

Mont Blanc TMB Circuit Packing List

Trekking Gear

Generally speaking, pack as lightly as possible. **The weight of your transported bag can not exceed 15kg.** Violation of the weight limit might result in an additional fee or the denial of transportation or your bag. You should only bring essential items on the trip.

Your main luggage is transported for you on the trip, so you carry only a daypack.

Suitcases are **NOT** recommended for this trip. The luggage or bag must be flexible and contain no sensitive or valuable material or any food product.

Note: Maximum authorised weight per bag on trek is 15 Kg each.

Most travelers carry their luggage in a backpack, although a sports-type/carry-all bag with a shoulder strap would suffice.

We know you might travel to other destinations after your trip. For any extra luggage/ bags not required on the trek, luggage storage facilities are available at your accommodation in Chamonix (additional fees might apply). If required, please bring an extra bag or a suitcase to store items and clothing you would like to leave behind at your accommodation in Chamonix during your trek. Please ensure to use a lockable bag.

You also require a comfortable day pack

- Warm fleece, sweater, hat, gloves (cold mornings)
- Waterproof jacket & over-pants
- Sun hat
- Evening Dinner Wear (smart casual)

Optional For This Trip (unless advised otherwise before your trip)

- Walking poles (good for balance & taking the weight off your knees on descents).
Note: poles are a requirement on any trips during which snow might be encountered.

Other Suggestions

- Trekking scarf (buff)
- Trekking Gloves (good for protection while trekking with poles)
- Bathers
- Camera
- Spare batteries for camera
- Reading & writing material
- Pair of flip-flops/ spare trainers for anything
- Knee brace or strapping tape - not essential but useful for injury
- Hand sanitiser
- Miniatures of personal toiletries
- Snacks - though these can be purchased locally
- Book
- Swiss army knife or similar

when out walking. Your day pack should be big enough to carry a jacket, rain gear, picnic lunch, water, and personal effects such as camera, sunscreen, water, snacks, blister kit, etc. A rain cover for your day pack is recommended.

Travel Documents

Passport
Air ticket
Travel Insurance Policy
Personal Vaccination Documentation
Credit card
Spending money (cash) in Euro and Swiss Franc (Euro is widely accepted in the villages along the trail in Switzerland).

Personal First Aid Kit

Your personal First Aid kit will contain Band-aids, Paracetamol, Deep Heat or other muscle liniment, Blister pads, Crepe bandages, Antibiotic cream for cuts and scratches, 'Imodium' tablets, Strapping tape (for knees and ankles), Anti-chafing cream, Pawpaw cream, Foot powder if needed, Waterless hand disinfectant, Anti-inflammatory cream, Broad-spectrum antibiotic tablets, Anti-Nausea Tablets.

We also recommend sharing a First Aid Kit if traveling in a group.

*If you have something you are particularly prone to, ear infections or sinus problems, bring what you need with you

Note: We suggest carrying a few RAT Tests and a sufficient supply of Face Masks.

- Mobile & charger

Walking on Snowfields - Recommended Equipment

This is more likely in the beginning or towards the end of the season in June/September.

- Walking boots - Boots are higher than shoes and will help protect you from snow wetting your socks while crossing snowfields.
- Trekking Poles (required)
- Short Gaiters - optional for snowy conditions on passes
- Sunglasses

A Note On Your Boots

On the TMB, you will encounter alpine trek conditions that vary from well-defined treks to gravel to rocky terrain. Unless you are a very experienced trekker or trail runner we highly recommend wearing walking boots with ankle support on the trek to prevent you from any injuries.

A Note On Your Daypack

- Being in high mountains you should prepare for all eventualities with the weather. High altitudes will always be cooler and if clouds set in it can be cold & damp. Expect 20-30 degrees Celsius at lower altitudes and night temperature can fall below 10 degrees Celsius, so mornings can be cold. Better be prepared than sorry. Dress like an onion, take off/put on layers as required, and store your gear in your day pack when not in use.

<p>Personal Items</p> <ul style="list-style-type: none"> • Comfortable daypack with a rain cover • Waterproof bags for gear moisture protection in day pack while walking (garbage bags are fine) • Water bottles or Camelbak system (2-3 liters recommended. Water is accessible from fountains and hotels along the way. • Blister kit (see blister management), rehydration salts, and any personal medication you use • Alarm clock • Sunscreen, hat, and high UV sunglasses with retaining cord <p>Clothing</p> <ul style="list-style-type: none"> • Well-worn in boots with ankle support, no sneakers on the trek - You are trekking in alpine terrain and will require shoes with a good grip, especially in wet conditions. • 3 pairs of walking socks • 3 T-shirts (lightweight quick-drying tech fabric) or long-sleeved Trekking shirts • 2 pairs of shorts and at least one lightweight pair of pants (for walking in - avoid wearing Jeans!) • Sleeping gear (lightweight for hotel and thermals if you tend to feel cool) 	<p>Personal Day Gear</p> <ul style="list-style-type: none"> • Comfortable day pack with a rain cover • Water bottle or Camelbak • Well-worn in trekking boots with ankle support • Preferred trekking cloth - shirt, pants, socks, trekking scarf (buff), sun protection hat with cord, sunglasses with retaining cord • Walking poles • Trekking gloves for blister protection if you use walking poles <p>Recommended Contents of your Day Pack</p> <ul style="list-style-type: none"> • Blister kit (containing dedicated blister band-aids, moleskin if required) • Rehydration salts (Hydrolite), and any personal medication you use • Rain gear (jacket and pants) according to the weather forecast • Preferred snacks, fruit, and nuts, muesli bars, lollies, chocolate • Fleece or Vest for extra warmth • Beanie • Camera (optional) • Personal spending money
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For any treks encountering possible snow on the higher passes (first treks in June or late treks in September) we will supply lightweight Crampons if required. Please advise your shoe size to source accurate Crampons for you.