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Tour du mont blanc gear list

If staying in refuges is your goal on the TMB, you'll want to bring hip straps for stability. Hikers with 50-60 litre packs should also consider their kids' smaller backpacks, ensuring they have proper gear with comfortable chest and hip straps, not those cheap plastic ones. If buying a new pack specifically for this adventure, test it out beforehand and train with the kit you'll be using on the trek. This way, you can break in your pack and get familiar with its features at least 3 months before embarking on the TMB. Look for packs with built-in rain covers to save space and weight. Osprey backpacks are highly recommended. To stay comfortable, layer up with versatile clothing that adapts to changing weather conditions. Choose synthetic quick-drying fabrics over cotton for their moisture-wicking properties and faster drying times. When relaxing in refuges, keep a change of clothes dedicated solely for refuge use. Avoid reusing sweaty or damp tops from your hiking gear. Use thermals for sleeping and have them readily available in case of unexpected cold or wet weather. Pack a waterproof jacket and trousers, along with a lightweight fleece that packs down well. Include 1-2 pairs of hiking shorts (considering 1 pair of shorts and 1 pair of zip-off trousers) and 2-3 technical hiking tees. Don't skimp on socks - your feet are crucial to the TMB's success. Invest in good quality wool blend socks, packing enough for a clean, dry pair every day. Hiking boots for Tour du Mont Blanc: A Must-Have for Trekking Success Given article text here poles are essential for long distance trekking, especially when using them keeps your arms moving constantly thus reducing swelling. Collapsible hiking poles are ideal for packing up small and can be strapped onto backpacks when not in use. However, using poles constantly can be annoying when taking photos or eating snacks while walking. Recommended hiking poles include Black Diamond Distance Z Trekking Poles, which offer excellent quality, durability, and lightweight designs. For children, I recommend the Black Diamond First Strike trekking poles, as they are brilliant value and comfortable to use. These poles come in various lengths and are made from lightweight aluminium, making them perfect for kids who need extra support. My daughter loved her new poles on our TMB adventure, and I'm confident that it contributed to her successful hike. It's also essential to consider hiking crampons, especially when trekking the TMB trail in June or early July. Crampons provide confidence and protection from slippery patches of snow, which can be fatal if not addressed. We highly recommend Grivel Ran Crampons, which were easy to use and secure with wide rubber and velcro straps. Additionally, sleeping bag liners are mandatory at mountain huts on the Tour du Mont Blanc trail. Either rent one or bring your own, as they provide essential warmth and comfort. I prefer using a RAB silk sleeping bag liner, which is lightweight and comfortable, but it's worth noting that cotton liners can be heavier and less desirable. Given article text here jacketwaterproof trousersfleece (that packs down well)thermal top & bottoms (can double as pyjamas)hat/capneck warmer/scarfhiking boots (well worn in)30-35l backpack (or 50-60l if camping)trekking polesunglasseshiking crampons (if early in season)gaitors (if bad weather due)water bottle/camel pac (1.5-2.0l capacity)guide bookrucksack rain cover (if not built in)snacks/emergency food (biltong, nuts, chocolate, trail bars, real turmac) FOR THE REFUGES sleeping attire (thermal top & bottoms)bed socks (optional luxury)fleece or down jacket (packs down well)beanie/warm hata change of clothes to relax in (thermal top & bottoms)flip flops (if don't want to use the refuge cros)sleeping bag liner (recommend silk)head torchear plugeyes masktoilettriesphone charger (USB multi-charger recommended)power banktravel towelsSAFETY whistle (for each member of group, including children)compassmappen knifefoil blanketfirst aid kit (see below)FIRST AID KIT(plastersantiseptic wipesanitiseptic creamgauze & medical tape)triangular bandagebandageCompeed blister plastersarnica oil (for massaging aching legs & feet)tiger balmanti - inflammatories (abrufer)pain killers (paracetamol/in france doliprane)rehydration salt sachets (we like doralyte)kinesiology tape (to relieve pressure & pain)TOILETRIESlip salve (SPF 50+)suncream (SPF 50+)toothbrush & travel sized toothpasteAny prescription medicineFoot salve (we like Scholls)DeodorantSoap (we like a bar of soap)Travel size shampoo/conditionerMISCELLANEOUSselection of ziplock bags (to keep things dry)large durable bin liner (if you need a cheap rain cover)small binoculars (optional)small foot massage ball (recommended optional luxury)packing cubes (to keep organised & reduce volume)waterproof map casebook or kindlegaffer tape wrapped around a small pencil (great for preventing blisters if you feel friction the list will vary depending on your hike type.For instance, I used luggage transfer on my TMB hike because I like to hike smarter. If you'll be carrying everything with you, you'll need some slight variations. If camping, you'll need more variations. This list is good for any number of days on the trail. Keep in mind that personal preference and need greatly affect your packing list.For example, my small frame means my list might be different from a male hiker's. Hygiene needs may also vary. Use this Tour du Mont Blanc list as a baseline guide and amend it to your specific needs.Read also: 10 Myths About Hiking the Tour du Mont Blanc You Need to Forget Right Now!Regardless of your hiking style, there are important tips to remember when making your Tour du Mont Blanc packing list.For starters, keeping your pack light is key. Whatever you bring, always keep this in mind. Even if it means going extreme, remember that a heavy pack is the worst.It's true - every single ounce counts. I used a kitchen scale and weighed everything I wanted to pack, then got rid of unnecessary items.Then, I filled my bag with the weight and wore my backpack around the house for weeks to appreciate the need to scrape every possible ounce.Even if using luggage transfer, keep it minimal. Companies still impose bag and weight restrictions, and you won't want extra gear in the refuges anyway.Concentrate on packing only things that can double as other things. Don't bring unnecessary items you'll only use once.For example, instead of bringing multiple items, pack a single neck buff that can be used for all those things.It's also good to bring an all-in-one utensil, like travel cutlery with a lightweight plastic option. You can simplify your packing list for the Tour du Mont Blanc by using multi-purpose products like Dr. Bronner's, which boasts 18-in-1 capabilities. While it may not be for everyone, many hikers swear by its effectiveness. For those willing to give it a try, it can be a weight-saving solution. When using luggage transfer for hikes, a day pack and duffel bag are sufficient. I used the REI 25-liter backpack as my day pack, which was a bit larger than needed but worked fine due to the hot weather. However, it's essential to remember that bigger bags encourage carrying more gear. Next time, I'd opt for a smaller daypack like the 16L Columbia or 13L Osprey model. For luggage transfer, standard soft duffel-style bags are recommended by the TMB companies for easier transport. In addition to these basics, great hiking boots with ankle support are crucial for tackling the challenging trails on the Tour du Mont Blanc. Some hikers prefer trail runners or FiveFinger Vibram shoes, but I strongly recommend solid mid-height hiking boots. I'm a big fan of the Oboz Bridger BDry hiking boots, which I've used worldwide without needing to break them in. They're comfortable, heavy-duty, and waterproof. You can find them at Zappos or REI for women and men. Trekking poles are also highly recommended as they significantly enhance your hiking experience. When purchasing poles, you'll want to consider the varying degrees of quality available. While high-end options exist, I've found that cheaper alternatives work just fine. Keep in mind that you can't bring poles in your carry-on luggage when flying, so it's best to buy them at your destination. I picked up some affordable poles at Intersport in Chamonix and had no issues with them. Finally, for a comprehensive Tour du Mont Blanc packing list, consider investing in the following gear: - A reliable water bottle or hydration system (I prefer the Platypus Big Zip EVO) - A good pair of hiking boots - Trekking poles Staying hydrated is crucial on this hike, and there are plenty of places to refill along the way. Depending on your route, you might be able to get away with carrying only one liter, but I recommend having two liters as a minimum. 1. Water bottles and bladders are essential for hiking long distances like the Tour du Mont Blanc. 2. The author uses two different types of hydration systems - a bladder for guzzling water while hiking and a refillable bottle for everyday use, such as breakfast and lunch. 3. The Takeya water bottle is used for its ultra-cold insulation, but lighter weight options are also available like the Platypus Hydration Bladder. 4. Quick-dry microfibre towels should be included in your packing list to make drying off easier after a dip in a river or lake. 5. Bringing a personal towel can be helpful as refuges and hotels may not provide adequate towels. 6. The author recommends checking out the Knife Edge Outdoor Tour du Mont Blanc guidebook for more information on the trail. 7. Even if camping is not planned, it's still necessary to bring utensils such as cutlery or all-in-one utensil for eating on the trail. 8. A safety whistle should always be carried with you while hiking, especially in case of emergencies. 9. It's a good idea to check your backpack for a built-in rain cover and consider purchasing a separate one if needed. !!! Sleeping bag liners are a must-have for your Tour du Mont Blanc adventure. Refuges require all hikers to bring their own sleeping bag liner as they provide pillows and comforters but not sheets. This is like wearing a thin silk sheet in public places. The French word for sleeping bag liner translates to "meat bag" in English. When traveling, it's essential to wash your hiking clothes nightly with Dr. Bronner's travel laundry detergent. This works better than any other detergent and has a pleasant scent. You can also use it to wash your hair, body, brush your teeth, and more. For your Tour du Mont Blanc packing list, remember that the clothing you bring will depend on the weather and time of year. Pack at least 2 short-sleeve hiking tops and 2 long-sleeve hiking tops for unpredictable mountain weather. Bring 2 pairs of hiking shorts or pants, and consider convertible hiking pants for added versatility. Don't forget to pack comfortable non-hiking pants for sleeping, meals, and downtime. I recommend bringing a pair of light, fleece-lined leggings like mine that are perfect for lounging around. Bring two sports bras and rotate them. Wash one every night and wear the other the next day while the other dries. Under Armour is recommended for their quality. Pack underwear, opting for clean pairs each day if possible due to minimal weight. Some recommend washing a few pairs regularly, but it's up to individual preference. For the Tour du Mont Blanc packing list, - Consider a light windbreaker and packable down jacket instead of a heavy fleece. - Bring a lightweight rain jacket and rain pants; some hikes may experience torrential downpours. - Pack three pairs of hiking socks, prioritizing comfort and reliability. Darn Tough is recommended for their quality. - In addition to hiking boots, bring another pair of shoes for non-hiking activities like meals or walking through town. Lightweight sneakers or flip-flops are suitable options. - Include a beanie or headband to keep ears warm, even during heatwaves. Gloves and hat are also essential items, but not necessarily used in every situation. Hats are crucial for hiking the Tour du Mont Blanc due to high exposure to the sun. Don't underestimate its power! Sunglasses with polarized lenses are an absolute must if you want to protect your eyes. A buff is also essential, as it keeps dirt and bugs out of your face and protects your neck from the sun. When it comes to electronics, try to keep them minimal since they weigh a lot. You'll need a portable power adapter for Europe, so don't forget to add that to your packing list. As for cameras, if you want high-quality photos, consider bringing a small point-and-shoot with a zoom lens. Your phone can also work wonders, especially if it's a Google Pixel. Just make sure it has enough storage and battery life. Bring your phone and charger, but try to leave it in airplane mode as much as possible to save battery life and stay disconnected from the world. In terms of hydration, replenish your electrolytes daily with something like Liquid IV. For snacks, consider bringing Cliff Bars or other lightweight options that fit your dietary needs. Remember, this is a subjective part of your packing list, so feel free to customize based on your preferences! When packing for hikes, consider bringing protein-rich snacks that add flavor to simple foods like bread and crackers. For example, a squeezable peanut butter can be a great addition. Don't forget to bring any prescription medication you're taking, along with some extra in case of emergencies. This includes items like Epi-pens, which may seem obvious but are easy to overlook. OTC medications worth packing include pain relievers, itch creams, and stomach meds like Pepto or Imodium. If you have allergies, consider bringing Benadryl or an alternative, such as the French Zyrtec. Don't worry if you forget something - pharmacies in larger cities can usually provide alternatives. Sun protection is crucial on long hikes like the Tour du Mont Blanc. Bring sunscreen and reapply often, especially with a travel-sized bottle that's easy to carry. Also, pack SPF lip balm to prevent chapped lips. A small first aid kit should also be part of your packing list. You can buy a pre-made one or assemble your own with items like bandages, antibacterial cream, moleskin for blisters, and antiseptic wipes. For personal hygiene, pack shampoo, conditioner, toothbrush and toothpaste, face wash, moisturizer, hand sanitizer, toilet paper, and deodorant. Don't forget a hair brush and ponytail holders, contact solution, extra lenses, glasses, eye drops, and feminine products if needed. Consider packing disposable face masks, especially when traveling through crowded areas. Lastly, don't overlook the usual travel essentials like Ziplock bags for carrying food, trash, or keeping items dry. The essential items for your Tour du Mont Blanc (TMB) adventure include: passport, money, credit cards, CDC vaccination card (though it's unlikely needed), ink pen, entertainment, earbuds, and a small bag or fanny pack for carrying essentials. Optional items to consider packing depending on your needs are a tripod for solo hikers wanting great photos, a foot massage ball for those prone to foot fatigue, Biofreeze cream (opting for the 10% menthol version) for muscle relief, knee braces for those with knee issues, and comfortable socks or slippers for post-hike relaxation. Additional suggestions include packing a backpack travel cover for flight checking and crampons in case of snow or icy weather conditions. It's also recommended to carry super small and lightweight covid tests, especially if you're unsure about the local rules and regulations. Here are the essentials to leave behind when packing for the Tour du Mont Blanc: Knowing where you're headed and how to navigate with a compass is crucial for hiking success. Additionally, planning ahead with contingency measures can save your life during emergencies. If you're trekking with companions, the workload can be divided. You'll only need one set of essentials per group member: first aid kits, toilet paper rolls, sunscreen bottles, guidebooks, and power adapters. Don't underestimate the importance of a thoughtful packing list for a trip like the Tour du Mont Blanc - it's a make-or-break aspect.

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