An excellent week of hut-to-hut trekking through the Italian Alps culminating in an ascent of Gran Paradiso, the highest peak in Italy

- Conquer Gran Paradiso (4061m), the highest peak in Italy
- Trekking through spectacular Alpine scenery via high passes, with two 3300m summits
- Discover Alpine life, staying in some of the best mountain refuges in the Alps
- A perfect holiday for experienced and novice Alpinists alike
- **FREE Equipment hire worth £100 is available for this holiday**

**Italy, Trek & Walk, Climb, 8 Days**

5 nights mountain hut / refuge, 2 nights chalet, 7 breakfasts, 7 dinners, max group size: 8, 6 days trekking and climbing, max altitude - 4061 metres
Introduction

An incredible adventure trekking in the Italian Alps, with easy climbing to conquer the summit of Gran Paradiso. The only 4000 metre peak entirely within the Alps of Italy, Gran Paradiso (4061m) dominates the impressive alpine mountain massif of the same name. After a night in Chamonix, we drive into Italy to beautiful Valgrisenche, to begin our 6 days of high-level trekking and easy climbing. Mostly walking within a national park, this is a tranquil alpine area allowing for pleasant trekking, largely free of tourist development and home to wildlife such as ibex, chamois and marmots. Each night we stay in a different alpine mountain refuge and enjoy good food and Italian hospitality. Walking over 3000 metre passes, we continue trekking to 2 straightforward viewpoint summits, Becca della Traversiere (3334m) and Punta Basei (3388m).

Finally, from the Rifugio Vittorio Emanuele, we make the classic, easy snow face and rocky ridge ascent climbing to the summit of Gran Paradiso (4061m), where the views extend northwards over the Alps to prominent Mont Blanc. This is one of the Alps most straightforward 4000 metre summits and our easiest Alpine climbing holiday that combines nicely with classic walking in the stunning Italian Alps.

Is this holiday for you?

This is real mountain travel, following good trails to the snowline and also involving sections of scrambling, snowslope climbing and glacier travel, where ropes, crampons and an ice-axe will be used. We average 6 to 8 hours walking each day. Given the non-technical nature of the climbing and the fact that the group will be led by IFMGA guides, this trip should be feasible for novice alpinists, providing they have a good level of fitness. Our several days at between 2000 and 3000 metres and the climbing of two 3300 metre peaks, will provide useful acclimatisation and fitness training, prior to making the ascent of Gran Paradiso. Generally the group's technical climbing equipment, ice-axe, crampons and harness, is not needed until the ascent of Gran Paradiso on Day 6. This equipment is transported to the Albergo Paradiso, below the Vittorio Emanuele Refuge, to be picked up there. Guiding is at a ratio of 1:8 during the first 4 days and 1:4 during the final 2 days.

Holiday Itinerary

Day 1: Meet at the group's chalet in Argentiere in the Chamonix Valley.

The group will rendezvous at our chalet in Argentiere, just a short distance from Chamonix. Here, our guide will meet us in the evening for an informal chat about the week ahead. KE Land Only package services begin with dinner at the chalet

Day 2: Drive through the Mont Blanc Tunnel to the Aosta Valley. Trek to Rifugio Mario Bezzi 2284m.

In the morning we have time to check through equipment and make any last-minute purchases, before transferring through the Mont Blanc Tunnel to Italy's Aosta valley and Valgrisenche. From the road head at Usellieres (1800m) we start our trek on foot, continuing up Valgrisenche, ascending gently up to the comfortable Bezzi Hut. This hut has excellent facilities and a reputation for its fine food. In the afternoon we explore the local
area, allowing time for some gentle acclimatisation. The Rifugio Mario Bezzi was built in 1931 and has since been rebuilt in grand Italian style. It has 90 beds, washing facilities, showers and hydro-electricity for lighting.

Day 3: Trek the Col Bassac Dere (3082m) & Becca della Traversiere (3334m) to the Rifugio Benevolo (2287m).

From the refuge we make a gradual ascent of the west facing slopes below the Grand Traversiere (3496m), crossing many mountain streams which descend from the glaciers above. A final ascent across a moraine slope leads to the Col Bassac Dere (3082m), which we reach after approximately 3 hours. There are great views from this pass of the north-east face of the Grand Sassiere. From here, conditions permitting, we will make an ascent of Becca Traversiere (3334m) which is a return trip of 2 hours from the col. The descent from the col crosses the remains of the Glacier de Golette to reach Lake Goletta. The exit from this hanging valley winds its way steeply down many zigzags to the Refuge Benevolo. This is an older style of hut than the Bezzi and provides a traditionally warm welcome for mountaineers. An open valley lies in front of the hut and this is a favourite area for ibex and large herds of cows brought up for summer grazing. 5 to 7 hours walking in total. The Rifugio Gian Federico Benevolo is at an altitude of 2287 metres. It was built in 1930 and has 60 beds. In 2014 it was extended to provide new toilets, showers and wash rooms. The water is drinkable and there is always plenty of wine available.

Day 4: Trek via Col Nivolettaz (3120m) and climb Punta Basei (3338m). Descend to the Rifugio Chivasso (2604m).

Following the left bank of the Doire de Rhemes Gorge, we leave the hut and gradually ascend to the Col Nivolettaz (3120m), which takes 3 hours. From the col it is possible to ascend to the small rocky summit of Punta Basei (3338m) which presents little more than a rope assisted scramble, however, this can only be attempted in smaller groups when the weather is good. We return to the col, and descend crossing the remains of the Bassey Glacier and make our descent between rock bands leading down to the Col Nivolet. This col has a small road leading to it from the south side of the Grand Paradiso National Park and thus gets busy with tourists during the day. Tonight we will aim to stay in The Rifugio Citta di Chivasso, built in 1940, 36 beds, solar lighting, basic washing facilities, an amazing library and good food. Another option is the Rifugio Savoie (2534m), built in 1920, 70 beds, drinking water, washing facilities and mains electricity. Just occasionally, when these huts are over-booked and therefore severely crowded, we will be obliged to descend to valley accommodation (taking an extra 2 hours).

Day 5: Trek via the Albergo Paradiso (2000m) to the Rifugio Vittorio Emanuele (2735m).
From the refuge we descend past the Nivolet lakes and follow the Doire de Nivolet, with its beautifully clear water, first along a flat plain, often scattered with grazing cattle and scampering marmots and then we drop steeply down to the Albergo Paradiso. (2 hours of descent). Here, we can treat ourselves to a hot drink and a shower at the local campsite. This is also the rendezvous point with our extra guides and technical climbing equipment plus an opportunity to re-arrange the rucksack. Afterwards we make the steep, 2 to 3-hour ascent to the Rifugio Vittorio Emanuele (2735m). The old hut (still there) was built in 1884, whilst the new one did not appear until 1932. There are beds for 120 people and there is good drinking water, washing facilities, a lake, hydroelectricity, bar and restaurant. This large, lively hut is friendly and well organised, with good food, coffee and wine!

**ACCkOMMODATION** MOUNTAIN HUT / REFUGE  
**ASCkENT** 750M  
**DISTANCE** 15KM  
**GPS DATA** VIEW NOW

**MEALS** BD  
**DESCkENT** 650M  
**TIME** 5 - 6 HOURS  
**WALKING HOURS**

**Day 6: Climb Gran Paradiso (4061m) and descend to the Rifugio Federico Chabod (2750m).**

A pre-dawn start from the hut to climb this isolated peak, crossing boulders and snow fields which lead us onto the Glacier du Mont Gran Paradiso and towards the Becca de Montcorve. We cross snow slopes to reach the Fenetre du Mont Roc, crossing a rimaye (a large crevasse separating the glacier from the permanent snow field above) and ascending a steep slope to give access to the final rocky summit ridge. The final 100 metres is an exciting exposed scramble though we are well protected. The summit supports a recently renovated 'Madonna' which is fortunately well attached to the rocks. This is a fantastic viewpoint particularly of the Mont Blanc Massif. 5 hours and 1300 metres of ascent. The return journey is made via the same route for a short distance, then down the Glacier de Laveciau. This is usually a fairly intricate maze of crevasses which we wind our way through, eventually exiting onto the moraines through which a trail leads down to the Rifugio Chabod. This is a good place to bask in the sun and admire the north face of the Gran Paradiso (a popular ice climb) and our route down through the icefall. The Rifugio Federico Chabod is at an altitude of 2750 metres. It was built in 1985, and had a new extension added in 2016. It has accommodation for 100, drinking water, washing facilities/showers and hydro-electricity.

**ACCkOMMODATION** MOUNTAIN HUT / REFUGE  
**ASCkENT** 1300M  
**DISTANCE** 12KM  
**GPS DATA** VIEW NOW

**MEALS** BD  
**DESCkENT** 1300M  
**TIME** 7 - 8 HOURS  
**WALKING HOURS**

**Day 7: Walk out via Lavebau to Pont (1986m). Transfer to Argentiere.**

After a relaxing breakfast, we pack up our gear and make the gentle descent via Lavebau. A good chance to spot herds of Ibex and Chamois. We enter the woods above Donzel and descend to Pont. After lunch we transfer back to our comfortable chalet in Argentiere.

**ACCkOMMODATION** CHALET  
**ASCkENT** 50M  
**DISTANCE** 6KM  
**GPS DATA** VIEW NOW

**MEALS** BD  
**DESCkENT** 900M  
**TIME** 2 - 3 HOURS  
**WALKING HOURS**

**Day 8: Departure day.**

KE Land Only package services end after breakfast.
MEALS B

Holiday Information

What's Included

• Professional qualified IFMGA guide(s)
• Accommodation as described
• All land transport involved in the itinerary (not including airport transfers)
• Meals as detailed in the meal plan

What's Not Included

• Travel Insurance
• Airport transfers
• Meals as described in the meal plan
• Miscellaneous expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

The group will rendezvous at the Yeti Lodge in Argentiere on the evening of day 1 of the trip itinerary. For clients arriving by air, the easiest way to get to Argentiere is to fly to Geneva Airport and make use of an airport transfer service. We recommend mountaindropoffs.com. KE clients can get transfers from €30 each way by entering the promo code KE11. Please note that transfers are subject to availability and your flight details are required a minimum of 72 hours before your arrival in Geneva.

Hotel contact details and an emergency number will be provided with your jbooking confirmation. If you are driving to Chamonix we will provide route details and directions to the group hotel/chalet in Argentiere. Parking is available for clients arriving by car.

Meal Plan

All meals except lunches are included in the trip price. Packed lunches or hill-food can be bought in the huts. On most days there will also be the possibility of having a hot lunch either at a hut encountered on route or a late lunch taken at our overnight halt. Depending on your choice you should allow €10 - 20 per lunch.

Food & Water

The food in Yeti Lodge is varied and plentiful. Continental breakfasts and full 3-course evening meals are included at the Yeti Lodge has and there is an 'honesty bar' for wine and drinks with your meals. At the huts there will be set 3 course meals and hearty breakfasts. Packed lunches or hill-food can be bought in the huts. On most days there will also be the possibility of having a hot lunch either at a hut encountered on route or a late lunch taken at our overnight halt. Depending on your choice you should allow €10 – 20 per lunch.

When in the towns and villages all tap water is drinkable. In mountain huts there is usually not a sustainable drinking water supply. Water in plastic bottles is brought in to the hut. All huts have a recycling point. If you have to purchase water in plastic bottles please buy the largest bottle you can as to use less plastic. Please take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water if you can fill from a local stream. Bottled water is not provided. We do not encourage the purchasing of single use plastic bottles. Local
authorities are working to find solutions to using plastic water bottles in huts. We monitor the situation carefully for updates.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot provide special diets. Due to the nature of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

During this trip, the group will spend 2 nights in a chalet in Argentiere, Chamonix. Accommodation here is in either twin or 3-person rooms. Whilst in the mountains, there are 5 nights spent in mountain huts, where the accommodation is on a non-segregated, dormitory-style basis. In the high mountain huts, washing facilities are limited.

Group Leader & Support Staff

There will be one or two IFMGA guides (depending on group size). Guiding is at a ratio of 1:8 during the first 4 days and 1:4 during the final 2 days.

Altitude

This holiday involves going to high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on trekking at high altitude on our website which can be viewed via the link below. You can also talk to one of our trekking experts if you have any concerns about altitude.

[www.keadventure.com/page/altitude.html](http://www.keadventure.com/page/altitude.html)

Spending Money

A total of €200 should be sufficient to cover all personal expenses, including your hill-food and lunches, drinks and other incidental expenditure. Bottled water in the huts is very expensive, but on most nights of this trek water is safe to drink from the tap. Beer, wine and soft drinks are available every night. There are cash point facilities in Chamonix. If you are intending to hire or purchase items of equipment, you should budget accordingly (credit cards can be useful in this respect).

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack (of around 30 - 40 litres). For international flights please check your baggage allowance with your airline. Since group members will carry all personal equipment during the trek, it is important to keep the overall weight of this equipment to a minimum. Neither a sleeping bag nor a camping mattress is needed and it should be possible to keep the weight of your pack to under 10kg.
Whilst in the mountains you will leave your main bag and travel clothes in the group's chalet in Argentiere. Luggage with wheels can be useful for this holiday.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

Recommended Outdoor Retailers

Many of the Equipment items listed above are available from Cotswold Outdoor - our 'Official Recommended Outdoor Retailer'. When you book a holiday with KE you will receive 15% discount voucher from Cotswold Outdoor and other retailers. >> Find out more

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

General Information

Passport & Visas

A passport with 6 months remaining validity at the end of your stay is generally required for visits to countries outside the EU. The information that we provide is for UK passport holders. Please check the relevant embassy or consulate for other nationalities. It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Visa requirements and charges are subject to change without notice. If you are travelling outside the EU you should have at least 2 blank pages in your passport for each country that you visit.

Visa information is changing all the time. Please ensure that you check for the latest advice before travel.

Visa Europe

Travel to the European Union, Switzerland, Norway, Iceland or Liechtenstein will change from 1 January 2021. Before you travel, you should check the latest government advice at: https://www.gov.uk/visit-europe-1-january-2021

From 1 January 2021 your passport must be less than 10 years old and have at least 6 months validity beyond the date of travel.
Health & Vaccinations

Severe Allergies

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

EHIC / Medical Cover

UK residents should obtain a free European Health Insurance Card (EHIC). This entitles you to state provided medical treatment, but is not a substitute for medical travel insurance which is still vital when travelling overseas.

Electricity Supply & Plug

We recommend you check if you require an adaptor for your electrical items at:

http://www.worldstandards.eu/electricity/plugs-and-sockets/

Preparing For Your Holiday

It makes a lot of sense to spend some time before coming on a trekking or climbing trip getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. We would suggest that you adopt a weekly exercise regime leading up to your trip. Jogging, squash and swimming are good for developing better stamina. Before departure, we suggest that you try to fit in a number of long walks in hilly country.

Climate

The temperatures that we can expect to encounter during the day will be reasonably warm, ranging from 10°C / 50°F to 25°C/ 77°F. It can be cool in the evenings at our highest overnight stopping places, falling close to freezing point at night. The weather is usually stable during July and August, but mountainous areas do generate their own weather systems and occasional rain and even stormy weather cannot be ruled out. You should be prepared for all eventualities!

Travel Aware

As a reputable tour operator, KE supports the British Foreign & Commonwealth Offices’ Travel Aware' campaign to enable British citizens to prepare for their journeys overseas. The ‘Travel Aware’ website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCO and
are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use. We have pledged to AITO’s Project Protect that 70% of our agents stop using single use plastic bottles.

Books

• The Alpine 4000 Metre Peaks, Classic Routes, Richard Goedeke, Diadem

Maps

Kompass Maps

Gran Paradiso and Val d’Aosta. 1:50,000.

Flight Information

Flight Inclusive Or Land Only?

On our website we display a UK Flight Inclusive package price and Land Only package price for the majority of our holidays.

Land Only Notes

We sell this holiday on a Land Only basis and recommend that you book your flights to Geneva Airport which is approximately an hour’s drive from Chamonix and three hours by train from Zermatt. Please refer to the ‘Joining arrangements and transfers’ for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

If flying from the UK there are a number of low cost airlines offering flights to Geneva. These include Easyjet who have flights from London, Manchester, Liverpool, Bristol, Edinburgh & Glasgow. Other airports may be available.

If you would prefer to book a ‘flight inclusive package’ using scheduled airlines from the UK please contact our flights department for a quote. Whilst flight prices are likely to be more expensive you will benefit from full financial protection.

Why Choose KE Adventure Travel?

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Operating since 1984, KE Adventure Travel has some of the most experienced staff in the business, with the proven ability to set up and operate a worldwide programme of adventures. Everyone has adventure travel at heart and joins at least one trip a year. It is this depth of experience that makes KE stand out from other adventure
travel operators. When you contact KE, by phone or e-mail, or visit our office, you will find the help and advice you need, from someone who has actually done the trip and can give you the benefit of their first-hand experience.

KE can guarantee the very best in trip support, excellent food, a good standard of hotel and other accommodation, plus the back up of one of the most respected companies in the business. Client satisfaction is at the top of our agenda and almost 50% of our bookings each year come from repeat business. If you are looking for adventure then look no further than KE.

Group Tour Leaders

All of our holidays are accompanied by an experienced leader, some of whom have worked with KE groups for many years. Many are professional guides and instructors with an unrivalled knowledge of the areas in which they work. In many parts of the world, we recruit local guides with appropriate training and experience. In addition to having the technical skills to ensure your safety, KE expects its leaders to be active members of the group. A leader should be fun to travel with and ready to share with you their enthusiasm for adventure travel and their knowledge of the area. Alongside the group leader, there will be a local support crew, which could be just a driver, or a complete team of guides, drivers, porters, mule-herders and cooks. The hard work of our support crews, along with the fascinating insight they can offer into their local culture, is integral to providing you with the very best adventure travel experience.

Sustainable Tourism

Since we ran our first trip in 1984, we have been committed keeping the world's most beautiful places pristine by minimising our environmental impact. Recognising the fragility of the world's wilderness environments, we keep our groups small and operate according to a 'Mountain Code', which is provided to all groups, trek leaders, agents and staff. We make sure that our local staff are well treated and well paid, we respect indigenous cultures, take care to protect the environment of the places we visit and take every opportunity to make a positive contribution wherever we travel. Our philosophy of 'leaving nothing but footprints' has been integral to KE's approach right from the start over 30 years ago. In recognition of our efforts we are proud to have achieved the highest award of 5 Stars for Sustainable Tourism by AITO.

We continue to travel responsibly, and more information on our policy, practice, and specific projects can be found at www.keadventure.com, and on the website of our partner charity the Juniper Trust: www.junipertrust.co.uk. KE's Mountain Code is issued to our staff, trek leaders and overseas agents, and we recommend it to our clients, too!

Booking Your Holiday

The easiest way to make your booking is online. You will need to pay a deposit at the time of booking. This is normally £200 but for some holidays with special permit fees or internal flights, this may be more. The amount of deposit required for an individual holiday is given on the dates and prices page of the holiday. Late bookings will require full payment. We cannot confirm any booking until we receive your fully completed booking form.

Adventure Travel Insurance

It is a condition of joining any of our trips that you are insured against medical and personal accident risks (to include repatriation costs, air ambulance and helicopter rescue services). We also strongly recommend that you take out holiday cancellation insurance, as all deposits paid are non-refundable. Please ensure that your insurer is aware of your KE Adventure itinerary and can agree to cover the activities being undertaken. You will then need to advise us of your policy details and complete an Insurance Declaration Form.
CAMPBELL IRVINE DIRECT travel insurance is available to EU residents and will cover the majority of KE Adventure holidays. It has been designed to provide cover for activities normally excluded by other insurers such as trekking, mountain biking and climbing. Please note that certain activities may attract a higher premium. In addition ‘Campbell Irvine Direct’ cannot provide cover for KE climbing trips above 6000m. Cover for these can be obtained through either the British Mountaineering Council (BMC) or Snowcard.

TRAVELEX is a USA based insurer offering travel insurance, which can be used by US citizens and US residents only. KE recommends the "Travelex Select" package for our holidays. If your holiday involves using mountaineering equipment (ropes, harness or crampons), for climbing or glacial travel, you should consider the "Adventure Plus Pak" optional upgrade on the Travelex Select Plan. Please refer to the 'Description of Coverage' for a summary of the terms, conditions, exclusions and limitations of the applicable Protection Plan. This policy will also cover KE climbing trips above 6000m.
Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your pack to a minimum.

You Must Bring The Following Items:

- Helmet*
- Screw gate karabiner x 1*
- Mountaineering harness*
- Ice Axe*
- Crampon bag* (when hiring crampons a bag is automatically included / can not be hired separately)
- Crampons – MUST be fitted with anti-balling plates*
- Mountain Boots (see notes below)
- Trekking poles x 2 (with baskets)
- Gaiters
- Socks – walking socks are best (2/3 pairs)
- Trekking Trousers (i.e. not cotton)
- Waterproof trousers
- Underwear
- Thermal Base Layer x 2 (one long sleeved for glacier travel)
- Fleece jacket or pullover
- Waterproof jacket (with hood)
- Extra warm layer – (lightweight ‘primaloft’ or down jacket)
- Sunhat
- Warm hat
- Sunglasses – category 3 or 4.
- Thin gloves – leather or thermal
- Warm and waterproof gloves gloves or mittens
- Sleeping bag liner/sheet sleeping bag (silk is lightest)
- Rucksack (30 - 40 litres should be sufficient)
- Rain cover for Rucksack
- Head torch and spare battery
- Sun Protection (high factor for skin)
• Lip salve – with sunscreen
• Water bottle x minimum 2 litre (we encourage re-filling water bottles rather than single use plastic)
• Water purification tablets
• Small, lightweight wash kit and pack towel
• Dry bags(s) for daypack/kitbag contents (to ensure they keep dry)
• Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters, blister treatment (zinc oxide tape and ‘Compeed’), insect repellent, and re-hydration salts (Dioralite).

The Following Items Are Optional:
• Change of shirt and trousers
• Thermal baselayer - leggings
• Shorts (for non-glacial travel)
• Earplugs (particularly if you are not the one snoring!)
• Repair kit – (eg. Pen-knife, needle, thread, duct tape etc.)
• Camera
• Travel Clothes (can be left at your hotel)
• Travel Shoes (can be left at your hotel)
• Reusable cloth bag for shopping (to avoid plastic bags)

Notes

Mountaineering Boots: Recommended boots for this trip are comfortable, warm and sufficiently stiff to take a crampon securely (a sturdy B1 or a ‘worn in’ B2 boot is ideal). Rigid B3 boots are NOT suitable for this trek.

Crampons: Modern strap on crampons are perfectly acceptable for this trek and will fit any boot. All crampons MUST be fitted with anti-balling plates. Grivel Crampons - G10 or G12 with a strap system are excellent and they come fitted with anti-balling plates. We do not recommend semi-automatic crampons for use with softer boots since with this system, the pull on the heel can lead to blisters. Aluminium crampons are not suitable for this trip (they are not strong enough over mixed terrain).

Equipment hire: Equipment marked with a *can be hired from KE. This can be reserved when you book your trip or closer to your departure but we advise booking hire equipment as soon as possible to ensure availability - equipment hire must be booked through the KE office prior to your departure. Any hired equipment will be collected on arrival from your guide. We do not hire mountaineering boots, but there are several shops in Chamonix renting boots that are suitable for this trip.

Sleeping bags are NOT required as bedding and hut shoes/slippers are provided at mountain refuges. However, you should bring a sheet sleeping bag.

Needle Sports (Specialist Mountaineering Equipment Shop)

Needle Sports is the English Lake District’s foremost specialist climbing shop supplying mountaineering, rock, ice, alpine and expedition equipment worldwide. Internationally recognised as among the very best of the UK’s top
technical climbing gear retailers. They have a good range of equipment appropriate for this trip and offer knowledgeable advice both on their website and in store. View >>http://www.needlesports.com/

Please note: This document was downloaded on 3 Nov 2020, and the trip is subject to change.