



The guides' tips

Mountaineering trips



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CHOOSE THE RIGHT BOOKING OPTION

Group booking brings together individuals who may not know each other. While our booking process aims to create as uniform groups as possible, you may find yourself with people who have varying needs and expectations. In the private booking option, you'll be with a group you've formed, and we'll tailor your trip to align perfectly with your preferences.

HAVE A PROPER PREPARATION

To make the most of your trip, we recommend engaging in regular physical activity throughout the year. Consider undergoing specific training a few months before your departure, but avoid last-minute training to reduce the risk of injury. Don't overestimate your abilities, and keep in mind that factors like the weight of your backpack or high altitude can decrease your usual physical abilities.

USE THE RIGHT GEAR

Make sure your crampons are equipped with anti-balling plates to prevent any snow buildup under your feet, and ensure that your harness is perfectly adjustable to your body shape. Opt for category 4 sunglasses to effectively protect yourself against extreme sunlight in high mountain environments. Walking poles are valuable allies that can reduce effort by up to 30% during descents! Carefully review the "Equipment" section to ensure you are fully equipped.

PACK JUST WHAT YOU NEED

The weight of your backpack is crucial, so always consider the weight-to-comfort ratio to find the best compromise. High mountain refuges generally do not have water and showers so expect minimal hygiene compared to your daily life.

STAY DRY AT ALL TIMES

In general, layering multiple lightweight coats is better than wearing one heavy piece of clothing to regulate your body temperature effectively. Staying dry at all times is crucial, especially after a long day when you're resting at the hut.

GET A GOOD NIGHT'S SLEEP

Earplugs are essential for blocking out noise. To minimize the effects of altitude, ensure you're well-rested before embarking on your trip. While at the hut, opt for water over alcohol. Leave a window slightly open in your dormitory to allow fresh air in and prevent overheating.

PREPARE FOR THE UNEXPECTED

No matter what you expect, your trip will have surprises in store for you! We are here to help you experience the extraordinary in a world of unpredictability. The mountains are like that; you must embrace the unknown and prepare for the unexpected.