

Packing list for the Alps 2015 trip

PACKING LIST for IN CAMP:

We will be in camp 5-6 days in camps. Campers are expected to wear ALC clothing while in camp.

- Beach Towel
- Bathing suit
- Pajamas
- Sleeping Bag
- Socks, underwear and bra (*cotton is fine!!*)
- 1 pair of Blue ALC Shorts
- 1 pair of White ALC Shorts
- 2 Blue ALC t-shirts
- 2 White ALC t-shirts
- 1 ALC Sweatshirt or Fleece
- 1 pair of Jeans or ALC Sweatpants
- Flashlight or Lantern, for in the ALC tent.
- *Optional:* crazy creek, pillow, games, additional book.

PACKING LIST (must-haves) FOR ALPS TRIP:

Each camper's pack should weigh **NO MORE** than 20-25 pounds **WITH** water...

*** Reminder: DO NOT BRING COTTON.**

A word about cotton: When cotton gets damp/sweaty/wet, not only does it become heavy and take forever to dry, more importantly, it draws warmth from your body. It has no insulating properties. On a long cold, rainy day, wet cotton next to your body is not only uncomfortable, it can cause hypothermia. **Fleece, merino wool and synthetic** materials retain their insulating qualities. These keep you warm even when wet, dry quickly, and are lightweight. There are many excellent jackets, sweaters, shorts, pants and hiking t shirts made from these materials which are known by many different names: quilted synthetics, nano, Icebreaker, silk weight, quick dry, merino wool etc. As with the other clothing items, we recommend your hiking t shirts be made of these materials (**not** cotton) because they hand wash easily, dry quickly and have qualities that keep you cool on warm days and warm on cold days!

Please do not bring cotton long underwear, sweatshirts or sweatpants.

● **BACKPACK**

A pack size of 38 - 54 liters or 2,300 - 3,500 cubic inches should be adequate. There are women specific packs too. You should go to a store like REI, LL Bean, EMS etc to have the right pack fitted for you - they should actually measure your back! Some people find wearing their pack higher on the waist is more comfortable and others will wear it around their hips. Make sure there is additional space between the waist belt buckle and where the belt webbing attaches to the padded waist belt to allow you to tighten the belt enough to fit your waist.

● HIKING BOOTS

We would recommend boots appropriate for *lightweight backpacking trips* with good support and weatherproof. During the Tour du Mont Blanc portion of the trip, we hike with full packs 6-12 miles daily with significant elevation gain and loss. Go to a store to be fitted for your boots.

Hiking boots should be ½ size larger than your norm. Feet tend to swell up while hiking and this will allow for a more comfortable fit especially hiking downhill.

We highly recommend Women's Lowa Renegade GTX Mid Hiking Boots - which are made to feel 'broken in'. However there are many great boots so get the best fitting boot for you.

Please wear your boots 15 times before coming to camp to allow a break in period and minimize potential for blisters. Wear your boots with the socks you are bringing on the trip. If your boots are giving you blisters at home perhaps you need to exchange them at the store before coming to camp.

In addition to your back pack and boots:

- Trekking/Hiking poles (2 poles are best)
- 2 one-liter water bottles or 2 liter hydration system with one-liter water bottle (we strongly recommend a hydration system as hikers tend to drink more water when using a hydration system due to ease of access). Platypus, Camelback are some of the brands.
- Waterproof pack cover to be used over your backpack in rainy weather
- Waterproof pack liner to be used inside pack
- 4 pairs of synthetic, quick drying underwear (not cotton)
- 2 synthetic, quick drying bras – sports bras are fine
- 1 pair of synthetic lightweight to mid-weight long underwear, top and bottom, (great for sleeping in)
- 1 light weight fleece jacket
- 1 heavy fleece jacket
- 3 pairs of wool hiking socks
- 3 synthetic or merino wool t-shirts
- 1 pair of lightweight synthetic hiking pants with or without zip off shorts, quick dry (no yoga type pants or leggings.)
- 3 pair of shorts, lightweight, synthetic, quick dry, durable
- 1 rain jacket, breathable and waterproof
- 1 pair of rain pants, breathable and waterproof
- Warm hat, not cotton
- Warm mittens or gloves, not cotton
- Sun hat or baseball hat
- 2 or 3 carabineers for hanging laundry
- 4 stuff sacks (waterproof and lightweight)-different sizes and colors
- Sun screen/block at least 45 SPF (more may be purchased on the trip)
- Polarized sun glasses which block glare from snow and water. A must for hiking the glacier and the snow fields we will encounter on the trails.
- 1 quick dry towel for bathing no larger than approximately 52" by 25"
- 1 bandanna
- Head lamp with 1 set of extra batteries
- Travel size personal toilet items: contact lenses, tampons/pads, deodorant, toothbrush, etc (more may be purchased on the trip)
- Travel size multi-purpose soap that can be used for hair, clothes and body. If you want to

bring different hair shampoo, please bring a travel size 2 in 1 shampoo/conditioner.
(more may be purchased on the trip)

- Sleep sheet/sack/liner (synthetic)
- 1 bathing suit
- 1 pair of sneakers for day hiking and Aqua Trekking. These are also an essential backup pair of shoes if your boots start to give you problems.
- 1 pair of flip flops for showers
- Lightweight wallet for carrying money during town time
- Lightweight, small bag with shoulder straps for day trips and town trips. May also be used as a one of the stuff stacks (similar to a draw string backpack or the Ultra-Sil day pack by Sea to Summit)

**** *Dark clothing attracts heat.***

Optional items:

- 1 pair of sock liners optional but great to wear to minimize blisters
- Keen type sandals
- 1 long sleeve synthetic button up shirt for use in town, cooler mornings, sun protection
- 1 ultra-light wind breaker - can be great on windy passes.
- 1 pair low or ankle gaiters to prevent dirt, pebbles or mud from entering our boots.
- Paperback book, please bring only 1 as we can exchange books with others on the trip
- Stationary – however, it's very easy to buy postcards and paper/stationery on your trip.
- Journal, pens and pencils
- 1 pair of comfy socks for sleeping in
- 1 cotton t-shirt for sleeping
- Swim goggles especially for contact wearers
- Camera with lots of memory, 1 extra set of batteries and/or charger.
- Playing cards
- Plug adapter for France, Italy and Swiss electrical outlets: Ceptics USA to Europe Asia Plug Adapter High Quality - CE Certified - RoHS Compliant - 6 Pack

http://www.amazon.com/gp/product/B0084OPT8C/ref=ox_ya_os_product_refresh_T1

Keep in mind that everything you bring you will have to carry INSIDE your pack, with the exception of hiking poles and water bottles.