

MONT BLANC EQUIPMENT LIST



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

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