



International Alpine Guides

CALIFORNIA ALPINE GUIDES

Alps Trekking Equipment List with Hut Overnights

Below is a list of all the clothing and gear you will need for the trekking portion of your trip. It does not include town and city clothing that may be transported to the next hotel. See below for information on the baggage transfer items.

It is extremely important to the success and safety of your trek that you bring all the items listed below. The weather can be either warm or very windy and cold. Be prepared to encounter all types of conditions.

The examples listed below are suggestions of options for each category and represent the most ideal equipment and clothing items for your trip. However, there are many other options that will also work great, as well!

Camping Gear

Backpack



An internal frame backpack 25-35 liters in size. Make sure it fits to your specifications

Example: [Osprey Stratos 34](#)

Trekking Poles (optional)



If you normally hike with trekking poles bring them along. Lightweight is best.

Example: [Black Diamond Alpine FLZ Trekking Poles](#)

2 One- Liter Wide Mouth Water Bottles



Hydration is important we want to make sure there is no complications with your hydration system. Please have 2 one-liter wide mouth water bottles.

Example: [Nalgene 1-liter Wide Mouth Bottle](#)

Sunglasses



Sunglasses must give you full protection from the sun and be 100% UV. Wrap sunglasses are best.

Example: [Julbo Camino](#)

Clothing

While in the Alps we go with an efficient layering system of non-cotton clothing. To best describe it, the lightest layers of clothing would be shorts and a t-shirt. The next layer would be possibly long pants and a lightweight down jacket. What to wear at any given time? Well, to put it simply if you are cold you put the next layer of clothing on and if you are warm or sweating you take a layer off.

We never know what the temperatures will be ahead of time on any given hike on any given day. In the summer in the Alps it can snow any month of the year and it can be very hot all the way up to 14,000 ft. Summer thunderstorms and rain are also possible any time. So it is important to bring everything on the list, even if you don't think you are going to use it or you didn't need it on a previous trip.

Cotton clothing does soak up water and sweat and does not dry out easily, so it is to be avoided. In a bad thunderstorm, this can be a safety issue. It's ok to bring a cotton shirt to change into while at the hut.



Hiking Shoe or Boots

Lightweight is better. Either low or high top is fine. It's important to have put some miles on them prior to your trip.

Example: [ASOLO Fugitive GTX](#) or [Altra Women's Lone Peak 4 Mid RSM](#)



Outer Waterproof Shell Jacket (hard shell) with Hood

A waterproof and breathable shell jacket with no additional insulation sewn in. Lightweight is better.

Example: [Black Diamond Liquid Point Shell](#) or [Patagonia Women's Torrentshell 3L Jacket](#)



1-2 Pairs Hiking Pant (soft shell)

A lightweight synthetic non-waterproof pant.

Example: [Outdoor Research Men's Voodoo Pants](#) or [Outdoor Research Women's Voodoo Pants](#)



Lightweight Long Underwear Base Layer Bottom

Choose a synthetic or wool. Cotton will not be acceptable.

Example: [Smartwool Women's Merino 150 Lace Base Layer Bottom](#) or [Patagonia Men's Capilene® Air Bottoms](#)



2-3 Lightweight Long Underwear Base Layer Top

Choose a synthetic or wool long sleeve.

Example: [Men's Capilene® Midweight Crew](#) or [Patagonia Women's Capilene® Thermal Weight Crew](#)



Insulating Layer- Midweight

Fleece, wool or a lightweight down jacket works fine. Avoid the lightest weight fleece.

Example: [Patagonia Women's and Men's R1® Fleece Pullover](#)



Insulated Down or Synthetic Jacket

Lightweight down or synthetic fill puffy parka. Down is lighter. Weather in the High Sierra can vary it can be cold any month of the year. A heavy weight fleece sweater or jacket can substitute.

Example: [Patagonia Women's Down Sweater Hoody](#) or [Patagonia Men's Down Sweater Hoody](#)



3-4 Synthetic T-Shirts

A wool or synthetic T-shirt to keep your body temperature regulated during those hot afternoons.

Example: [Ridge Merino Women's Journey Merino Wool V Neck T-shirt](#) or [Ridge Merino Men's Merino Wool T-shirt](#)



Waterproof Outer Shell Pant

Must be lightweight. Gore-Tex or equivalent waterproofing and breathable.

Example: [Helly Hansen Vanir Brono Pant](#) or [The North Face Women's Venture 2 Half Zip Pants](#)



Warm Hat

A wool or synthetic hat that's not too bulky.

Example: [Black Diamond Merino Beanie](#)



Sun Hat or Ball Cap

A lightweight sun hat or ball cap to keep your face protected during those sunny days.

Example: [Patagonia P-6 Logo LoPro Trucker Hat](#) or [Columbia Women's PFG Sundrifter™ II Hat](#)



2-3 Pairs of Socks

Mid weight to lightweight wool or synthetic socks. If you normally wear liners bring them also.

Example: [Darn Tough Hiker Micro Crew Cushion](#)



1-2 Pairs of Shorts

Choose a lightweight synthetic short, this can be skipped with zip off hiking pant.

Example: [The North Face Men's Essential Shorts](#) or [Patagonia Women's Happy Hike Shorts](#)



Flip Flops (optional)

Get your feet out of your boots or on tricky stream crossings.

Example: [Teva Original Mush Flip Flops Men's and Women's](#)



Lightweight Glove

Snow can hit anytime in the Alps get moving quick with a cozy pair of lightweight gloves. Fleece or soft shell is fine.

Example: [Black Diamond lightweight fleece gloves](#)



Underwear

No cotton, synthetic fabrics only. Lightweight is good, number of pairs are dependent on your comfort and trip length.

Example: [Exofficio Women's Give-N-Go 2.0 Sport Mesh](#) or [Saxx Quest](#)

Other Important Items

Gear that will make your trip run a lot smoother.

Sleeping Bag Liner

Silk is best. This can be mandatory at some huts. All other bedding will be provided such as a blanket and pillow.

Headlamp

Check your batteries make sure to bring extra.

Stuff Sacks

2 nylon stuff sacks will suffice.

Sunscreen

A must whenever exposed outdoors choose a 30 SPF or higher.

Lip Balm

Protect your lips and avoid chapping and burning with 15 SPF or higher lip balm.

Bandana or Buff

Umbrella

It can be incredibly wet in the Alps it's good to have when walking around town.

Pocket Knife

A swiss army type knife.

Toilet Paper

A small amount, not the whole roll.

Ziplock Bags

Or small waterproof sacks to keep your items dry and clean in your pack.

Small Personal Kit

Personal medications, toothbrush, small amount of toothpaste, blister kit, etc. (the guide will have a full first aid kit)

Foam Ear Plugs

For insuring a goodnight sleep in the huts.

Town Clothes and Transfer Items

On our trek we will be providing a baggage transfer on some of the days. We will transfer one large duffel or other type suitcases (if you have additional luggage to transfer there may be an extra charge).

On the nights that we provide the luggage transfer you will have the luxury of changing into clean clothes, etc. You can also have extra toiletry items on the transfer. One thing to keep in mind is that there will probably not be time for laundry until the trek is over.

Optional Items

Camera

Book

Journal

Small Thermos

Wet Wipes or other sanitizing wipes

Watch and/or altimeter