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Equipment List Haute Route

The idea here is to minimize everything. You will only need a 30 liter back pack for all your things. Toothpaste, for example, can be eliminated all together, or just a small tube will do. Take your time to find small quantities of these items, or place into smaller containers.

Clothes:

- Mountaineering boots: semi ridged, crampon compatible, B2
- Crampons: C1 or C2 www.en.wikipedia.org/wiki/Crampons
- Ice axe 50-60 cm light weight
- Alpine Harness
- Carabineers: one locking and one regular
- Trekking Poles
- a fleece hat or head band plus the hood on your Gor-Tex Jacket
- a baseball cap for the sun
- a pair of high quality glacier glasses
- warm underclothing (wool, or light polar fleece)
- a mid-layer/ possibly windstopper polar fleece
- to protect you from the wind or from bad weather : a Goretex mountaineering jacket, also protecting your head
- light weight down jacket like Broad peak from Mammut
- warm leggings
- light cotton or Scholler mountaineering trousers
- hiking socks specifically made for use in hiking or ski boots
- gloves- fairly light windstopper or other insulated

Miscellaneous:

- iPod for music and small book/e-reader
- (tiny)tooth paste, tooth brush
- a very light LED Head Lamp. Place a new alkaline battery in your head lamp, and bring with you an additional battery.
- silk sleeping sac. The huts have woollen blankets or down duvets for insulation, but this silk liner will provide a hygienic buffer. Some huts may require this.
- a water bottle (1.5 liter minimum), light, isothermal (thermos) or bag/hydration system
- a pocket knife
- sun cream, lipstick
- medicines : "Compeed" to prevent blisters, Aspirins, earplugs (many people snore in the huts !) personal drugs, plasters
- a ziplock baggie containing passport, money (most of the huts do not accept credit cards), ect.
- - camera