

CHAMONIX TO ZERMATT HAUTE ROUTE

Packing List

ALPENWILD

Recommended Clothing

- Hiking shoes/boots (*waterproof, mid-height & Vibram sole is good*)
- Hiking socks (*wool/blend*)
- Long sleeve shirts (1-2)
- T-shirts (wicking is best, 4-6)
- Hiking pants or shorts (Synthetic, 3-5)
- Fleece or soft-shell jacket
- Warmer coat (*puffy, packable*)
- Rain Jacket & rain pants
- Lightweight gloves
- Knit hat or headband for cooler weather
- Brimmed hat for sun protection
- Casual pants/ jeans for evenings
- Casual shirts for dinners
- Casual shoes/sandals for after hikes
- Underclothing/regular socks
- Sleepwear
- Swimsuit

Recommended Gear

- Backpack (*26-35 Liter*) with rain cover and waist belt recommended
- Trekking Poles
- Water containers for at least 2 liters
- Sunglasses
- Headlamp & Earplugs for huts
- Sleep bag liner (*required for huts*) & Pack towel (*for huts*)
- Personal Toiletries such as hairbrush, shampoo, toothbrush, toothpaste, deodorant, sunscreen, lip balm, hand sanitizer, shaving, etc. Most hotels have hair dryers and liquid soap (*Not at mountain huts*)
- Simple first aid supplies such as Band-Aids, blister aid, Neosporin, ibuprofen, cold medicine, etc.
- Personal medication as prescribed, in the original packaging with your name on it – remember to pack your meds in your carry-on luggage
- Laundry soap for handwashing clothes at hotels
- Swiss plug adapter (*Europlug-type C*)
- Chargers for phones/electronic items

Extra Info:

- Your hiking shoes can be low-cut or mid-ankle but should be comfortable and have a sturdy sole (*Vibram recommended*) with good traction. They should be broken-in before the tour.
- Think about dual-purpose clothes and layers. Plan to bring clothes that you can easily put on or take off. It is cooler at the higher elevations and warmer in the towns.
- Each evening you'll go out to dinner (*either at the hotel or a restaurant nearby*). While it's always casual, you'll probably want to clean up and put on something other than the clothes and shoes you've been hiking in all day. A pair of slacks, khakis, or jeans may be your choice, along with a casual shirt and a comfortable pair of shoes or even sandals.

Try not to pack too much. Most people choose to check a suitcase for the transatlantic flight and use their backpack as a carry-on piece. At the end of the tour, you will take a train to depart Zermatt and will need to get your own bags on/off the train.