



Alps Mountaineering Gear List

This list is for summer mountaineering in the Alps to the summit of Mont Blanc or lower. Temperatures may be down to 25 F with wind on summits over 4,000m. Follow this list closely. Please contact Joe if you have questions.

Joe Provides

- Group climbing gear (rope, rack)
- GPS, first aid kit, emergency shelter

1) Climbing Gear

___ **Ice Axe.** Light with a steel head. Opt for short so it can fit inside your pack when riding the lifts. No leash. Joe's choice: Petzl Sum'tec.

___ **Crampons.** Steel. Use a Tyvec postal bag for storage on the mountain. Joe's choice: Grivel Air Tech New Matic or Petzl Vasak.

___ **Harness.** Light and simple with belay and gear loops. Joe's choice: Petzl Altitude, Petzl Tour, or Blue Ice Choucas.

___ **Climbing Helmet.** Joe's choice: Petzl Sirocco or BD Vision.

___ **4 Locking Carabiners.** Bring at least two that are Munter hitch compatible (pear-shaped). Joe's choice: BD Vaporlock Screwgate or Petzl Attache.

___ **2 Non-Locking Carabiners.** Light, wire-gate preferred. Joe's choice: BD Oz Carabiner.

___ **Belay Device.** Joe's choice: BD ATC XP or Petzl Reverso 4.

___ **Auto Locking Belay Device.** Bring one if you have one. Joe's choice: Petzl Grigri or BD Pilot.

___ **Tether.** Recommended. For descents. Joe's choice: Petzl Connect Adjust.

___ **2 Prusik Loops*.** Made from 1.5 m (5-foot) lengths of 6 mm accessory cord. Tied into a loop with a Flemish bend with 2-4 inch tails. One 19-inch Sterling Hollowblock is nice.

___ **Cordelette*.** 6 m (20 feet) length of 6 mm accessory cord. Tied into a loop with a Flemish bend with 4-6 inch tails.

* If you don't have prusiks or cordelette, bring 10 m (33 feet) of 6 mm accessory cord and we'll cut it to length.



2) Footwear

- ___ **High Mountain Boots.** For Mont Blanc summit trips. Joe's choice: Scarpa Phantom 6000, Sportiva G2 SM, or Sportiva Nepal Cube.
- ___ **Mountain Boots.** For mountain climbs other than Mont Blanc. Joe's choice: Scarpa Ribelle or Sportiva Trango S Evo GTX.
- ___ **Rock Shoes.** Bring rock shoes to keep our options open. The Chamonix Valley has countless routes for all abilities. Joe's choice: Sportiva TC Pro.
- ___ **Approach Shoes.** For scrambles and hiking. These are the climbers' alternative to tennis shoes. Joe's choice: Sportiva TX3 or Scarpa Crux.
- ___ **Flip Flops.** Lightweight. Nice for travel to the trailhead.
- ___ **Heavy Socks.** 2 pairs.
- ___ **Gaiters.** Short are best or none at all. Instead, tie bungee stirrups from your pant cuff. Most soft-shell alpine climbing pants have sewn loops for stirrups.

3) Head and Hand Wear

- ___ **Warm Hat.** Must cover your ears.
- ___ **Neck Gaiter.** To cover your face in the sun and cold. Joe's choice: Original Buff.
- ___ **Sun Hat.** Joe's choice: trucker hat.
- ___ **Leather-Palmed Work Gloves.** These will be your main gloves. Must be leather-palmed for protection from cable burrs and on hot days. Joe's choice: Petzl Cordex, BD Crag Gloves.
- ___ **Cold Weather Gloves.** Joe's choice: Hestra, BD Glissade Gloves.
- ___ **Goggles.** Recommended for Mont Blanc trips. Joe's choice: Julbo.



4) Top Layers

- ___ **Hardshell Jacket.** To stop wind, snow and rain. Since this is a shell, and not an insulating layer, get the lightest option. Joe's choice: BD Liquid Point, Patagonia Storm10 Jacket.
- ___ **Insulated Jacket.** With a hood. Joe's choice: BD Stance Belay Parka, Patagonia DAS.
- ___ **Softshell Jacket.** Joe's choice: BD Alpine Start Hoody.
- ___ **Lightweight Base Layer.** Hoody sunshirts are nice. Joe's choice: BD Alpenglowl Hoody, Patagonia Sunshade Technical Hoody.
- ___ **Synthetic T-Shirt.** Joe's choice: Capilene Silkweight T-Shirt.

5) Bottom Layers

- ___ **Hardshell Pants.** To stop wind, snow and rain. Lightweight with full-length side zips. Joe's choice: BD StormLine Stretch Full Zip Rain Pant, Norona Bitihorn Pants, Patagonia Torrentshell Pants.
- ___ **Softshell Pants.** Joe's choice: BD Alpine Pants.
- ___ **Belt.** Joe's choice: Patagonia Friction Belt.
- ___ **Lightweight Underwear Bottom.** Joe's choice: Patagonia Capilene 2 Lightweight Bottoms.
- ___ **Shorts.** For hot approaches.



6) Personal Gear

- ___ **Backpack.** 35 liters is ideal. Simple and light (3 pounds max). Joe's choice: Patagonia Ascensionist Pack 40L, BD Speed 40.
- ___ **Backpack Rain Cover.** Just in case. Joe's choice: Osprey Ultralight High Vis Raincover Small.
- ___ **1 Ski Pole.** Light and three sections so it fits inside your pack. Joe's choice: BD Distance Carbon Z Trekking Poles.
- ___ **Sun Glasses.** Must go to cat 4 for glaciers and cover the sides. Equip with Chums or Croakies. Joe's choice: Julbo Montebianco.
- ___ **Sunscreen.** SPF 30 or better. One small 1 oz tube. Travel size from the grocery store works well. Joe's choice: La Roche-Posay.
- ___ **Lip Sunscreen.** SPF 30 or better. Joe's choice: Dermatone Z-cote.
- ___ **Sleeping Bag Liner.** Required in the huts. Silk liners are light and less bulky.
- ___ **Headlamp.** Joe's choice: Petzl Tikka or Actik.
- ___ **Extra Batteries.** Rechargeable or whatever your headlamp uses.
- ___ **Water Bottle.** 1-liter capacity. No bladder/hose systems; they leak and freeze. Joe's choice: Nalgene 32 oz Wide Mouth Water Bottle.
- ___ **Snacks.** Bring enough snacks while on the trail. You can buy more food and big lunches at the hut. Joe's choice: Chamonix bakery sandwich.
- ___ **Small Personal First-Aid Kit.** Simple and light including the stuff you think you will probably use such as Ibuprofen, moleskin, athletic tape, Band-Aids, personal medications, etc. Joe will have a larger kit, so leave extras behind. Please indicate medical issues on the application and let Joe know about any medical issues before the climb.
- ___ **Toiletries.** Compact and light. Toothbrush, toothpaste, extra contacts, hand sanitizer, wet wipes, etc.
- ___ **Ear Plugs.** The huts can be noisy.
- ___ **Downtime Entertainment.** Reading, podcasts or videos.
- ___ **Rescue Insurance Card.** American Alpine Club membership includes Redpoint Travel Protection.



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- ___ **Alpine Club Card.** If you have one. For hut discounts.
- ___ **Cash.** Credit cards sometimes don't work at the huts. To pay for huts, snacks and drinks, bring about €100 or Chf150 per day.
- ___ **Debit or Credit Card.** Let your cardholder know your location before traveling, or they may shut it down.
- ___ **Passport.** Save a copy to your phone and a photocopy in your wallet. Must be valid for six months. Bring this with you when we leave the Chamonix valley.

7) Travel

- ___ **Travel Duffel.** Wheeled bags make travel much easier. Joe's choice: Osprey Shuttle 110 liter.
- ___ **Travel Wallet.** Joe's choice: Osprey Document Zip Wallet.
- ___ **Outlet Adapter.** Country-specific adapters are cheap and easy to find in Europe.
- ___ **Multi-Plug.**
- ___ **Rechargeable Battery.**
- ___ **Cables.**
- ___ **Street Clothes and Shoes.**
- ___ **Shower Kit.**