

MONT-BLANC CHECK-LIST (EQUIPMENT)

- ✓ Mountaineering boots or plastic boots
- ✓ Gaiters and helmet
- ✓ Ice-axe (walking axe)
- ✓ Crampons with anti-balling plates
- ✓ 1 or 2 telescopic poles
- ✓ Harness with screw-gate karabiner
- ✓ 35L Rucksack
- ✓ Over jacket with big hood
- ✓ Over trousers
- ✓ Fleece jacket
- ✓ Warm hat and thermal underclothes
- ✓ Gloves and mittens
- ✓ Sunglasses and goggles
- ✓ Head lamp with spare battery
- ✓ Sun-cream and lipsalve
- ✓ Thermos flask plus 1.5 litres of water
- ✓ Cereal bars or similar snacks

Small personal First-aid kit

- ✓ Aspirin (or similar pain killer)
- ✓ light sleeping-pill (such as stilnox)
- ✓ Imodium
- ✓ Compeed
- ✓ Elastoplasts
- ✓ Toilet paper
- ✓ Ear plugs

Good preparation and training are the best ways to limit problems in altitude.
A comprehensive First-aid kit is unnecessary.