



France, Italy & Switzerland in three days

THE ALPS: THREE COUNTRIES, THREE DAYS

6 - 10 June 2024



www.different-travel.com

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The Alps: Three Countries in Three Days

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Trip overview

The Trek

Join us on an epic adventure as we trek through three countries in three days. This challenge will see you explore France, Italy and Switzerland as we take on a section of the Tour du Mont Blanc. The route encircles the Mont Blanc Massif and is considered one of the world's classic long-distance walking trails.

The valleys in this area are simply beautiful with vast pine forests, lush meadows, blue lakes, soaring rocky peaks and breath-taking glaciers. This magnificent alpine region is also home to a variety of wild flowers, birds and other wildlife.

Mont Blanc, or "White Mountain", is the highest mountain in the Mont Blanc Massif, and at an elevation of 4810m is the tallest peak in the Alps and Western Europe. It is permanently covered in snow and ice, giving rise to its nicknames, *La Dame Blanche* 'the White Lady' in France, and *Il Bianco* 'the White One' in Italy.

This 3-day trek will take you along part of this trail, trekking in 3 different countries anticlockwise from the east to north west, trekking in the Italian, Swiss and French Alps.

What is the experience like?

Who accompanies us?

You will be accompanied by local guides who have an excellent knowledge of hiking in the region. The guides are first aid trained and will support you throughout your journey. You will also be accompanied by a Different Travel Company UK tour manager.

How tough is it?

This trek is graded moderate to challenging because of the combination of long days trekking over uneven mountain terrain including steep ascents and descents for approximately 6-8 hours each day (variable depending on group pace), and basic sleeping conditions. It is essential that your training includes hill walking and trekking up and down gradients to best prepare you.

What is the climate like?

The climate is unpredictable in alpine regions but in general, the temperature will range from 20-25°C during the day and 10-20°C at night. Weather conditions will vary but in general you will experience sunny, clear days with a small chance of rain. As you ascend into more open and exposed areas of the mountains there may be very cold winds so having a suitable waterproof jacket and warm mid layer is important, even in mid-summer.

Please note: the temperatures and conditions above are historically accurate but climate change can impact the seasons so you may experience uncharacteristic conditions during the trip which are out of our control. The guides will assess the situation and make decisions to ensure the best enjoyment and safety of the group.



Will we be trekking at high altitude?

The maximum altitude reached on the trek is 2537m at Grand Col Ferret. The average altitude is 1500m. When you ascend to higher altitudes it may make the trek feel more demanding than if it were at sea level, but your risk of altitude sickness is very low.

What is the terrain like?

The terrain will vary but in general you will trek on well-maintained trekking trails across rolling green hills, on stony trails next to gushing rivers, and a few small sections on paved roads. You will also pass through beautiful pine forests where there may be uneven terrain and tree roots to watch out for, or cross small streams using stepping stones. There are steep sections, so it is important that you have trained on hills in advance of departure.

Where will we stay?

Before the trek you will stay in a hotel near Courmayeur on a twin-share basis with en-suite facilities. During the trek you will stay in basic chalet and mountain refuges in mixed dormitories. Basic bedding is provided in the refuges, but you may wish to bring a sleeping bag liner for your own peace of mind and comfort.

What is the food like?

Breakfast, lunch and dinner are provided throughout the trip as per the itinerary. Breakfast will be typical continental style with items such as cheese, ham, fruit, bread and pastries, and served with tea and coffee. You will have a picnic lunch each day and the food items will be shared out in the morning to be carried by the group. A typical lunch may include fruit, cured meat, cheese, bread and salad. Dinners will be taken at the refuge and you will be served a set 'Menu of the Day' with soup and salad with bread to start, a main dish and a dessert. Bread and cheese will feature highly in your meals! Please inform us in advance if you have any dietary requirements or preferences.



Practical information

Who can take part?

You must be aged 18 or above to take part in the trek unaccompanied. It may be possible for you to participate if you are aged 16 or 17 years old if you are accompanied by a parent or guardian – please contact us for advice.

How fit do I need to be?

You are strongly advised to train to a good fitness level before departure to ensure fast recovery from each day's walk. An ideal candidate is someone open minded, positive and flexible, enjoys the challenges of being away from home, is happy to be pushed outside their comfort zone and is keen to try something new.

The distances covered may not be great, but you must be prepared for, and be capable of, trekking for many hours a day on steep, rough terrain while carrying a daypack of around 6-8kg in weight. If you attempt to complete the trek without training, it will be unnecessarily challenging and will hinder your experience, and the experience of your teammates.

Building up your core and leg muscle strength is important so exercises such as squats, lunges, push-ups, planks and crunches will really enhance your training. These exercises can be done at home – no gym needed. You can download a number of free apps, which will help you train and track your progress, e.g. MapMyWalk, C25K (couch to 5k run), MyFitnessPal (for a variety of sports).

You must take your training seriously and arrive as fit as you can be, so you get the most out of this challenge. Attempting to complete the trek without training will make it more challenging than necessary and will be detrimental to your experience, and the experience of your teammates.

Medical Declaration

We require a medical form to be completed by everyone upon registering, and any pre-existing conditions, medications used and other medical issues must be specified. All your medical details are treated in the strictest confidence.

The information will be securely screened by a qualified medical professional, and details provided to your tour manager and local guides so our staff are adequately informed and prepared to support you during the trip. By completing our booking form you are giving consent for us to contact you confidentially with any follow up questions regarding your health.

If you declare any medical conditions you may be asked to provide more information, or we may request to contact your GP.

In the event that your medical issues at the time of booking represent a concern for your safety and wellbeing, or the safety and wellbeing of others in the group, you may be recommended not to take part. If this happens your booking will not be confirmed and the deposit will be refunded.

We must be informed if any conditions or medication change, or if new conditions develop. If necessary confirmation of fitness to travel from your GP or specialist may be required.

Please note that we will never unreasonably deny participation on a trip nor contravene the Equality Act 2010.



Covid-19

Your health and safety is our top priority so rest assured that we are taking steps to ensure you not only have a memorable experience, but a safe one too.

We constantly monitor and follow the advice of the British Foreign, Commonwealth and Development Office (FCDO) who provide recommendations and advice to British travellers about travel to a certain destination.

Health and safety is our top priority so we will **NEVER** operate a trip in an area where there is clear and present risk to our team members, whether that is due to a health outbreak, political instability, natural disasters or anything else.

If travel restrictions either in the UK, France, Italy or Switzerland prevent safe travel we will look to either postpone or cancel your trip at no cost to you.

Please note that at the time of travel there may be enhanced safety and security measures in airports, bag drop may take longer, and you may need to provide a certificate of health or proof of vaccination.

We will inform you about any information pertinent to your travel arrangements.

If you have any questions or concerns, please contact us on info@different-travel.com.

Trip cost

A £395 registration fee is payable at the time of booking. You can then choose one of the three payment options:

- Self-funded:** Pay your own tour costs balance of £1,495 by 28 March 2024. You are welcome to fundraise separately for any charity of your choice, but this is not mandatory. Any fundraising undertaken cannot be used for your trip costs.
- Sponsorship:** Fundraise £2,990 for your chosen charity by 14 March 2024. This includes your £1,495 tour costs balance and a £1,495 donation to charity.
- Flexi:** Pay your own tour costs balance of £1,495 and fundraise £1,495 for a charity of your choice by 28 March 2024. Any fundraising undertaken cannot be used for your trip costs.

What is included?

- ✓ Return flights from London (inc. current taxes and fuel surcharges),
- ✓ Transfers and transport throughout
- ✓ Accommodation in hotels, chalets & refuges (4 nights)
- ✓ Meals as specified
- ✓ Local guides
- ✓ Different Travel UK tour manager.

What is excluded?

- ✗ Travel insurance
- ✗ Tips (approx. £50)
- ✗ Personal expenses (e.g. drinks, souvenirs etc.)
- ✗ Vaccinations

Itinerary

Day 1 (Thursday 6 June 2024):

London – Geneva - Courmayeur

Depart London for Geneva. On arrival we will meet the local team and transfer to our hotel in Courmayeur, Italy, where we will enjoy a welcome dinner and a briefing on the trek to come.

Overnight: Hotel

Meals: Dinner

Day 2 (Thursday 7 June 2024):

Courmayeur – Val Ferret - Champex

After a morning transfer to Arnuva, we hike up to Grand Col Ferret at 2537m, the highest point of the trek on the border between Italy and Switzerland where spectacular views unfold across the valley. During the hike Glacier de Pré de Bar appears at the base of the snow-covered summits of Mount Dolent and l'A Neuve. Once at the pass, we descend to the Swiss Val Ferret passing scenes of traditional rural life such as open meadows and farmland all with a stunning mountain backdrop. From there we transfer to the charming village of Champex and stay overnight at our mountain chalet in Switzerland.

Accommodation: Chalet

Meals: Breakfast, lunch, dinner

Trek: Approx. 6-7 hrs (750m ascent/800m descent)

Day 3 (Friday 8 June 2024):

Champex – Trient Valley

Today we hike from the Champex valley to the Trient valley. It will take us to the alpine pastures of Bovine. A balcony trail above the Rhone valley and its vineyards allows us to admire the peaks of the Bernese Oberland and the steep summits of the Combin massif. After descending in the shade of the larches, we arrive at the Col de la Forclaz, a key passage between the Rhone and Trient valleys. Overnight at a refuge in Trient.

Accommodation: Mountain refuge

Meals: Breakfast, lunch, dinner

Trek: Approx. 5-6 hrs (700, ascent/670 descent).



Day 4 (Saturday 9 June 2024):

Trient – Tre le Champ

Our final day starts with a steady climb which takes us to the Swiss-French border from where the views on the north of the Mont Blanc range are breathtaking. This fabulous scenery will stay in sight until we arrive in the hamlet of Tré le Champ. Tonight, we have a farewell dinner and stay overnight in Tré le Champ, France.

Accommodation: Hotel

Meals: Breakfast, lunch, dinner

Trek: Approx. 7 hrs (910m ascent / 750m descent)

Day 5 (Sunday 10 June 2024)

Tre le Champ - London

Today we transfer to Geneva airport for the flight back to London.

Meals: Breakfast

N.B. This itinerary may change due to weather, the ability of the group and so on. We will do our best to keep to the itinerary but we cannot be held responsible for changes outside of our control. In all circumstances your guide and tour leader will



have the final say in the interest health and safety.

Before you go! Information to prepare you for the trip

Travel practicalities and country information
Trek knowledge
Food and drink
Kit tips
Luggage
Responsible travel and culture
Fitness, health and safety
Kit list

Travel practicalities and country information

Visas

British passport holders do not currently require a visa to enter France, Italy or Switzerland. Travellers of other nationalities must check the entry requirements at the relevant Embassies. You must have at least 6 months validity on your passport from the date of entry.

Travel insurance

The Different Travel Company will do everything possible to ensure a safe and enjoyable trip however unexpected things can occur such as delays, medical problems, baggage loss, cancellation by you etc. The purchase of travel insurance is mandatory; you are advised to organise it at the time of booking to ensure you are covered immediately.

Different Travel is an Unregulated Introducer of Campbell Irvine Ltd who are authorised and regulated by the Financial Conduct Authority.

You can find out more here: <https://microsite.campbellirvinedirect.com/differenttravel>

Please note: most travel insurance policies protect you before departure too so it is advised to buy insurance as close to booking as possible as it may protect you against the loss of your non-refundable, non-transferable registration fee if you cancel due to injury, illness etc.

Phone and Wi-Fi access

Staying in touch is easy throughout most of the trip. Wi-Fi is available in many establishments and most mobile phone networks can use roaming (contact your provider for information about charges and to set up roaming on your phone). In general, you should have phone reception for most of the route. Don't forget to turn off data roaming to avoid unexpected data charges.

Electricity

Electricity during the trek is 230V, 50Hz. The plugs used are European two round pin plugs. Electricity will be available at the hotel before the trek and at some of the refuges during the trek. Please bring the necessary plug adaptor. As you will be staying in shared dorms it may not be possible to charge your phones and cameras each night. A portable power pack or power bank is recommended as a backup. Please ensure it has a capacity of at least 15,000mAh. These are easily available to purchase online).

Currency

The euro is used in France and Italy, and the Swiss franc is used in Switzerland. Almost all areas in Switzerland during the trek will accept payment in euros.

You will be trekking in Italy for one day, trekking in Switzerland for one day and trekking in France for one day so it is worth bringing mainly euros but some Swiss francs.

Access to Cash

Cash is the main form of payment on the trail so ensure you have enough cash with you for various things like drinks, snacks, souvenirs, tips and other expenses.

There are ATMs near the hotel in Courmayeur and there may be some ATMs along the trail but there is no guarantee these will be in operation or that your card will work so you should not rely on this. Your bank may charge for overseas withdrawals and transactions so speak to your bank before departure, or consider a currency card or exchanging money in advance from a bureau de change.

As a guideline, around £100 in euros or Swiss francs should be sufficient. You need to bring money for tips (approx. £50), drinks and souvenirs; around £150 should suffice depending on how much you wish to buy.

Tipping

While tipping is not mandatory it is recommended and greatly appreciated by the local staff and the trek team. We would recommend allowing around £50 per person.

Photocopies

Remember to photocopy of all your documents (insurance details, passport, credit/debit cards etc.) and take a copy with you during the trip, stored separately from the original copies. You should also scan and email these documents to yourself and leave a copy with a trusted family member or friend. If you lose any of your documents you will then have access to a copy with you and online. You may also wish to upload your documents to cloud storage such as Dropbox or Google Drive.

Photography

When taking photographs of the local people, you must ask their permission. Taking a photograph of someone without their permission can cause offence. In contrast, taking photographs of someone you have become friendly with is usually very welcome.

Language

French is the main language spoken in the Mont Blanc region. English may be spoken too.

Here are some helpful words and phrases to get you by:

Hello/Goodbye	Bonjour / au revoir	1	Un
How are you?	Comment vas-tu?	2	Deux
Please	S'il vous plait	3	Trois
Thank you	Merci	4	Quatre
Water	Eau	5	Cinq
How much?	C'est combien?	6	Six
Yes	Oui	7	Sept
No	No	8	Huit
Excuse me	Excusez-moi!	9	Neuf
Good luck	Bon chance	10	Dix
Enjoy (food)	Bon appétit		

Trek knowledge

Accommodation

During the trek you will stay in basic chalet and mountain refuges on a mixed dormitory basis. If single-sex dormitories are available these will be provided but it may not always be possible. Basic bedding is provided in the refuges, but you may wish to bring a sleeping bag liner for your own peace of mind and comfort.

Hygiene and toilet facilities

At the hotel before the trek you will have en-suite bathroom facilities. During the trek, toilet and shower facilities will be basic and shared with everyone staying at the refuge. Please leave the facilities as you would wish to find them. If you need to use the toilet during the trek, this will be in bushes or behind rocks along the trail. You must pack up any toilet paper you use to dispose of properly at the refuge. Never leave toilet paper on the ground. Some days you may pass refuges, cafés or shops where you can use the toilet facilities if you purchase something or pay. You should bring one roll of toilet paper for your own use.

Food and drink

Water

It is perfectly safe to drink the water and you will be able to fill your bottles at the accommodation each day.

Keeping hydrated

During the trek you will need to drink at least 3 litres of water per day to stay hydrated, *plus* any soups or hot drinks served. Electrolyte tablets (e.g. Nuun, High5, PowerBar etc.) are flavoured effervescent tablets which contain salts and minerals which are naturally lost from your body when you sweat. By adding these tablets to your water it not only offers flavour to your water but it can help prevent dehydration before it begins. Electrolyte tablets are widely available in outdoors stores and online for around £8 for 12 tablets. You may also wish to bring a small supply of rehydration salts (e.g. Dioralyte) which treat dehydration.

Water bottle

You will need to bring your own bottles to carry at least three litres of water per day. Some people will bring a 2-3 litre CamelBak hydration system (for effortless access to water while you trek) plus one 1-litre water bottles (e.g. plastic Nalgene or metal Sigg bottle). Some people prefer to bring three 1-litre bottles. The choice is yours. If you're bringing a CamelBak hydration system, a separate 1-litre bottle is essential as it can be used as a backup if your hydration system fails.

Please write your name on all your bottles in marker pen. Please note that 'own brand' and cheap hydration systems are notorious for splitting, leaking or valves not functioning properly. CamelBak and Platypus are the leader in this market because their products are significantly better quality and more reliable.

Dietary requirements

The majority of special diets, such as vegetarian, vegan, gluten-free, etc., can be catered for if we are notified in advance. Please ensure that you notify us of any dietary requirements at the time of booking or as soon as possible. Please note that we cannot guarantee that food preparation will have taken place in a contamination-free environment.

Food

Breakfast, lunch and dinner are included throughout the trip as specified on the itinerary.

Snacks

You may wish to bring a selection of snacks for energy, a pick-me-up or a little taste of home.



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Please bring snacks you have tried before (and enjoy!) so they are appetising to you. Items such as sweets, individually wrapped cake bars, protein bars and dried fruit are ideal but don't forget to bring savoury treats also such as salted nuts, Cheddar biscuits or salted crackers.

Kit tips

Discount

When you book you will receive a discount and vouchers booklet. Please check the documents section of your online profile.

Clothing

You are recommended to invest in trekking gear which can be worn in layers (base layer, warm layer, shell layer) which can be added and removed easily to manage your temperature and the climate. Your clothes should be made of technical fabrics designed to wick sweat away from your body which keep clothes dry and smelling fresh. Merino wool, nylon, polyester, polypropylene and bamboo fabrics are all effective technical fabrics. Never bring cotton clothing to trek in. Cotton clothing can be hazardous to wear in cool conditions because when sweat is absorbed by cotton fibres (rather than forced to evaporate as with technical fabrics), it leaves clothes damp. Damp clothes make you cold and uncomfortable and could even leave you vulnerable to hypothermia on a cold day. You can find technical clothing in all reputable outdoors stores. Check the garment label to ensure your garments contain 0% cotton.

Although rain isn't expected, waterproofs (jacket and trousers) are important just in case there are heavy downpours. Do not bring waterproofs that are very old or that you know leak.

Footwear

You should bring lightweight, breathable trekking boots with good ankle support and a high quality flexible sole such as Vibram; walking trainers are unsuitable. If you are buying a new pair of boots, please try on lots of pairs before you buy; don't buy online unless you've tried them on first. Please ensure you buy new boots well in advance of departure so you have time to break them in properly. You are strongly advised to wear your boots on the plane (or take in your hand baggage) in case there are any problems or delays with your luggage. Comfortable boots are the most difficult item to replace at short notice.

Socks

It is important that the socks you choose are high quality, non-cotton and will not slip down in your boots which causes blisters. Never wear cotton socks which absorb sweat making them damp and more likely to rub against your feet, causing blisters. Socks containing Coolmax (a brand of polyester) or nylon have wicking properties which means that it pulls sweat away from the skin for it to evaporate. Good brands to consider include Bridgedale, Smartwool and Brasher.

Hiking poles

Hiking poles can be very useful on ascents and descents, particularly when carrying a heavy pack on uneven terrain. Poles are also very useful for stability. They are not mandatory but are recommended. You should use them on your training walks to familiarise yourself on how to use them. If you bring hiking poles they must fit inside your suitcase/kitbag for the purposes of the international flight.

Headwear

A hat with a wide brim is recommended and/or a Buff (see <https://www.buff.com/>).

Head torch

This is a vital piece of kit. Petzl is one brand which makes good quality headlamps but there are many head torches available from other companies. Please ensure you take an LED torch as ones with bulbs are not bright enough. Bring your head torch with fresh batteries inside it, and take a full set of spare batteries. Do not bring a wind-up head torch as these are unreliable. Keep your head torch in your backpack every day. Please ensure you put fresh batteries in before departure, and bring some spare batteries.

Sunglasses

These are important even on overcast days. They must offer a minimum of 100% UV protection, and polarized sunglasses are ideal. Taking a spare pair is recommended.

Luggage

This trip is different to a standard holiday so you will need the following luggage items:

1. A small daypack

You are responsible for carrying your own daypack containing essentials for each day. We recommend you bring a 25 litre rucksack which **must** have a hip belt and a chest strap. High quality brands to consider when looking for a suitable pack include Osprey, Berghaus and Lowe Alpine (amongst others) and you are strongly advised to visit a reputable store like Cotswold to have your backpack fitted, as they come in a variety of sizes, and some brands offer male and female specific fits. You can expect to carry your personal first aid kit, sun cream, three litres of water, snacks, toilet paper, wet wipes and camera. It could weigh 6-8kg when packed, so you should make your backpack selection carefully and ensure it fits correctly and is comfortable. You will not have access to your main pack while trekking.

2. A suitcase / kitbag

A soft-sided kit bag or large backpack/rucksack to check in on the flight, and will also be used to hold your luggage which is transported by road in the luggage van. Suitcases are not suitable and should not be brought on the trip.

3. You should bring some **combination padlocks** to secure your luggage.

Responsible travel

We are environmentally conscious and aim to minimise our impact as much as possible. Key points:

- Never leave toilet paper or litter on the trail.
- Don't dispose of fruit peel, cores or seeds on the ground; although they decompose eventually they are unsightly and may attract animals.
- Turn off lights when not in rooms.
- Minimise your water usage by having short showers.

Etiquette

Always endeavour to be polite and respectful. If you show respect, then it will be reciprocated. Some tips include:

- Respect other accommodation guests by keeping noise to a minimum, especially early in the morning and late at night.
- Be respectful to your guides; don't forget to say please and thank you.
- Be considerate of the feelings of other group members.

Fitness, health and safety

Fitness training

You should start training when you have booked your place on the challenge. The best form of training for a trek is get outside and start walking. If you're not a regular walker, start slowly with short distances then as you get more comfortable, increase your mileage and add in more challenging terrain until you can comfortably walk for several consecutive days, for around 8 hours at a time, on hilly terrain while maintaining a comfortable pace without needing to stop more than frequently than once an hour for a 5-minute rest.

Hill walking while carrying a fully packed backpack while wearing your hiking boots should feature predominantly in your training as this will help prepare your body for the terrain and baggage load you will experience during the trek.

Other activities which can complement hill walking include running, cycling, gym workouts and boot camps etc. Developing your core and leg muscle strength is also important so exercises such as squats, lunges, push-ups, planks and crunches will really enhance your training. These exercises can be done at home; no gym needed.

You can download a number of free apps, which will help you train and track your progress. E.g. MapMyWalk, C25K (couch to 5k run), MyFitnessPal.

Please note that attempting to complete the trek without any training may make the experience unnecessarily difficult and hinder your experience, and also the experience of your teammates. The local guides, in consultation with your Different travel tour manager, may advise that if you are not fit enough to continue that you leave the trek.

Vaccinations and travel health

Different Travel regrets that we cannot provide medical advice or recommendations. You are advised to seek medical advice at least 8 weeks before travelling to ensure that all appropriate vaccinations are up to date. For general information visit www.fitfortravel.scot.nhs.uk or www.travelhealthpro.org.uk but your GP or travel health professional should be the first stop for a consultation tailored to your medical history. Please note that failure to be adequately vaccinated, or take necessary prophylactic medication can invalidate travel insurance policies as it is considered that you have not taken necessary precautions.

First aid kit

You should bring a small first aid kit of essential items which is for your own personal use and keep it in your backpack. Suggested items to include: personal prescription medicine, Compeed blister plasters, painkillers, plasters, antiseptic wipes, anti-histamine tablets, indigestion remedy, Imodium (Loperamide), rehydration sachets, lip balm with SPF, antiseptic cream, zinc oxide tape etc. Please keep the contents to a minimum as you have to carry it yourself.

Emergencies and evacuations

In the unlikely event of a serious illness or accident, the local team will ensure you are transferred as swiftly as possible to the nearest hospital. Please ensure your travel insurance covers you for airlifting/emergency evacuations as this can be required to reach casualties on more remote trails in an emergency. You are recommended to bring a credit card during the trip in the event that you need to pay for medical treatment upfront in the event of an emergency.

Safety

Please take common-sense precautions while travelling to ensure your safety and the protection of your belongings. For example: leave flashy jewellery, watches and accessories at home; keep wallets out of sight stowed in a handbag or backpack rather than sticking out of a pocket; don't leave bags unattended at any time; carry cameras in their cases rather than carrying them openly with the camera strap; split cash into different pockets rather than carrying all your money in one place, especially immediately after you have used the ATM; and so on.

Zinc Oxide tape

This tape is really useful to prevent blisters. When you feel your boots start to rub against your feet, you should stop and remove any debris from your boots and check your feet. If a hot spot is developing (a red, sore area without broken skin) you can apply zinc oxide tape to the area and it will stop (or slow down) a blister developing. If you are too late to prevent the blister then you should clean the area and apply a Compeed blister plaster instead.

Last updated January 2023

KIT LIST - THREE COUNTRIES IN THREE DAYS

The kit you take on your trek can make the difference between being 'just a trek' or a 'memorable trek'.

Our kit lists are put together with feedback from our own experiences and that of participants who have taken part in our previous trips.

The items on this list do not take into account your personal preferences based on your previous trekking experiences, or individual requirements.

PLEASE NOTE: This list is just a guideline and is not exhaustive or take into account personal preferences.

For information about items on this list please refer to the trip dossier or contact The Different Travel Company on info@different-travel.com

*Please consider eco-friendly or biodegradable options.

ESSENTIAL

SUGGESTED

OPTIONAL

DOCUMENTS + FLIGHT ESSENTIALS	✓
Passport and Copy	ESSENTIAL
E-Tickets	ESSENTIAL
Travel insurance	ESSENTIAL
ATM and credit card (s)	ESSENTIAL
Cash (£ Sterling)	ESSENTIAL
Pen for immigration forms	ESSENTIAL
Sunglasses (preferably polarized)	ESSENTIAL
Mobile phone + charger	ESSENTIAL
Camera + spare batteries	SUGGESTED

LUGGAGE	✓
Suitcase/large holdall	ESSENTIAL
Daypack (25 – 30 litres)	ESSENTIAL
Hand Luggage (take note of dimensions from airline)	ESSENTIAL
Combination padlocks	ESSENTIAL

CLOTHING AND FOOTWEAR	✓
Trekking boots: Wear on flight or carry in hand luggage	ESSENTIAL
Lightweight trek trousers (zip off trousers ideal)	ESSENTIAL
Non-cotton base layer	ESSENTIAL
Non-cotton, technical t-shirts	ESSENTIAL
Non-cotton long sleeved top/shirt	ESSENTIAL
Trek socks	ESSENTIAL
Underwear	ESSENTIAL
Warm jacket (e.g. down/Primaloft)	ESSENTIAL
Warm mid layer or fleece	ESSENTIAL
Waterproof jacket	ESSENTIAL
Waterproof trousers	ESSENTIAL
Thermal top and bottoms (can also be used as pyjamas)	ESSENTIAL
Sun hat	ESSENTIAL
Warm hat	ESSENTIAL
Warm gloves	ESSENTIAL
Buff (www.buffwear.co.uk)	SUGGESTED

HEALTH AND HYGIENE*	✓
Hygiene kit to include: toothbrush and toothpaste, antiperspirant deodorant, wet wipes, shampoo, conditioner, nail brush and nail care kit	ESSENTIAL
Personal first aid kit to include: prescription medicine, insect repellent, ibuprofen, paracetamol, plasters, blister plasters (e.g. Compeed), Imodium, rehydration salts (Dioralyte), antiseptic cream (e.g. Savlon), Anti-histamine cream/tablets, lip balm with SPF protection, zinc oxide tape, nail scissors/tweezers, muscle rub (e.g. Deep Heat), throat lozenges, decongestant, Vaseline	ESSENTIAL
Hairbrush/comb	ESSENTIAL
Lateral flow tests (min x2)	ESSENTIAL
Disposable masks	ESSENTIAL
Feminine care products	SUGGESTED

OTHER KIT	✓
Sun block (high SPF)	ESSENTIAL
Toilet bag: toilet paper, wipes, hand sanitiser, nappy sacks	ESSENTIAL
2 ltr water hydration system (e.g. Camelbak)	ESSENTIAL
1 ltr bottle of water	ESSENTIAL
LED head torch + spare batteries	ESSENTIAL
Adaptor (European 2 round pin)	ESSENTIAL
Ear plugs	ESSENTIAL
Trainers/casual shoes for evening	ESSENTIAL
Casual clothing for travel days	ESSENTIAL
Hiking poles – to be stowed in hold luggage for flight	SUGGESTED
Sleeping bag liner	SUGGESTED
Energy food/snack bars	SUGGESTED
Swimwear	OPTIONAL
Bags for dirty washing	OPTIONAL
Spare glasses/contact lenses	OPTIONAL
Video camera + charger	OPTIONAL
MP3 player/ipod	OPTIONAL
Portable power bank	OPTIONAL
Books/packs of cards	OPTIONAL
Travel pillow	OPTIONAL