



Compagnie des Guides de Saint-Gervais Mont-Blanc

EQUIPMENT LIST FOR GLACIAL HIKING

Good mountaineering boots	<input type="checkbox"/>
Gaiters	<input type="checkbox"/>
Ice axe (walking axe) - Crampons with anti-balling plates	<input type="checkbox"/>
Harness + screw-gate karabiner	<input type="checkbox"/>
One telescopic pole	<input type="checkbox"/>
Rucksack 40 L	<input type="checkbox"/>
Hot clothes protecting against the wind (jacket with hood, hot trousers, fleece jacket)	<input type="checkbox"/>
Thermal underclothes	<input type="checkbox"/>
Gloves and mittens	<input type="checkbox"/>
Warm hat	<input type="checkbox"/>
Sunglasses and goggles	<input type="checkbox"/>
Torch and spare battery	<input type="checkbox"/>
Sun cream and lip stick	<input type="checkbox"/>
Thermos or 1.5L water, cereal bars	<input type="checkbox"/>
Small personal first aid kit: aspirin, small sleeping pill, toilet paper.	<input type="checkbox"/>

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