

2018 ALPS Packing List

REQUIRED ITEMS	#Needed	Notes	#packed
Sports Bras	2-3	one to wash and one to wear works best	
Underwear	3-4	Quick Dry synthetic underwear comes in all styles. One cotton pair for comfort (if not accustomed to synthetic) is fine.	
Hiking T-shirt	3	Short sleeve, quick dry active tops work great. Worn daily and hand washed.	
Wicking Long Sleeve Top	2	For active use on chilly days. A long underwear long sleeved top also is great for sleeping. Optional: A long sleeve sun shirt (button up or hoody) is a good thing to have handy as well.	
Mid-weight Fleece Top	1	Look for breathable material that is compact. Nights or windy days can get chilly.	
Quick-dry Shorts	3	Hiking or running shorts work great.	
Hiking Pants	1	Zip off layers are a great option to have. Lighter colors will keep you cooler for hiking.	
Long Underwear Bottoms	1	Mid-weight synthetic or wool models. Cotton yoga pants will not work.	
Bathing Suite	1		
Hiking Dress (optional)	1	A very optional item, but fun for after showers or a day of hiking. Many quick dry styles available.	
Rain Jacket	1	This should be totally waterproof, with a hood. We recommend breathable, durable material as we could be hiking with the jacket on. Must fit over all insulating layers.	
Rain Pants	1	Choose breathability and durability. Full side zips are great for easy changing as well.	
Warm Hat	1	A wool or synthetic beanie.	
Sun Hat	1	Baseball hat or bucket hat works great. Really necessary to keep cool on hiking days and for sun protection.	
Liner Gloves	1	Nice to hike in on windy or cold days and necessary for our day on the glacier.	
Warm Gloves (optional)	1	Warmer gloves can be nice for windy or cold days and rain protection, but not necessary.	
Bandana	2-3	Great for all sorts of sun protection and hygiene.	
Hiking Boots	1	See notes below	
Wool Socks	3 pairs	Try different brands. Some last longer than others. Aim for a pair that breathes well and has medium cushion.	
Sock Liners	1-2	A thin sock liner add to the breathability of your wool socks. Very helpful in preventing blisters and keeping your feet clean and dry.	
Low Ankle Gaiters (optional)	1	Keeps dirt and rocks out of medium to low rise hiking boots.	
Sneakers	1	Necessary for our day of Aqua Trekking and for longer walking days in towns. Most likely will not be brought on the Tour.	

Camp Shoes	1	A pair of shoes with a back (no flip-flops) to bring on the trail, take showers in and change into at the gites. We suggest crocs, keens or chacos.	
Comfy Sleep Socks (optional)	1	A cotton pair of socks for the gites can be a nice treat after a day of hiking!	
Backpacking Pack	1	See notes below	
Pack Cover	1	Any sort of waterproof layer that fits over your pack. Some packs come with a cover already.	
Pack Liner	1	Used to line our packs and waterproof from the inside. You may purchase one or we will provide heavy plastic bags.	
Day Pack	1	Something light and compact. Ultra Sil Sea to Summit Backpacks are great.	
Stuff Sacks (optional)	2-5	Then come in various sized and colors for easy organization.	
Sleep Sheet	1	Perfect for the gites! Great way to stay clean and cozy. A silk or Travel Sac is recommended.	
Hydration System	1	Camelbak or Platypus systems are great. They should hold at least 2 Liters. **In total the campers need to carry 3 liters at least between all their systems (camelback and/or water bottles)**	
Water Bottle	2	A nice option to have at the dinner table or in the gites to stay hydrated. 0.5 or 1 Liter options.	
Trekking Poles (set of two poles)	1	Protects the knees on steep inclines and declines. Collapsible poles are best,so they can fit in your pack.	
Quick-dry towel	1	For drying off after the showers or the pool.	
Headlamp	1	Bring extra sets of batteries as well	
Lightweight Carabiners (optional)	1	For hanging laundry at gites or off packs to dry.	
Sunglasses	1	Are a must! Good face coverage and polarized lenses are best for our glacier days.	
Sunscreen	2	No sprays please.	
Journal			
Stationery/Pens/Cards/Books			
Travel Toiletries		Contact lenses, tampons/pads, deodorant, toothbrush, toothpaste, etc. Many little bottles are better than one big one.	
Camera (optional)		Disposable cameras are more convenient and lighter than other models. Digital cameras may be brought as well but you run the risk of getting it wet or running out of batteries. Electrical outlets are available in most but not all of the gites and a plug adapter suited for France, Italy and Switzerland is needed. If using a battery powered model be sure to bring extra batteries but keep in mind these can be heavy to carry.	

GEAR Details

CLOTHING

DO NOT BRING COTTON. When cotton gets damp/sweaty/wet it becomes heavy and takes forever to dry. It draws warmth from your body, has no insulating properties, which can cause hypothermia. Fleece, synthetic fabrics, and wool, on the other hand, retain their insulating qualities. They keep you warm even when wet, dry quickly, and are lightweight. *Please do not bring cotton long underwear, sweatshirts or sweatpants.*

BACKPACK

A pack can be a lifetime investment with proper care and purchasing. We recommend an internal frame-pack of 38-55 liters or 2,300-3,500 cubic inches. A pack needs to be comfortable for the individual AND be fitted correctly to a camper's body, especially in the waist/hip belt. Have the pack loaded with weights (25 pounds) and wear it around the store for **at least 15 minutes**. Try to feel exactly where the pack might hurt or shift. Stores such as LL Bean, EMS, and REI have experienced salespeople who can reliably help you choose equipment. Brands that Alps campers have loved in the past are: Osprey, Gregory and Deuter.

HIKING BOOTS

We would recommend boots appropriate for *lightweight backpacking trips* with good support and that are weatherproof. During the Tour du Mont Blanc portion of the trip, we hike with full packs 6-12 miles daily with significant elevation gain and loss. Go to a store to be fitted for your boots. Try on boots while wearing your liner and wool hiking socks. Boots usually end up being a ½ size larger than your regular shoe size. The slack will be taken up with socks, the weight of a heavy pack, and the swell of your feet from hiking in hot weather. *We highly recommend Lowa, Merrell, and Salomon as good brands to start - get the best fitting boot for you.*

Please wear your boots 15 times before coming to camp to allow a break in period and minimize potential for blisters. Wear your boots with the socks you are bringing on the trip. If your boots are giving you blisters at home perhaps you need to exchange them at the store before coming to camp.

*MONEY: Based on previous Alps trips, we recommend that each camper bring no more than \$200. **Of the \$200, please convert \$150/US dollars into Euros. Please bring the Euros to camp and another \$50 in small US bills. On the trip, we are not able to convert US dollars into Euros until 2 weeks into the trip. Exchange fees ran approximately 8 euros per transaction. Debit cards are accepted in most towns for purchases and ATMs are commonly found. ATMs are the easiest way to obtain Euros.** Remember: whatever we bring or purchase on the trip, we will need to carry.

*Mail: Mail is super important to campers. We will write letters throughout our trip but may only be able to send mail every so often so please be patient. Parents can send mail to ALC and ALC will send batches of letters to the group just a few times during the summer.

*Motion sickness: We have a couple of bumpy bus rides on curving mountain roads during the trip. If your camper has the slightest chance of motion sickness, these roads might bring it out in her. **Please let us know if your camper is prone to motion sickness.** If a motion-sickness bracelet has worked in the past, please have her bring it along.

*Medical: We know the camper medical forms let us know any allergies and the nurses will go over this with us closer to the trip, but we would love to hear any concerns now so we can plan accordingly. We recommend medical alert bracelets if you have any medication allergies. **If your camper uses an inhaler of any kind, please plan on sending your child with TWO inhalers in the unlikely event that one is lost. The two inhalers you send must be full and within the expiration period for the entire trip.** Additionally, if your child is not able to swallow pills, please let us know that in advance.

*Sunglasses: A Must! Please make sure you have polarized sunglasses.

PACKING LIST for IN CAMP

We will be in camp 3-4 days in camp clothes.

Campers are expected to wear ALC clothing while in camp.

Beach Towel

Bathing suit

Pajamas

Sleeping Bag (Not to be brought on the trip!)

Socks, underwear and bra (cotton is fine!!)

1-2 pairs of Blue ALC Shorts

2 Blue ALC t-shirts

2 White ALC t-shirts

1 ALC Sweatshirt or Fleece

1 pair of Jeans or ALC Sweatpants

Flashlight or Lantern, for in the ALC tent.

Optional: crazy creek, pillow, games, additional book.

*You will be able to store a small bag of clothes for use before and after the trip. Your only other luggage should be your backpack. You can use your day pack for a carry on.