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**OnTop Ltd -**

We offer trips/courses in mountaineering, hiking, rock and ice climbing and ski touring in Europe, Canada and the U.S.



340 Canyon Close – Canmore, AB, T1W 1H4 – Canada  
**Toll free: 1 800 506 7177**

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## **EQUIPMENT LIST: MONT BLANC ASCENT**

### **1. Technical Equipment**

- Leather or plastic mountaineering boots\* sturdy with RIGID soles  
- crampon compatible
- Backpack (40 - 45 liters) with rain cover if possible.  
Some have built-in rain covers (Deuter backpacks).  
Rain covers can also be bought separately.  
Otherwise bring a big plastic (garbage) bag as an inside liner for your backpack.
- Climbing helmet\*\*
- Ice axe for glacier travel (50-75cm, classic pick)\*\*
- Crampons that fit your boots or can be easily adjusted\*\*
- Anti-balling plates for your crampons (highly recommended)\*\*
- Collapsible ski poles\* (One pole is very useful and recommended)
- 1 harness\*\*
- 2 locking carabiners\*\*
- Crevasse rescue equipment, if you are familiar with using it.  
(Prusik slings, webbing, pulleys, auto-locking device).  
Your guide will bring a full set.

**All items marked '\*' can be rented from a rental shop locally.**

**All items marked '\*\*' can be provided by OnTop.  
Please bring your own equipment if you have it.**

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Any questions, please contact us:

**phone: 1 (800) 506 7177 fax: 1 (403) 678 2717  
email: [info@ontopmountaineering.com](mailto:info@ontopmountaineering.com)**

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## **2. Clothing**

We suggest using the 'layer system': Light technical clothing that doesn't take much space in your backpack and dries quickly if sweaty or wet.

Layers can be put on and taken off fast if weather conditions change during the day.

- Wind and waterproof shell jacket with hood (Gore Tex or similar)
- Wind and waterproof over pants with side zippers (Gore Tex or similar)
- Mountaineering pants
- Fleece or heavy jacket
- Medium weight fleece sweater
- Long underwear or running tights (e.g. Capilene or polypro)
- Undershirt - preferably long sleeves (e.g. Capilene or polypro)
- Warm socks for mountaineering boots (wool/synthetic outers)
- Lighter socks for rock climbing shoes
- Warm hat, covering your ears
- Lightweight gloves (fleece)
- Warm, waterproof pair of gloves
- Gaiters (unless pants lock tightly to your boots)
- Sun hat, with a wide brim if possible
- Bandana (optional)

## **3. Hut lodging**

- Spare underwear, socks
- Down vest or light insulated jacket (optional)
- Light-weight sleeping bag liner (preferably silk) - wool covers are provided by the hut
- Light hut slippers (optional) – we recommend to use the ones the huts provide
- Light stuff sacs or zip lock bags to keep your backpack organized (optional)
- Toiletries : only tooth-brush and tooth-paste
- Alpine Club Membership Card (if you hold membership)
- Ear plugs (optional but very useful)

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#### **4. Other Items**

- Sun glasses (heavy duty - glacier use, with very good UV protection)
- Sun screen and lip protection
- Water bottle, preferably insulated, minimum volume: 1 liter or Camelback (if too cold, bladder tube might freeze up!)
- Head lamp with spare batteries and bulb
- Blister kit (optional)
- Snacks (candy bars, dried fruit, sandwiches, nuts, etc.)
- Personal items (prescription medicine, extra contact lenses and maintenance equipment, extra pair of prescription glasses, etc.)
- Pocket knife or Leatherman (optional)
- Passport
- (Health/Travel) Insurance documents
- Zip-lock bag for wallet and other documents to keep them dry (recommended)
- Camera, batteries (optional)
- Compass, maps and GPS (optional)

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