

BOOKLET · 03 — ESSENTIAL EQUIPMENT

Good equipment is the kind you don't even notice.

Not too much, not too little.
The perfect list for the TMB.

40-50L BAG

8 -10 KG MAX

3 THERMAL LAYERS

✦ THE BAG

The bag, the foundation.

The backpack is the most important piece of gear for the TMB. **If chosen well, you'll forget you're even carrying it. If chosen poorly, it becomes an obsession every day.**

Aim for a backpack of **about 40–50 liters.** If it's too small, it'll overflow. If it's too big, it'll tempt you to pack unnecessary items. The total weight, including water and food, should stay reasonably **under 11 kg:** the limit above which your shoulders will start to protest by the second pass.

> ***The golden rule:*** *If you're unsure whether to bring something, leave it behind.*

ESSENTIALS IN YOUR BAG

CLOTHING

The 3-layer rule

- Breathable technical T-shirt **(×2)**
- Fleece or down jacket
- Waterproof and windproof jacket (**Gore-Tex** or equivalent)
- **Lightweight** hiking pants + shorts
- Technical underwear **(×2–3)**
- Mid-calf hiking socks **(at least 3 pairs)**
- Hats, caps, sun hats...
- Hat and gloves (yes, even in July)

SLEEP & SHELTER

For a good night's sleep

- Sleeping bag liner **required** in mountain huts
- Lightweight slippers or flip-flops
- Earplugs

The essentials

- Toothbrush, toothpaste, soap, laundry detergent **(travel sizes)**
- **Microfiber** shower towel
- A **few medications** (pain relievers, anti-diarrheal medications, antibiotics, etc.) and **your usual medication.**

THE REFLEX

Sort through them

- Spread everything out on the floor before departure.
- Explain why you're bringing each item, out loud.
- Anything you can't justify leaving behind stays at home.
- Weigh your final bag. Aim for between **8 and 10 kg.**

WATER & ENERGY

Making It through the day

- Water bottle or hydration pack **(1.5 to 2 L)**
- **Lunch** (sandwich, rice salad, wrap, etc.)
- Energy bars, dried fruit, chocolate

✦ THE FOOTS

The foots, the driving force behind the Tour.

Over 170 km, your feet take about **300,000 steps.** No other part of the body works as hard. No other part deserves more attention when it comes to choosing gear.

Shoes: the most important decision.

Choose **mid-cut, waterproof hiking boots with Vibram-style lugged soles**. The upper should be flexible for comfort, with firm ankle support for technical sections. Avoid brand-new boots: you need at least **100 km of break-in time** before setting out. It's better to prevent blisters: they can become uncomfortable throughout the entire hike.

✦ ACCESSORIES THAT MAKE ALL THE DIFFERENCE

Telescopic poles
Reduce strain on the knees when going downhill: up to 25% less

First aid kit
Blister bandages (such as Compeed), bandages, antiseptic.

Emergency blanket
30 g in the pocket. It can save a life.

ID + Cash
You'll be traveling through three countries: France, Italy, and Switzerland. Some mountain huts don't accept credit cards.

Headlamp
Setting out before dawn, dark dorms.

SPF 50 Sunscreen
Altitude can be deceiving, your skin can burn quickly.

Category 3 or 4 sunglasses
Required in the mountains.

AC adapter
Electrical outlets vary by country: be sure to bring an adapter, a portable battery, or a solar charger.

✦

THE BREAK-IN TEST

Go for a 20-km hike in your hiking boots the week before you leave. No pain? You're ready.

✦ THINGS TO AVOID

What we always regret having taken.

Every year, mountain hut wardens see the same mistakes being made. Here are five to avoid, they'll help you carry less weight and make your trip more comfortable and enjoyable.

✦ 01 A sleeping bag that's too warm.

At a mountain hut, a sleeping bag liner is sometimes enough. There's no need to bring a −10 °C comfort-rated down sleeping bag.

✦ 02 The three books.

At night, you'll sleep. A light book is already a lot.

✦ 03 Cotton clothing.

It retains moisture, dries slowly, and makes you feel cold. Opt for synthetic fabrics or **merino wool** instead.

✦ 04 New shoes.

No brand or model can replace 100 km of breaking them in.

✦ WHAT HAPPENS NEXT

IN 3 DAYS
BOOKLET #4

Best practices & the environment.

How to hike without leaving a trace, coexist with wildlife, and respect the mountain huts and the caretakers who keep them running.

SEE YOU SOON ON THE TRAIL

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