

"THERE'S NO SUCH THING AS A BAD WEATHER, ONLY INAPPROPRIATE CLOTHING" RANULPH FIENNES

GRAN PARADISO KIT LIST

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As the highest mountain in Italy, Gran Paradiso requires some specific, technical clothing and equipment to help you summit it. It might seem like an investment at first but once you've got the kit you're set for other popular mountain routes like Mont Blanc, Matterhorn, Elbrus, the Eiger and the Monte Rosa).

Below is a list of our recommended kit for your trip.

You can find more detailed information below and what that looks like on the trip page here. As always, if you have any questions or concerns then drop us a message.

KEY CLOTHING ITEMS

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GRAN PARADISO KIT LIST

- TOPS**
 - Hard-shell Waterproof shell jacket (GORE-TEX or similar)
 - Down or Synthetic warm jacket
 - Mid layers (fleece or similar)
 - Base layer tops long sleeve
 - Base layer tops short sleeve
 - Cotton T-Shirts
- BOTTOMS**
 - Hard-shell Waterproof shell pants (GORE-TEX or similar)
 - Soft-shell Mountaineering / trekking pants
 - Base layer leggings
 - Shorts
 - Underwear
- FOOTWEAR**
 - B2 or B3 Graded mountaineering boots
 - Warm socks (Merino wool is ideal)
 - Trail shoes / hiking shoes (optional)
- HEAD GEAR**
 - Warm hat
 - Sun hat
 - Sunglasses (Cat. 4 ideally with side covers)
 - Sunscreen SPF 50+
 - Lip balm SPF 30+
 - Ski goggles
 - Bandanna or Buff
- HAND GEAR**
 - Thin softshell gloves
 - Thick warm gloves
- CLIMBING ACCESSORIES**
 - Mountaineering backpack (30-40L)
 - Ice axe
 - Crampons
 - Climbing helmet
 - Alpine climbing harness
 - Locking carabiners x 2
 - Collapsible trekking poles
- TRAVEL ITEMS**
 - Copy of passport and insurance policy
 - Travel clothes
 - Credit card / cash for personal expenses
- GEAR / EXTRAS**
 - Water bottles x 2
 - Toiletries
 - Earplugs
- ACCESSORIES / OTHER**
 - Headlamp plus spare batteries
 - First aid kit and relevant medication
 - Camera
 - Mobile phone
 - Sleeping bag liner
 - Snacks (bars, gels, dried fruit)
 - Gaiters

HARDSHELL WATERPROOF JACKET

A hardshell jacket of Gore-Tex, or similar standard, is one of your key pieces of kit. Make sure it's big enough to put over multiple layers and that it comes with a hood. You'll use this if the weather becomes a little wild and you need protection from wind and rain. Something like: The 'Hodr', 'Grim' or 'Odin' Jottnar hardshell jacket.

INSULATED MID LAYER

There are a few options here depending on your preferences but this layer needs to be a warm thick fleece, a softshell or a light down jacket. This is one of your key insulating layers so something comfortable and technical is recommended. Something like: The 'Asger' or 'Floyen' jackets from Jottnar are ideal.

LONG SLEEVE BASE LAYER TOPS X 2

Some long sleeve lightweight mid layers are required as they will be the second piece of your layering system. Something like: The 'Svend' or 'Tyer' from Jottnar.

SHORT SLEEVE BASE LAYER TOPS X 2

The first of your layering system. A top tip is to look for an anti-microbial treatment to keep things as fresh as possible. Something like: The 'Ove' or 'Mar' from Jottnar.

HARDSHELL WATERPROOF SHELL PANTS

Hardshell trousers of Gore-Tex, or similar standard, are required for this trip. Ideally they come with side zips to provide a little more ventilation when you're working hard. Something Like: The 'Valdyr' from Jottnar works well.

SOFT-SHELL MOUNTAINEERING / TREKKING PANTS

This is the trouser you will spend a lot of your time in so make sure it's comfortable. Something like: The 'Valen' from Jottnar is ideal.

BASE LAYER LEGGINGS

Make sure you've got some full leg, lightweight leggings will keep you warm and toasty.

SHORTS

A shorts option is great for warm days or when spending time indoors.

B3 BOOTS (CAN BE RENTED)

We recommend the use of B3 boots for this mountain adventure. These should be waterproof, stiff, warm and sturdy for when you're on the glacier. Top tip if you're buying them, make sure you leave a little room at your toes but not enough so that your heel moves when you walk. It will make for a much more comfortable fit. We recommend La Sportiva or Scarpa boots, namely the La Sportiva Nepal Evo and Scarpa Mont Blanc Pro.

To learn more about the correct footwear, check out our 'Let's talk about mountaineering boots' article.

TRAIL SHOES / HIKING SHOES

Trail or hiking boots will be more comfortable on the lower section of the mountain as well as any days you're in the town.

HATS / FACE COVERINGS

You'll need a sun cap, a warm hat that covers your ears and a buff or balaclava. The idea should be that if needed, you can cover your whole face.

EYEWEAR

Despite it being summer, you'll still need sunglasses with Cat. 4 lenses (ideally glacier glasses with side shields), that provide 100% UV protection on snow and ice. We recommend VALLON Heron Glacier sunglasses. You'll also need some goggles (ski goggles are ideal), that can be easily thrown on if it's windy. We recommend VALLON's Freebirds™ goggles.

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HAND GEAR

You will need a thin softshell glove that provide protection in the cooler temperatures and when on the glacier and a thick warm glove (Like expedition shell gloves) that are ideally Gore-Tex and have a removable inner glove.

PACKS

We recommend a 30-40 litres pack but it all depends on how you light to pack and what you like to bring. It should be large enough to carry all your equipment up to the huts where you can remove certain items before summit days. Something like: The Osprey Mutant 38 Litre

ICE AXE (CAN BE RENTED)

You will need one ice axe with or without a leash. Something like: The Black Diamond 'Raven' Ice Axe.

CRAMPONS (CAN BE RENTED)

You will need some 12-point steel mountaineering crampons with anti-balling plates. Something like: The Black Diamond 'Serac' crampons.

CLIMBING HELMET (CAN BE RENTED)

While it's highly unlikely anything will fall on you, a head injury can occur. Taking every precaution in a remote environment is important which is why you will need a lightweight climbing helmet. Something like: The Black Diamond 'Vision' Helmet would work well.

HARNESS (CAN BE RENTED)

This should be comfortable, adjustable and large enough to fit over all clothing. Something Like: The Black Diamond 'Couloir' harness is great.

TREKKING POLES (CAN BE RENTED)

Adjustable poles will help on some of the trekking sections both ascending and descending.

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