

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 Hardware Ghee Long Sleeve 1/2 Zip](#) top, [Ghee Tight](#) bottoms

☐

Heavyweight Long Underwear (1 pair)

recommended: [Mountain Hardware Diamond Peak 1/2 Zip](#) top, [Diamond Peak Thermal Tight](#) bottoms

☐

Short-Sleeve Synthetic Shirt (1-2)

recommended: [Mountain Hardware Diamond Peak Short Sleeve T-Shirt](#)

MID LAYERS

☐

Soft Shell Jacket

to be worn over other layers

recommended: [Mountain Hardware Stretch Ozonic Jacket](#)

☐

Soft Shell Pants

very breathable and water repellant

recommended: [Mountain Hardware Stretch Ozonic Pant](#)

☐

Lightweight Nylon Pants

recommended: [Mountain Hardware Chockstone/2 Pant](#)

WINDPROOF / RAIN LAYERS

☐

Hard Shell Jacket with hood

waterproof and breathable shell jacket

recommended: [Mountain Hardware Exposure/2 Gore-Tex 3L Active Jacket](#)

☐

Hard Shell Pants

waterproof and breathable shell pants

recommended: [Mountain Hardware Exposure/2 Gore-Tex Active Pant](#)

INSULATION LAYERS

☐

Heavyweight Insulated Down Jacket with hood

recommended: [Mountain Hardware Phantom Alpine Down Hooded Jacket](#)

HEADWEAR

☐

Warm Hat

synthetic or wool hat (ski hat)

recommended: [Mountain Hardware Dome Perignon](#)

☐

Balaclava

to protect your neck and face in high winds

recommended: [Mountain Hardware 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 Hardware 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](#)



Carabineers

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 Tactikka 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