

# Tour du Mont Blanc Packing List

## HIKING GEAR

- [Smartwool Top](#)
- [Waterproof shell with hood](#)
- [Waterproof pants](#)
- [Lightweight fleece with hood](#)
- [Gaitors](#)
- [Warm hat \(toque\)](#)
- [Baseball/sun cap](#)
- [Light gloves](#)
- [Neck warmer](#)
- [Anti-shock & retractable hiking poles](#)
- [2 pairs of convertible hiking pants](#)
- [2 Quick-dry moisture-wicking shirts](#)
- [3 pairs of quick-dry underwear](#)
- [3 pairs of moisture wicking hiking socks](#)
- [Thermal leggings](#)
- [Hiking boots](#)
- [35-45L Backpack](#)
- [2 sports bras](#)

## AT THE HUT

- [1 pair of comfortable pants](#)
- 2 comfortable long sleeved shirts
- [Hut shoes or slippers](#)
- Shoes for outside the hut
- [Pajamas](#)
- [Sleeping bag liner](#)

## HYDRATION

- [2 2litre water bottles](#)
- [Electrolyte tablets](#)

## MISCELLANEOUS

- [Mini first aid kit](#)
- [Compeed blister cushions](#)
- [Toilet paper](#)
- [Plastic bags](#)
- [Tour du Mont Blanc: Complete 2-Way Trekking Guide](#)
- [Headlamp with extra batteries](#)
- [Toiletries](#)
- [Quick-dry towel](#)
- [Washing detergent](#)
- [Travel insurance](#)
- [Universal Travel Adapter](#)
- [Tour du Mont Blanc trekking guide](#)

## DOCUMENTS AND MONEY

- Passport or other identity document
- Cash

## OPTIONAL

- [iPhone 6](#) (for taking photos/listening to music)
- Paper book and a [Kindle Fire](#) preloaded with books
- [Garmin](#)
- Ear plugs and an [eye mask](#)
- [Muscle soreness relief cream](#)
- [Foot roller massager](#)
- [Card Game](#)

For more specific information on the packing list recommendations visit the [Tour du Mont Blanc Packing List](#). For more information on the trek itself, [click here](#).

Note: This packing list contains affiliate links, meaning if you buy something, I receive a small commission at no extra cost to you.