work Glove](#)

**Shell Glove with Insulated Liner**

to wear for severe cold/strong wind

recommended: [Mountain Hardwear Exposure/2 Gore-Tex Glove](#)

**Expedition Mitts**

large enough to fit a liner glove inside

recommended: [Mountain Hardwear Absolute Zero Gore-Tex Down Mitt](#)

**FOOTWEAR****Liner Socks (3 pairs)**

recommended: [Spyder Pro Liner Sock](#)

**Wool or Synthetic Socks (3 pairs)**

recommended: [Smartwool Mountaineering Extra Heavy Crew Sock](#)

**Mountaineering Boots**

Double plastic or insulated synthetic boot

recommended: [La Sportiva Nepal Cube GTX](#)

**Hiking Shoes/Boots**

comfortable hiking boots

**Gaiters**

recommended: [Outdoor Research Expedition Crocodile Gaiters](#)

**SLEEPING EQUIPMENT****Sleeping Bag Liner**

recommended: [Reactor Thermolite Fleece Sleeping Bag Liner](#)

**Earplugs**

recommended: [Eagle Creek Travel Ear Plug Set](#)

## MOUNTAINEERING GEAR



### Expedition Backpack

approximately 40L

recommended: [Mountain Hardwear Alpine Light Backpack](#)



### Compression Stuff Sacks

for reducing the volume of the sleeping bag, down parka, etc., in your pack

recommended: [Sea to Summit Compression Sacks](#) and [Sea to Summit eVAC Dry Sacks](#)



### Trash Compactor Bags

to line backpack and stuff sacks as well as for separating gear



### Backpack Rain Cover (optional)



### Trekking Poles with Snow Baskets

adjustable poles

recommended: [Black Diamond Alpine Carbon Cork Trekking Poles](#)



### Ice Axe

general mountaineering tool (~60cm)

recommended: [Petzl Summit Ice Axe](#)



### Crampons

general mountaineering crampons

recommended: [Petzl Sarken Leverlock Crampon](#)



### Climbing Helmet

must be able to fit over your warm hat

recommended: [Petzl Sirocco Helmet](#)



### Alpine Climbing Harness

mountaineering harness, with adjustable leg loops. Not a rock-climbing “sport” harness

recommended: [Petzl Altitude](#)



### Carabiners

2 regular and 2 locking

recommended: [Black Diamond Oval](#) (regular) and [Black Diamond Positron Screwgate](#) (locking)



### Belay/Rappel Device

recommended: [Petzl Reverso](#)



### Headlamp

with 2 extra sets of new batteries

recommended: [Petzl Taktikka Core Headlamp](#)

## TRAVEL ITEMS



### Large Duffel Bag with Lock

for transporting gear

recommended: [The North Face Base Camp Duffel](#)



### Small Duffel Bag with Lock

to store items in the hotel(s) while on the climb



### Travel Clothes

for days in cities and towns



### Lightweight journal, sketchbook, pencils, pen

**U.S. cash**

for currency exchange to purchase SIM cards or merchandise in cities and towns

## ADDITIONAL FOOD ITEMS

**Snack Food**

bring a few days supply of your favorite climbing snack food such as bars, gels, nuts, beef jerky, etc.  
variety of salty and sweet is good  
recommended: [GU Roctane Energy Gel](#)

## OTHER EQUIPMENT

**Water Bottles (1)**

wide mouth bottles with 1-liter capacity

**Water Bottle Parkas (1)**

fully insulated with zip opening  
recommended: [Outdoor Research Water Bottle Parka #1](#)

**Thermos (optional)**

1-liter  
recommended: [Hydro Flask 32oz Wide Mouth Insulated Bottle](#)

**Hand and Toe Warmers**

recommended: [Yaktrax Hand Warmer](#)

**Sunscreen (2 tubes)**

SPF 40 or better

**Lip Screen (2 sticks)**

SPF 30 or better

**Toiletry Bag**

include toothbrush, toothpaste, toilet paper, baby wipes and hand sanitizer (2 small bottles)

**Knife or Multi-tool (optional)****Small Personal First-aid Kit**

include athletic tape, band-aids, Ibuprofen, blister care, etc.

**Medications and Prescriptions**

bring personal medications, antibiotics (Azithromycin, etc.), altitude medicine such as Diamox, etc.

**Handkerchiefs/Bandanas (optional)**

## OPTIONAL ELECTRONICS

**Country-appropriate power plug adapters and power transformers****Adventure Sports Watch**

recommended: [Garmin fēnix 6](#)

**GPS/Personal Satellite Communicator**

recommended: [Garmin inReach Mini](#)

**Digital Entertainment**

movies, tv shows, music, books loaded on to smartphone, iPad, Kindle

**Camera**

bring extra batteries, charger, and memory cards