

**Blanchard, Paul**

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To: bernardine

## **List of gear for Alpine trekking (head-to-toe plus accessories)**

wool or fleece hat  
peaked cap  
sun-glasses  
sun-block  
wool or fleece scarf  
cotton bandana  
polypro t-shirt(s)  
long-sleeved quick dry buttoned shirt(s)  
mid or light weight fleece (zipper vented)  
gortex jacket  
down vest  
ski-gloves/mitts  
light-weight long under shorts  
under shorts  
quick-dry long and short pants  
rain pants  
light or mid weight hiking socks ( I also recommend very light sock to wear inside the outer hiking sock to avoid blisters)  
well used, good quality hiking boots  
hiking poles  
running shoes  
head light  
one liter plastic water bottle ( Nalgene brand is good quality)  
toilet kit including ear plugs  
back-pack 35-45L capacity, used to carry you things into backcountry and also used as a day pack for day hikes.

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**Paul D Blanchard**

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