

# CHOOSING THE RIGHT TREKKING BACKPACK



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## TOUR DU MONT BLANC, WALKER'S HAUTE ROUTE, GRAND TOUR DES COMBINS AND DOLOMITES ALTA VIA 1

When embarking on treks like the Tour du Mont Blanc (TDMB), Walker's Haute Route, Grand Tour des Combins or the Dolomites Alta Via 1, having the right backpack is essential for your comfort and safety on the trail. Unlike the Summer Toubkal Trek, where your main luggage is transported for you, these treks require you to carry a bit more gear. In this journal, we'll cover what to look for in a trekking backpack and offer some top recommendations for multi-day mountain adventures.

### BACKPACK SIZE: WHAT YOU NEED FOR MULTI-DAY TREKS

For the TDMB, Walker's Haute Route, Grand Tour des Combins and Dolomites Alta Via 1, we recommend a backpack with a capacity of 30-35 litres. This size allows you to carry essential gear for long days on the trail while keeping the weight manageable. You'll need to pack smartly for changing weather and terrain.

### BACKPACK RECOMMENDATIONS FOR MULTI-DAY TREKS

Here are some recommended backpacks that fit the demands of these challenging treks:

#### OSPREY TALON 33

This popular trekking pack is perfect for long days on the trail. It's lightweight, has a ventilated back panel, and provides plenty of space for your gear while being comfortable to wear. This backpack is designed for men.



## OSPREY TEMPEST 30

Designed specifically for women, the Tempest 30 is a great fit for multi-day treks like the TMB. It offers excellent ventilation, comfort, and ample storage for your essentials.



## DEUTER SPEED LITE 32

The Deuter Speed Lite 32 is a streamlined, minimalist pack that is still capable of carrying all the essentials. It's lightweight and has an excellent balance between durability and comfort.



However, **if you're planning to have your luggage transferred**, you can opt for a smaller daypack (20-30 litres) for your hikes. This will be more convenient for carrying essentials like water, snacks, a camera, and extra layers. Here are a few recommendations:

## **OSPREY TEMPEST 24**

This lightweight pack is comfortable, easy to carry, and well-suited to shorter treks like Toubkal. It features a ventilated back panel to keep you cool and enough space for all your daily essentials. This backpack is designed for women.



## **OSPREY TEMPEST VELOCITY 30**

For those who prefer a slightly larger pack, the Tempest Velocity 30 offers more room while still being lightweight and comfortable. It's great if you like to carry a few extra items, such as a camera or additional layers.



## OSPREY TALON 26

This lightweight and versatile pack is perfect for shorter treks. The Talon 26 offers excellent comfort with a ventilated back panel and enough space for daily essentials, making it a reliable choice for long days on the trail. This backpack is designed for men.



## DEUTER SPEED LITE 25

The Deuter Speed Lite 25 is a minimalist pack that's perfect for hikers who like to keep things simple. It's ultralight, has excellent ventilation, and is easy to carry on long trekking days.



## PACKING FOR MULTI-DAY TREKS

While you won't need to carry your sleeping bag in most cases (just a liner), packing efficiently is crucial. Organise your gear by packing heavier items close to your back and using external pockets for quick access to snacks, water, and sun protection. Make sure your pack is equipped with a rain cover as the weather can change quickly in the Alps and Dolomites.

## FOR COMPLETE PACKING LISTS, REFER TO OUR SPECIFIC KIT LISTS FOR EACH TREK:

- [Tour du Mont Blanc Kit List](#)
- [Haute Route Kit List](#)
- [Dolomites Alta Via 1 Kit List](#)

For more specific details about packing for the Summer Toubkal Trek, check out our journal entry on choosing the right backpack for that trip.