

# LEAN POWER YOGA

## R E T R E A T S

### \* \* \* \* \* **PACKING CHECKLIST** \* \* \* \* \*

### **MONT BLANC SUMMIT**

In any travel or outdoor activity your expected comfort determines what items you bring along. By no means will you be "roughing it", but some items are absolutely mandatory... others add more comfort to your adventure.

#### RECOMMENDED GEAR TO RENT

**Mountaineering Boots** (54 Euros to rent)

**Ice Axe** (28 Euros to rent)

**Mountaineering Crampons** (44 Euros to rent)

#### MUST HAVE GEAR

**Daypack w/ Rain Cover** (30L)

**Camp Shoes/Sandals**

**Packable Light Down Jacket**

**Thermal Base Layer set**

**Lightweight Thermal Top**

**Hiking Pants**

**Hiking T-shirt / Long Sleeve**

**Sports Bra / Underwear**

**Warm Hat**

**Microfleece Buff**

**Climbing Harness** \* (28 Euros to rent)

**Climbing Helmet** \* (28 Euros to Rent)

**Headlamp w/ spare batteries**

**Sunscreen**

**Toiletries** (toothbrush, toothpaste, body wipes, biodegradable soap)

**Personal Medications / First Aid**

**Sleeping Bag Liner**

**Trekking Poles**

**Gaiters** ( just below the knee, heavy material that will not rip if caught on your crampon)

**Hiking Socks** (light and heavyweight)

**Fleece Pullover or Hoodie**

**Fleece Pants**

**Waterproof Jacket**

**Waterproof Pants**

**Warm Waterproof Gloves / Mittens**

**Thin Gloves**

**Ski Goggles**

**Camp Towel**

**Sun Hat / Baseball Cap**

**Reusable 1L Water Bottle**

**Glacier Sunglasses** (w/ UV protection and side guards)

**Snacks** (small, carb based, easy to eat, jerky, dried fruit, candy, bars)

\* Items can be rented

## NICE TO HAVE GEAR

**Hydration System** (pairs with backpack)

**Balaclava / Neck Gaiter**

**Trash Bags / Ziploc Bags**

**Toilet Paper**

**Hand Sanitizer**

**GPS Device** (ie Garmin Intouch)

**Type C/E Outlet Adapter**

**Reading Books / Cards**

**Ear Plugs**

**Dry bag** (keep electronics dry)

**Hiking Shorts**

**Power Bank / Phone Charger**

**Moleskins / Blister Band-Aids**

**Aquaphor / Vaseline** (for dry chapped skin and lips)

**Lip Balm with Sunscreen**

**Hand Warmers**

**Feet Warmers**

**Electrolytes**