

Haute Route Trek Equipment List

Chamonix to Zermatt, The Alps

It is extremely important to the success and safety of your trek that you bring all the items listed below. The weather can be either warm or very windy and cold. Be prepared to encounter all types of conditions. If you have any questions about what to bring just give us a call. The list below is for the trek only and is everything you'll need from the time we leave Chamonix to when we arrive in Zermatt 9 days later. It does not include other clothing and items you'll want for your travels through Europe before and after the trek.

EQUIPMENT

Lightweight hiking boots, high top (make sure they are broken in!)
Internal frame pack – 30-45 liters
Pack rain cover
Ski poles or collapsible trekking poles

CLOTHING & INSULATING LAYERS

Parka – Gore-Tex or equivalent waterproof-breathable, must be lightweight and with hood
2 Short sleeve synthetic t-shirts
2 Long sleeve synthetic tops - lightweight
Synthetic thermal bottoms- lightweight
Lightweight fleece pullover
Extra lightweight insulating layer such as a synthetic pullover or down vest.
Synthetic long hiking pants
Hiking Shorts
2-3 pairs synthetic socks - No cotton
2-3 pairs light Liner Socks (optional)
underwear
Lightweight liner gloves
Wool or fleece warm hat
One change of clothes (shirt and pants) for in-town – These can be lightweight cotton.

OTHER IMPORTANT ITEMS

Sleeping bag liner (silk is best)
Nylon stuff sacks for gear organization (only a couple are needed)
2-one liter wide-mouth water containers or a hydration system such as a camelback may substitute. Good idea to still bring one-bottle for tea, etc.
Swiss Army-Type Knife or small pocket knife
Sunglasses – dark wrap style
Sun block (Rated 25+)
Chapstick
bandana or buff
Lightweight calf gaiters
Flip flops or lightweight sandals
Sunhat
Small Headlamp
Toothbrush and toothpaste
Small first aid kit with personal medications

Foam ear plugs-- helps provide a good nights sleep by minimizing hut noise
Toilet paper – small amount

OPTIONAL

Camera (maybe not so optional!)

Book

Journal

Small bottle with woolite for hand washing clothes

Wet wipes

A few words on packing light: We all want to do it, but really don't want to leave behind the essential items. So, the answer is to purchase lighter gear. On the Haute route we carry all our stuff in a small pack for 9 days and it's best to be as compact and as light as possible. Best of luck with your packing and give us a call if you have any questions! 1-877-686-2546