

Mont Blanc (French for white mountain) is the highest mountain in the Alps and Western Europe standing at 4,810m. An ascent of Mont Blanc can be accomplished in 24 hours (usually a summit attempt will include a brief stay in one of the mountain huts – Gouter, Grand Mulet or Tete Rousse huts). The climb is one of the few that can be attempted by those with limited experience but you should be physically fit. It's advisable to book a week's trip so you will have time to acclimatise, and learn or fine tune your technique prior to the big ascent.

KIT Lists

ITEMS	QNTY	✓
Day Sack 30-40L	1	
Sleeping bag liner	1	
Waterproof gloves	1	
Waterproof jacket	1	
Lightweight trekking trousers	1	
T-shirts	2	
Fleece with hood	1	
Thermal top	1	
Thermal leggings	1	
Waterproof trousers	1	
Insulation	1	
Hat	1	
Walking boots	1	
Gaiters	1	
Blister Patches	1	
Socks	3	
Water bottle - 1 litre	1	
Water bladder 1-2 litres	1	
Trek towel	1	
Sun hat	1	
Balaclava	1	
Sun cream	1	
Gloves	1	

ITEMS	QNTY	✓
First Aid kit	1	
Sunglasses	1	
Sunglasses case	1	
Ear plugs	1	
Head torch	1	
Walking poles	2	
Spare boot laces	1	
Harness	1	
Crampons	1	
Rope	1	
Helmet	1	
Walking axe	1	
Food		
Camera		
Ipod		
Passport		