ESSENTIAL KIT

Backpack 35-45 litres volume

Climbing helmet

Mountaineering harness

Insulated mountaineering boots with crampon fittings & “Vibram” soles

Ice axe, straight handle 50cm / 60cm

Crampons with rubber anti-balling plates

ON YOU
- high mountain sunglasses (100% UV)
- warm hat
- warm gloves (mountaineering or waterproof skiing)
- gaiters
- thermal underwear (Merino wool is best)
- fleece, or light to mid-weight down jacket
- Gore-Tex (or equivalent) water+windproof shell jacket
- waterproof mountaineering trousers, or mountaineering trousers (softshell material) + waterproof shell trousers

Chamonix Mont Blanc Guides
IN YOUR PACK
- extra thermal underwear
- ski goggles
- thin gloves
- headtorch
- personal medical kit (e.g. aspirin, sun cream)
- light camera (heavy SLR not advised)
- sturdy water bottle and penknife
- additional snacks (e.g. energy bars, nuts, dried fruit)
- sleeping bag liner (silk is recommended)
- telescopic walking poles are advised

Rental price list

<table>
<thead>
<tr>
<th>Rental price list</th>
<th>1 day</th>
<th>2 days</th>
<th>3 days</th>
<th>4 days</th>
<th>5 days</th>
<th>6 days</th>
<th>7 days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Straight ice axe (mountaineering)</td>
<td>8</td>
<td>16</td>
<td>23</td>
<td>29</td>
<td>35</td>
<td>40</td>
<td>45</td>
</tr>
<tr>
<td>Crampons with anti-balling plates</td>
<td>10</td>
<td>20</td>
<td>29</td>
<td>37</td>
<td>45</td>
<td>53</td>
<td>60</td>
</tr>
<tr>
<td>Harness</td>
<td>6</td>
<td>13</td>
<td>18</td>
<td>23</td>
<td>27</td>
<td>32</td>
<td>36</td>
</tr>
<tr>
<td>Helmet</td>
<td>5</td>
<td>9</td>
<td>13</td>
<td>16</td>
<td>20</td>
<td>22</td>
<td>24</td>
</tr>
<tr>
<td>Head lamp (without battery)</td>
<td>5.5</td>
<td>11</td>
<td>15</td>
<td>19</td>
<td>22</td>
<td>25</td>
<td>28</td>
</tr>
<tr>
<td>Telescopic poles (pair)</td>
<td>10</td>
<td>20</td>
<td>25</td>
<td>30</td>
<td>35</td>
<td>40</td>
<td>45</td>
</tr>
<tr>
<td>Backpack 35L</td>
<td>10</td>
<td>20</td>
<td>29</td>
<td>36</td>
<td>43</td>
<td>50</td>
<td>57</td>
</tr>
</tbody>
</table>