



Equipment Checklist

CAMP SITE



Backpack

- ☐ 40 to 60 L backpack
- ☐ Rain cover for backpack
- ☐ Dry bags or heavy-duty trash bags to protect contents

Recommended pack weight for a comfortable TMB campsite:

Very light: 8 to 10 kg (excluding water and food)
Comfortable: 10 to 13 kg (excluding water and food)
Above 15 kg, long stages become significantly more tiring.

Sleeping Gear

- ☐ Lightweight tent or tarp (depending on regulations and conditions)
- ☐ Tent pegs and guy lines
- ☐ Sleeping bag rated for 0°C to -5°C comfort temperature
- ☐ Insulated sleeping pad
- ☐ Inflatable pillow (optional)

Clothing

Hiking

- ☐ 2 technical T-shirts
- ☐ 1 pair of shorts or lightweight hiking trousers
- ☐ Technical underwear (2 to 3 pairs)
- ☐ 2 to 3 pairs of hiking socks

Cold Protection

- ☐ Lightweight fleece jacket
- ☐ Packable down jacket
- ☐ Beanie
- ☐ Gloves
- ☐ Hand warmers

Rain & Wind Protection

- ☐ Waterproof breathable jacket (Gore-Tex type)
- ☐ Waterproof overtrousers
- ☐ Cap or sun hat

Camp & Footwear

- ☐ Dry clothes for the evening
- ☐ Well broken-in hiking boots
- ☐ Spare shoelaces (optional)
- ☐ Flip-flops, Crocs

Cooking & Food

- ☐ Lightweight stove
- ☐ Compatible gas canister
- ☐ Cook set (pot/pan)
- ☐ Spoon/fork (or spork)
- ☐ Lighter
- ☐ Sponge or cloth
- ☐ Daily food supply
- ☐ A few emergency meals
- ☐ Tea bags, coffee, electrolyte tablets (optional)

- ☐ Water bottles or hydration bladder (total capacity: 2 to 3 L)
- ☐ Water filter or purification tablets
- ☐ Small trash bags to carry out waste

Navigation

- ☐ Smartphone with offline maps
- ☐ IGN 1:25,000 topographic map
- ☐ Power bank (10,000 to 20,000 mAh)
- ☐ Charging cable
- ☐ Compass (recommended)

Safety

- ☐ First aid kit
- ☐ Plasters / bandages
- ☐ Compeed blister plasters
- ☐ Disinfectant
- ☐ Elastic bandage
- ☐ Painkillers
- ☐ Personal medication
- ☐ Emergency blanket
- ☐ Headlamp + spare batteries / rechargeable battery
- ☐ Whistle
- ☐ Multi-tool knife
- ☐ Tick remover

Hygiene

- ☐ Toothbrush and toothpaste
- ☐ Hairbrush or comb
- ☐ Tissues
- ☐ Toilet paper
- ☐ Hand sanitiser
- ☐ Biodegradable soap
- ☐ Small microfibre towel
- ☐ SPF 50 sunscreen
- ☐ Lip balm
- ☐ Insect repellent (optional)

Documents

- ☐ ID card or passport (France, Switzerland, Italy)
- ☐ Bank card
- ☐ Cash
- ☐ Insurance details / emergency numbers

Extras

- ☐ Trekking poles
- ☐ Category 3 or 4 sunglasses
- ☐ Camera
- ☐ Book or e-reader (optional)

EVERYTHING
IS CHECKED,
I'M READY!



To Keep With You

EMERGENCY
NUMBERS



THE ONLY NUMBER YOU NEED TO REMEMBER:

112

European emergency number valid in
France, Italy and Switzerland.

Can be reached without credit,
without a local phone plan, and
connects through any available
mobile network.

**Not available in areas
with no signal coverage.**
If there is no network coverage, head
to the nearest mountain refuge and
contact the refuge warden.



FRANCE

15

Medical Emergency
Services (SAMU)

18

Fire Brigade

17

Police
Gendarmerie

114

SMS emergency
service for deaf or
hard-of-hearing people



ITALY

112

Single emergency
number

118

Medical emergency
services

115

Fire Brigade



SWITZERLAND

144

Medical emergency
services
Ambulance

1414

REGA
Air Rescue

117

Police

IT'S IN MY BACKPACK,
I'M READY!

