**TMB Packing List (Women): 38 Litre Osprey Backpack & Small Gym Bag**

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| **Clothes** | **Toiletries** | **Other:** |  |
| **Technical Clothes:**  Pladapus water bottle  Cotton hankies -(instead of toilet paper)  Hiking shoes  3x walking socks(merino wool)  12x underwear  Flip flops  Leggings x2  Arcteryx jacket  Down jacket (small and packable)  Down vest (small and packable)  Lulu Long sleeve Lululemon Shirt (x2)  Baseball Hat  Gloves  Gortex pants  Sports bra (x2)  Pink/Black or Grey Lululemon Jacket  Long shorts  Short shorts  Tank tops - Lululemon  Merino wool head scarf  Bikini  **Airport Outfit/Casual Clothes/Shoes:**  Wear these things on plane rides – to be left in gym bag at Airbnb in Chamonix upon return from TMB hike  **Small gym bag (carryon size)** | **Hanging shower bag to include the following:**  Chapstick  Ear plugs (x2)  Fishermans Friends  Quick dry towel  Blister pack  Extra hair elastics  Floss  Eye mask  Mouth Retainer  Lotion  Pill bottle with medication – [separate into small containers from dollar store]  Leave in hair conditioner Detaingler  Small brush/comb  Mirror  Toothbrush with cover  Bar soap  Sunscreen  Washing detergent leaves  Antiseptic gel & wipes  Deodorant  Make-up (all travel size)  Face wash/face products (put all into small travel size containers from Dollarstore) | Ziplock bags for clothing organizing – various sizes  DJ headphones to listen to movie on plane  Constipation stuff  Velcro pouch for phone  Electrical adapter for international plugs  Small first aid kit  Sunglasses  Book  Extra zip lock bags  Clear Plastic bags  Electrolyte pills  Protein bars  Oil of oregano  EmergenCs  Vitamin B12  D3  Spare cell phone  Journal  Pens | **Passport/Travel Wallet:**  Passport  Visa  Bank Card  Oyster Card for London Transit  Cash  ChamVan (Shuttle to Chamonix from Geneva Airport) ticket  Address for Airbnb on paper  **To Get:**  Swiss Francs  Euros  Get international SIM card upon arrival at Gatwick Airport  Put SIM card into main phone when get international SIM card in London  **Sleeping clothes**  Long night shirt  t-shirt/warm tights/shorts |