



EQUIPMENT - TOUR DE MONTE ROSA – HIKE THE SWISS AND ITALIAN ALPS

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 3000m 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 especially when staying in mountain huts. A down vest may be a good idea, especially one that can be stuffed into a small stuff sack. 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. Buying boots mail order is a recipe for disaster. Boots should have Vibram soles, should be above the ankles and should be waterproof.



ALPINE INTERFACE

- ⇒ Jogging shoes/sandals for the hotels/inns
- ⇒ 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)
- ⇒ 45 litre rucksack (with rain cover, if possible. Some have one built in on the bottom of the pack, for example 'Deuter' rucksacks. 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. 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, Gaiters (early season)
- ⇒ Map/compass, GPS
- ⇒ Swiss army knife or similar, small umbrella