



Equipment Checklist

REFUGE



Backpack

- ☐ 25 to 40 L hiking backpack
- ☐ Rain cover for backpack
- ☐ Dry bags to protect your belongings

Recommended pack weight for a TMB stay in mountain refuges:

Light: 5 to 7 kg

Comfortable: 7 to 9 kg

Above 10 kg, there is usually room to lighten your load.

Clothing

Hiking

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

Cold Protection

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

Rain & Wind Protection

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

Refuge

- ☐ Clean T-shirt for the evening
- ☐ Lightweight trousers or comfortable shorts

Footwear

- ☐ Suitable, well broken-in hiking boots
- ☐ Spare shoelaces (optional)
- ☐ Flip-flops, Crocs, or non-slip socks

Sleeping Gear

- ☐ Sleeping bag liner (often mandatory in mountain refuges)
- ☐ Earplugs (strongly recommended)
- ☐ Sleep mask (optional)

Water & Food

- ☐ Water bottle or hydration bladder (1.5 to 2 L)
- ☐ Snacks :
 - Energy bars
 - Dried fruit
 - Nuts

Navigation

- ☐ Smartphone with offline maps
- ☐ IGN 1:25,000 topographic map
- ☐ Power bank (5,000 to 10,000 mAh)
- ☐ Charging cable

Safety

- ☐ Small first aid kit
- ☐ Plasters / bandages
- ☐ Compeed blister plasters
- ☐ Disinfectant
- ☐ Painkillers
- ☐ Personal medication
- ☐ Emergency blanket
- ☐ Headlamp + spare batteries / rechargeable battery
- ☐ Whistle
- ☐ Elastic band
- ☐ Multi-purpose knife

Hygiene

- ☐ Toothbrush and toothpaste
- ☐ Solid soap or travel-size shower gel
- ☐ Hairbrush or comb
- ☐ Tissues
- ☐ Small microfibre towel
- ☐ Toilet paper
- ☐ Hand sanitiser
- ☐ SPF 50 sunscreen
- ☐ Lip balm
- ☐ Deodorant (optional)

Documents

- ☐ ID card or passport (France, Switzerland, Italy)
- ☐ Bank card
- ☐ Cash
- ☐ Refuge reservations (printed copy or on your phone)
- ☐ Insurance details / emergency numbers

Extras

- ☐ Trekking poles
- ☐ Category 3 or 4 sunglasses
- ☐ Camera

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!

