WORLD EXTREME MEDICINE

Alpine Medicine Chamonix

Course kit checklist

Prepare for sun, wind, cold and sudden changes in mountain conditions, even in summer. Review this checklist before booking and again before you travel. Your joining instructions upon booking will include further guidance.

Essential clothing

- ☐ Mountaineering boots: B2 or B3 rated, compatible with your step-in crampons.
- ☐ Upper and lower base layers: merino or synthetic.
- ☐ Light mid layers: thin layers with zips or hoods to help regulate temperature.
- ☐ Softshell trousers.
- ☐ Waterproof, breathable hardshell jacket and trousers. Gore-Tex or Neoshell recommended.
- ☐ Light insulating jacket: synthetic or down.
- ☐ Warm insulating jacket: synthetic or down.
- ☐ Liner gloves, lightweight gloves, warm waterproof gloves and mittens. Bring spares for when gloves get wet.
- ☐ Suitable socks, beanie, neck gaiter or Buff, and gaiters.
- ☐ Casual clothes.

Technical equipment

- ☐ Crampons: 10 or 12 points with front points, compatible with your boots.
- ☐ Alpine or climbing axe: 50-65 cm long with a steel head.
- ☐ Helmet.
- ☐ Climbing harness with adjustable leg loops.
- ☐ Three carabiners: two locking HMS screwgates and one anti-cross-loading belay carabiner (e.g. DMM Ceros Kwiklock).
- ☐ Ski goggles.
- ☐ Gaffer or duct tape.

Other essential gear

- ☐ Backpack: 55-60 litres.
- ☐ Head torch.
- ☐ Compass: Silva Expedition Type 4.
- ☐ Wraparound sunglasses: minimum category 3 lenses.
- ☐ SPF 50 sun protection.
- ☐ Sleeping bag liner for the alpine hut. Disposable liners may be available at the hut.

Questions about kit?

Email operations@extreme-medicine.com or call +44 (0)1297 696269.