

Guided walks in the French Alps



AK Adventures kit List

Weather in the mountains can change quickly. Even a glorious summer's day can end in a thunderstorm, so it is important to have the right kit.

Getting hold of the best kit available is always worth it.

- Waterproof jacket – light and breathable
- Over trousers
- Rucksack - 25-35 litres
- Socks - Warm loop lined
- Wicking tops, long and short sleeved
- Fleece, mid layer
- Mountain trousers (I like the ones with a half zip that you can turn into shorts)
- Thermal leggings
- Sun hat, sunglasses, sun cream and lip cream (factor 15+)
- Warm hat and thin gloves
- Water container (at least 1 litre)
- Small personal medical kit
- Silk sheet liner, ear plugs and head torch for mountain huts