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

|  |  |  |  |
| --- | --- | --- | --- |
| **Clothes** | **Toiletries**  | **Other:** |  |
| **Technical Clothes:**Pladapus water bottle Cotton hankies -(instead of toilet paper) Hiking shoes3x walking socks(merino wool)12x underwearFlip flops Leggings x2Arcteryx jacketDown jacket (small and packable)Down vest (small and packable)Lulu Long sleeve Lululemon Shirt (x2)Baseball HatGlovesGortex pantsSports bra (x2)Pink/Black or Grey Lululemon JacketLong shortsShort shortsTank tops - LululemonMerino wool head scarfBikini**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 FriendsQuick dry towelBlister pack Extra hair elasticsFlossEye maskMouth RetainerLotionPill bottle with medication – [separate into small containers from dollar store] Leave in hair conditioner DetainglerSmall brush/combMirror  Toothbrush with cover Bar soapSunscreenWashing detergent leavesAntiseptic gel & wipesDeodorant Make-up (all travel size)Face wash/face products (put all into small travel size containers from Dollarstore) | Ziplock bags for clothing organizing – various sizesDJ headphones to listen to movie on plane Constipation stuffVelcro pouch for phone Electrical adapter for international plugsSmall first aid kitSunglassesBook Extra zip lock bagsClear Plastic bags Electrolyte pills Protein barsOil of oreganoEmergenCs Vitamin B12D3Spare cell phoneJournalPens | **Passport/Travel Wallet:**PassportVisaBank CardOyster Card for London TransitCashChamVan (Shuttle to Chamonix from Geneva Airport) ticketAddress for Airbnb on paper**To Get:**Swiss FrancsEurosGet international SIM card upon arrival at Gatwick AirportPut SIM card into main phone when get international SIM card in London**Sleeping clothes**Long night shirt t-shirt/warm tights/shorts |