

MONTE ROSA KIT LIST

TOPS

- Hard-shell Waterproof shell jacket (GORE-TEX or similar)
- Down or Synthetic warm jacket
- Mid layers (fleece or similar)
- Base layer tops long sleeve
- Base layer tops short sleeve
- Cotton T-Shirts

BOTTOMS

- Hard-shell Waterproof shell pants (GORE-TEX or similar)
- Soft-shell Mountaineering / trekking pants
- Base layer leggings
- Shorts
- Underwear

FOOTWEAR

- B2 or B3 Graded mountaineering boots
- Warm socks (Merino wool is ideal)
- Trail shoes / hiking shoes (optional)

HEAD GEAR

- Warm hat
- Sun hat
- Sunglasses (Cat. 4 ideally with side covers)
- Sunscreen SPF 50+
- Lip balm SPF 30+
- Ski goggles
- Bandanna or Buff

HAND GEAR

- Thin softshell gloves
- Thick warm gloves

CLIMBING ACCESSORIES

- Mountaineering backpack (30-40L)
- Ice axe
- Crampons
- Climbing helmet
- Alpine climbing harness
- Locking carabiners x 2
- Collapsible trekking poles

TRAVEL ITEMS

- Copy of passport and insurance policy
- Travel clothes
- Credit card / cash for personal expenses

GEAR / EXTRAS

- Water bottles x 2
- Toiletries
- Earplugs

ACCESSORIES / OTHER

- Headlamp plus spare batteries
- First aid kit and relevant medication
- Camera
- Mobile phone
- Sleeping bag liner
- Snacks (bars, gels, dried fruit)