

Haute Route Alps Gear List

LUGGAGE & PACKING AIDS

- Backpack & Raincover
- Ultralight Summit Pack
- Packing Cubes

BASIC TRIP GEAR

- Mobile Phone with GPS (download maps)
- Whistle
- Sun Glasses
- Headlamp & Extra Batteries
- Emergency Toilet Paper
- Hand Sanitizer
- Sun Lotion & Lip Balm
- Camera & Accessories
- Sitting Pad
- Water Bladder & Hose
- Water Bottle (1)
- Trail Meds (Aleve)
- Contacts / Eye Glasses
- Personal Medications

HUT GEAR

- Hut Shoes & Socks
- Hut Pants & Shirt
- Hygiene Kit
- Hand & Bath Towel
- Ear Plugs
- Eye Mask
- Sleeping Sack

FOOTWEAR & TRANSIT GEAR

- Trail Boots
- Microspikes (early season only)
- Trekking Poles

TRAIL FOOD & DRINK

- Snack Food (restockable enroute)
- Energy Bars
- Recovery Drink
- Electrolytes

BASIC TRIP CLOTHING (wash enroute)

- Underwear (3) & Bra (1)
- Short Sleeve Shirts (3)
- Long Sleeve Shirt or Jersey (1)
- Convertible Pants (1)
- Fleece or Soft Shell Jacket
- Light Weight Synthetic Coat
- Ultra Light Windbreaker
- Shell Parka & Pants & Rain Mittens
- Sun Hat & Neck Cape
- Tuque / Beanie & Buff
- Gloves
- Hiking Socks (2)
- Pee Cloth (for women)
- Travel Clothes

TRAVEL ITEMS

- Passport
- Debit Card w/no foreign fees
- Credit Card w/no foreign fees
- Permits & Confirmations
- Phone Recharger Cable
- Power Adapter / USB Plug
- Headphones
- Journal & Pens

BASIC GROUP GEAR

- Paper Route Maps
- Route Beta
- Satellite Texter & Cable
- Emergency Water Filter
- First Aid / Repair Kit
- Laundry Pods & Drier Sheets

PERSONAL ITEMS

- _____
- _____
- _____
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