

## EQUIPMENT – THE ESSENTIAL ALPS - Day-hikes in Chamonix, Zermatt and Grindelwald

### Weather/Climate in the Alps in Summer:

Summer in the Alps can be both spectacular in the amount of sunshine and in the amount of precipitation.

We can have several seasons in one day or we can be lucky and walk under warm, sunny skies the entire duration of our trip.

What normally happens is that we get a mix of foul weather and clear, summer days. Climbing to nearly 2500m on most days means that some extra clothing should be taken such as gloves, hat and a heavyweight fleece along with the appropriate rain gear.

Most evenings are cool, even during the peak of the summer heat wave, so some warm clothing is advisable for evenings. We may even get occasional snow, so gaiters and telescopic walking poles can add to the comfort level of the trip.

### Mandatory equipment:

- ⇒ Wind and waterproof jacket and pants
- ⇒ Fleece layers (one warm fleece pullover or jacket, one lighter fleece layer, a fleece vest is a very good idea, too)
- ⇒ Proper fitting, solid trekking boots (Take the inner sole/foot bed out of your shoe and stand on it. You should have a space of 0,5cm – 1cm from the top of your toes to the top of the sole. If there is less space, your boots are too small, if there is more space, your boots are too big. Also make sure that your heel is not too loose in order to avoid blisters). If you are unsure of what brand and model of shoe, please wait and purchase in Chamonix. Most boots today need no break in periods and are extremely comfortable. Chamonix shops carry most brands worth stocking and provide shoppers with complete boot fitting services including thermo formed footbeds. Buying boots mail order is a recipe for disaster. Boots should have Vibram soles, should be above the ankles and should be waterproof.
- ⇒ Jogging shoes/sandals for the hotel and leisure time.



# ALPINE INTERFACE

- ⇒ Technical clothing that is light and dries quickly (2/3 T-shirts, 1,2 long sleeves)
- ⇒ Socks / Underwear
- ⇒ Warm hat, gloves (fleece gloves are enough)
- ⇒ Sun protection (sun hat/cap, glasses, cream)
- ⇒ 350-litre rucksack (with rain cover, if possible. Some have one built in on the bottom of the pack. If not, try to get one for your rucksack in a sport shop. Also a good thing, a plastic liner for the inside of the bag, to protect the gear that is inside. Zip lock bag for wallet, tickets, passport, money etc. works as well. If you unsure as to the brand and model, please wait until you arrive in Chamonix. The sports shops in Chamonix carry a wide range of brands and have experts to tell you how they should fit. Mail order is not recommended as one cannot get an idea of what the pack will feel like when loaded.)
- ⇒ Camelbak or water bottle (if you use a Camelbak, make sure you carry spare parts)

## Optional equipment:

- ⇒ Telescopic poles (will help in case you have to cross snow fields and takes weight off the knees)
- ⇒ Gaiters
- ⇒ Map/compass, or GPS if you like to use it
- ⇒ Swiss army knife or similar, small umbrella