



# **A Ramble Around Mont Blanc**

**July 13-21, 2023**

Go Get Lost...Worldwide Adventures  
2221 Stevenson Drive  
Springfield, IL 62703

1-888-522-LOST (5678)  
217-953-0833  
[www.gogetlost.com](http://www.gogetlost.com)



<b>DAILY ITINERARY .....</b>	<b>1</b>
<b>TRIP ACCOMMODATIONS .....</b>	<b>3</b>
<b>ARRIVAL &amp; DEPARTURE .....</b>	<b>4</b>
<b>ARRIVAL .....</b>	<b>4</b>
<b>MEETING TIME AND LOCATION .....</b>	<b>4</b>
<b>ARRIVING LATE TO THE TRIP? .....</b>	<b>4</b>
<b>CONCLUSION OF THE TRIP .....</b>	<b>4</b>
<b>TRAVEL INSURANCE .....</b>	<b>5</b>
<b>PACKING .....</b>	<b>5</b>
<b>LOST LUGGAGE .....</b>	<b>6</b>
<b>SECURITY .....</b>	<b>6</b>
<b>DURING YOUR TRIP .....</b>	<b>6</b>
<b>TOUR LEADERS &amp; GUIDES .....</b>	<b>6</b>
<b>TOUR LEADERS CONTACT INFO .....</b>	<b>6</b>
<b>GRATUITIES .....</b>	<b>6</b>
<b>DESTINATION DETAILS .....</b>	<b>7</b>
<b>CURRENCY AND CREDIT CARDS .....</b>	<b>7</b>
<b>ELECTRICITY .....</b>	<b>7</b>
<b>PHONE FACTS .....</b>	<b>7</b>
<b>INTERNATIONAL DIALING .....</b>	<b>7</b>
<b>TRAVEL DOCUMENTS .....</b>	<b>8</b>
<b>TRAVEL RESTRICTIONS .....</b>	<b>8</b>
<b>ITINERARY CHANGES .....</b>	<b>9</b>
<b>ELECTRONICS &amp; OTHER VALUABLES .....</b>	<b>9</b>
<b>SUGGESTED PACKING LIST .....</b>	<b>10</b>

# DAILY ITINERARY

## DAY 1

**Thursday July 13, 2023**

Your Go Get Lost **Ramble Around Mont Blanc** adventure begins this afternoon with an orientation party hosted by your local guide and tour leader at your beautiful hotel in Geneva's city center. You'll get to meet your traveling companions, ask questions, and get your trip off to a great start.

This evening you'll sit down to a wonderful group "get-acquainted dinner". Swiss cuisine is very cosmopolitan, but often you'll find the cuisine of the rugged countryside fused with the sophisticated nature of the urban environment. All of the great food combined with a little jet lag will ensure that you sleep well tonight!

## DAY 2

**Friday July 14, 2023**

Departing the city of Geneva we transfer to the town of Les Houches where we take a cable car up to Bellevue (5900 ft); the start pointing of our hike. From this point we have several trail options as we enjoy a walk down the mountain along alpine pastures and through pine forests, whilst being offered spectacular view on the Mont Blanc massif, to the small alpine town of Bionnassay. From here we transfer by private bus to our comfortable accommodation in the nearby town of Saint Gervais. After we check-in at the hotel in the evening we join for a group dinner in the town.

*Today's hike is rated HIGH MODERATE due to slippery and wet trail conditions while near the rivers, and the long descent. There is a total distance of 3.1 miles, hiking time of 2-3 hours, an elevation gain of 251 feet and an elevation loss of*

*1799 feet. The hike starts at a altitude of 5919 feet (the highest point) and ends at 4368 feet.*

## DAY 3

**Saturday July 15, 2023**

This morning we ride to the village of Les Contamines. Leaving town, we walk up the flanks of the mountain to the Refuge de Miage, an alpine mountain hut where we will have lunch. Alongside the Torrent de Mirage and passing by the impressive and wild Gorges de la Gruvaz we descend to Le Champel. From there we transfer to our accommodation in Bourg-Saint-Maurice. Once again, we enjoy a wonderful dinner at one of our favorite local family restaurants in town.

*Today's hike is rated MODERATE with a total distance of 4.8 miles, hiking time of 3-4 hours, an elevation gain of 1742 feet and an elevation loss of 1929 feet. The trailhead is at an altitude of about 4200 feet and the hike ends at an altitude of 4000 feet. The highest point of the hike is 5722 feet.*

## DAY 4

**Sunday July 16, 2023**

We have a very early start to our very special day! A short transfer takes us up La Ville des Glaciers (village of the glaciers) where today's walk commences. Today's a true alpine route where we cross the Col de la Seigne, a high mountain pass (8240 ft), into Italy. We pass the Refugio La Casermetta and traverse below impressive glaciers and morenes. Reaching the hamlet of La Visaille we will be met by our private bus to take us to our hotel in Courmayeur.

*Today's hike is rated CHALLENGING, with a total distance of 9.5 miles, hiking time of 5-6 hours, an elevation gain of 2593 feet and an elevation loss of 3000 feet. The hike starts at an elevation of 5869,*

*hits its highest point at the Col at 8255, and descends to 5157 feet.*

## DAY 5

### Monday July 17, 2023

Enjoy your day at leisure in pleasant Courmayeur by having a nice cappuccino while shopping on its main street, or perhaps visit the beautiful Saussurea Alpine Botanical Garden, or ride the Skyway Monte Bianco, considered to be the world's most expensive cable car. It will take you up into the high, icy world of Mont Blanc for amazing views. Tonight we will enjoy a traditional dinner at an excellent Alpine restaurant.

## DAY 6

### Tuesday July 18, 2023

Another day where we will reach 'great' heights enjoying the marvelous ambiance of the Mont Blanc massif. In the morning we ride from Courmayeur to Arp Nouvaz situated at an elevation of 5850 ft. The impressive Grand Jorasses is right next to us as we walk across the Col de Ferret into Switzerland. For lunch we stop at the Peule mountain hut, with magnificent views to enjoy while we relax and refuel. After lunch we'll have a pleasant downhill walk to the hamlet La Fouly and transfer onward to today's final destination in Argentiere.

*This hike is rated CHALLENGING, with a total distance of 9.5 miles, hiking time of 5-6 hours, an elevation gain of 2858 feet, and an elevation loss of 3156 feet. The hike starts at around 5850 feet of altitude, ends at 5242 feet, and reaches a maximum of 8323 feet as you cross into Switzerland at Col de Ferret.*

## DAY 7

### Wednesday July 19, 2023

From the hotel we transfer to a mountain cablecar in Le Tour, which whisks us to our trailhead. Here commences a gentle ascent that takes us up to the Col de Balme which forms the border between Switzerland and France. We'll enjoy marvelous views of a high plateau as we walk down to the trail junction at Col de Posette. Our trail now begins a winding climb to reach the peak of Aguilla de Posette, and your reward will be some of the best views imaginable! We'll relax and drink them in as we have our trail lunch atop the mountain. Retracing our steps, we then take a cable car down the mountain to the cablecar. Our private vans will transfer us to the village of Chamonix, our home for the next 2 days.

*Today's hike is rated MODERATE, with a total distance of 4.9 miles, a hiking time of 3-4 hours, an elevation gain of 740 feet, and an elevation loss of 1867 feet. The hike starts at around 7200 feet of altitude and reaches a maximum of 7253 at it's highest point before finishing at 6085 feet.*

## DAY 8

### Thursday July 20, 2023

Enjoy your day at leisure in the exciting alpine ambiance of Chamonix. There are lots of options to occupy your day...take the Brevent Cable Car to the shoulders of Mont Blanc for some impressive glacier views, or perhaps the Aiguille du Midi cable car for some of the best Mont Blanc panoramas. One of the most amazing adventures is the Montenvers-Mer de Glace train which takes you up to the massive Mer de Glace glacier, where it's possible to explore a massive ice cave under the glacier and tour the Glaciorium museum. For the truly adventurous you can book a paraglide trip down the valley! Maybe a more relaxing day is your

speed, in that case you'll find an endless assortment of shops, bars, and restaurants in the large pedestrian center of beautiful Chamonix. You can purchase those last-minute gifts and prepare for your departure tomorrow. Tonight we'll meet again for a farewell dinner to conclude our unforgettable journey together.

## DAY 9

**Friday July 21, 2023**

This morning you'll have a group transfer to Geneva airport.

### KEEPING YOU UP TO DATE

We are always seeking opportunities to enhance this itinerary. We'll be certain to notify you of any important changes prior to departure; other changes may be communicated during your trip by your leaders.

## PREPARING FOR YOUR TRIP

This tour is for fit hikers who are physically ready for the mountains. Each day you'll enjoy amazing, exhilarating mountain panoramas, but to access these you'll need to be comfortable with 2000-3000 feet of ascent AND descent each day, on rocky mountain trails. Please read the hike descriptions and ratings carefully to determine if this trip is a good fit for you. If you opt-out of a hike, be aware that you may be spending your

downtime in the transfer van as it supports the hikers.

Having a good regimen of physical fitness and regular hiking (with hills!) is mandatory for a successful and fun Mont Blanc adventure!

## TRIP ACCOMMODATIONS

Our accommodations for this itinerary have been carefully chosen to bring you an authentic European experience that melds the best of old-world charm and modern comfort based on a combination of amenities, character and location. Since the Alpine climate is relatively cool year around, nearly all mountain hotels do not have air conditioning. In the height of summer if it gets too warm, guests open windows at night for a cool breeze.

Because the properties we stay in are often centuries-old buildings that have been renovated and turned into hotels, it is common for the rooms to vary in size and style. If you request a double bed, please keep in mind that European double beds are often two twin beds adjacent to each other.

### GENEVA, SWITZERLAND

New Midi Hotel

PL. Ruth -Bosiger 4, 1201 Geneve, Switzerland

+41 22 544 1500

<https://www.the-new-midi.ch/>

### SAINT GERVAIS, FRANCE

Hotel Le Couer Des Neiges

64 Chemin du Vieux Pont, 74170 Saint-Gervais-les-Bains, France

+33 4505 42222

<https://hotelcoeurdesneiges.com>



## BOURG-SAINT-MAURICE, FRANCE

Autantic Hotel

La, 242 route de la Digue, Route d'Hauteville, 73700

Bourg-Saint-Maurice, France

+33 4790 70170

<https://www.hotel-autantic-savoie.fr/en>

## COURMAYEUR, ITALY

Chalet Svizzero Hotel

SS26Dir, 11

11013 Courmayeur AO, Italy

+39 0165 848 170

<https://www.hotelsvizzero.com/>

## ARGENTIERE, FRANCE

Les Grands Montets Hotel & Spa

340 Chem. Des Arberons

74400 Chamonix-Mont Blanc, France

+33 450 54 06 66

<https://www.hotel-grands-montets.com/>

## CHAMONIX-MONT-BLANC, FRANCE

Alpina Eclectic Hotel & Spa

79 Av. Du Mont Blanc

74400 Chamonix-Mont-Blanc, France

+33 4505 34777

<https://www.alpinachamonix.com/>

## ARRIVAL & DEPARTURE

### ARRIVAL

You should plan to arrive in Geneva Switzerland on or before July 13<sup>th</sup>, 2023. The easiest way to get to the hotel from the airport is by taxi, a short 15 minute ride. We recommend having the name, address, and phone number of the hotel on a piece of paper you can hand to the driver. Some Swiss taxi drivers do not speak English, and the number

will help them if they need to call the hotel for directions.

### MEETING TIME AND LOCATION

Our tour begins with an orientation meeting at the hotel New Midi in Geneva, at around 4:00 pm in the afternoon of Thursday, July 13<sup>th</sup>, 2023. The exact meeting time and location will be posted at the front desk. At the meeting you'll get to meet your Tour Leader, your traveling companions, learn more about the trip and ask question. Afterwards you'll have an excellent arrival dinner!

### ARRIVING LATE TO THE TRIP?

If you have a delay or emergency on the day your trip starts, and you are still in the United States, use the Tour Leaders Contact Info section of this planner to notify the Go Get Lost office. If you are in Switzerland you can call the local office or local Tour Leader.

### CONCLUSION OF THE TRIP

Although it's not something we look forward to, we do have to come back sooner or later. The last night of the tour will be in the town of Chamonix. The tour ends on the morning of Friday, July 21<sup>st</sup> 2023, with a group transport to the airport in Geneva, Switzerland. The group transfer will depart our hotel at 7:30 am with an estimated arrival time of 9 am. We recommend booking a flight that departs after 11:00 am. You can also opt to go to the airport on the group transfer, but from there take a cab to an airport hotel and fly out the following day. The airport is not far from the center of Geneva, this will give you an extra day to relax, explore Geneva, and be positioned near the airport for an early flight home.

## TRAVEL INSURANCE

When you deposited on this trip you were emailed an insurance quote from Travel Guard. You should book your trip insurance within 14 days of receiving this email. If you don't book by the deadline, you still can get your insurance but you won't receive the pre-existing medical condition "extra benefit". After your initial insurance purchase, if you add any additional items to your trip (airfare, extra days before or after the trip, trip extension tours, etc.) then you need to add the cost of those items to your policy and modify the dates of your travel for the entire pre-existing medical conditions "extra benefit" to be valid. This "updating" also must be done within 14 days of each additional trip purchase to receive the pre-existing medical conditions benefit. Modifying your policy is a simple thing to do...simply go to [www.travelguard.com](http://www.travelguard.com). At the top of the main page, click **Help Center**. Then look at the right side of the page under **Policy and Coverage Tools** and click **Modify Your Policy**. Enter your policy number (from your Travelguard email) and then you can easily change any aspect of your trip insurance policy. Takes about two minutes. In these uncertain times trip insurance can be a great way to protect your investment, and also to help with unforeseen expenses before or during a trip. However, you need to take the time to understand your travel insurance and be familiar with what it covers and what it doesn't. Keep in mind that if a trip is cancelled by a tour operator, travel insurance companies generally don't refund your premium, but instead issue a voucher to be used to purchase travel insurance for a future trip.

Remember, if you are hospitalized during your trip, most insurance companies require you to notify them as soon as possible.

## PACKING

Always double check with your airline for restrictions, but for this trip packing light is the way to go! On this trip, we strongly recommend no more than one medium-sized suitcase (around 24") with wheels and your daypack which will double as both your airline carry-on bag AND your daypack for the hikes. Also, be sure to mark your luggage with your contact information.

Many of you may be used to bus tours where you have a medium to large coach at your disposal...with massive luggage compartments underneath. In Mont Blanc it will be different. Due to the nature of the trip and the small mountain roads, we'll be using a large vans to transport the group around the area, both between towns and to/from the trailheads in all three countries. Therefore, due to the limited storage space you'll need to pack your luggage as compactly as possible. 1 medium bag per person, MAX... or two if they're smaller, like a carry-on bag size. (Not counting your backpack, which can sit at your feet.) The luggage area is the back of the van, and all the bags need to fit in there. If you haven't yet made the switch to doing regular "rinsing" of your clothes in your hotel room...this might be the time to start. Remember, there are no fancy restaurants on this tour, it's all about world-class hiking and all you need is casual, technical clothing. Evenings in the towns are fun, but you don't need to have special dress-up clothes for that. These are mountain towns and mostly what you'll see are hikers from all over the world. Laundry services at the hotels are limited, and we're not staying anywhere long enough for that to happen anyway. The only chance may be in Chamonix near the end of the tour.

## LOST LUGGAGE

On any flight, there is the possibility of lost luggage. Go Get Lost believes that it's a great idea to take a small carry-on bag and "personal item" bag with enough clothing and supplies to last a day or two. Also be sure to bring with you any personal gear you deem indispensable on the trip, like your hiking boots, specialized outdoor clothing, etc. This way, in the event of lost luggage you won't have to spend time replacing essential items and miss activities while you wait for your bags to catch up. Please note that Go Get Lost does not assume responsibility for any luggage lost or damaged during your trip.

## SECURITY

When traveling, there is always a possibility of theft. While you're enjoying the sights, remember to stay alert and always be aware of your immediate surroundings, especially in crowded locations and tourist areas. The best rule of thumb is to carry only the cash you need for the day, along with a copy of your passport, on your person and leave the rest in a locked safe in your room. If no safe is available, it's a good idea to keep your cash and passport in a money belt worn under your clothes. For more safety tips, refer to the Country Specific Information page on the US State Department's website at [travel.state.gov](http://travel.state.gov).

## **DURING YOUR TRIP**

### TOUR LEADERS & GUIDES

Each of your Tours Leaders and Guides plays many roles during your vacation: guide, host, caretaker, historian, troubleshooter, and interpreter. These remarkable individuals have highly developed instincts for making people comfortable, for seamlessly handling the logistics of travel and for successfully navigating a wide range of unexpected

situations. They're passionately committed to ensuring you enjoy an exceptional vacation—smooth, flexible and tailored to your needs. We look forward to having you meet them.

## TOUR LEADERS CONTACT INFO

During your travels, you can reach your Tour Leaders using the following contact information.

### **SABINE ZANELLA**

Go Get Lost Tour Leader  
+39 348 714 5566

### **European Office (Flipper Viaggi 9am-5pm)**

Erminia Castelli  
+39 0464 505073

### **Go Get Lost USA Office**

Office 9 am – 5 pm CST: 1-217-953-0833  
Toll Free: 1-888-522-LOST (5678)  
International: +1-217-953-0833  
[info@gogetlost.com](mailto:info@gogetlost.com)

## GRATUITIES

Gratuities for most services during your trip are included in the price, (except your local full-time guide). Of course if at any time you experience incredible service you're always welcome to show your appreciation with an additional tip.

On this tour you'll have two mountain guides, a Primary and an Assistant. They will be with you for the entire tour. The gratuity for the Assistant guide is included in your tour price, the gratuity for the Primary guide is **not** included in your tour price. Our tipping guideline for a full-time local guide would be €8-€15 per person, per day. From time to time they will be assisted by local guides, and their tip is included. Tips are also included for



waiters at all group meals, and all coach drivers. The only tip you will be responsible for is the primary local tour guide. Please tip your guide in the local currency, which in this case is Euro. USD is better than nothing, but creates several problems for the guides with exchanging it, forms to be filled out, etc.

When traveling on your own in France/Italy/Switzerland, keep in mind that although most restaurants and cafés add a 15 percent service charge to the bill, it is customary to tip the waiter an additional 5–10 percent, depending on the service and the quality of the meal. Plan on tipping your taxi driver 5–10 percent as well.

These are only our guidelines and recommendations; you should always feel free to tip what you feel comfortable with based on the level of service you received.

## **DESTINATION DETAILS**

### **CURRENCY AND CREDIT CARDS**

Don't forget to call your credit card company and let them know that you'll be traveling to France, Italy and Switzerland. As you know, Euros are the currency in France and Italy, and can usually be purchased at your local bank before the tour if you want. The currency in Switzerland is the Swiss franc. The best way to access cash is to use ATMs. Before you leave home, it's a good idea to verify with your bank that your card will work overseas and inquire whether or not your financial institution has a local partner bank that will waive ATM fees. Most international ATM keyboards have only numbers, so if your PIN contains letters, make note of the corresponding numbers. Additionally,

most international ATMs only accept four-character PINs, so if yours is longer, arrange to have it changed before your trip.

### **ELECTRICITY**

Europe's electricity runs on a 220-volt, 50- to 60-cycle current. A plug adapter is necessary if you plan to bring appliances from home. You may also need a converter, but many newer appliances, such as computers and digital devices, are designed to work/charge over a wide range of voltage levels.

Check the manufacturer's label on the back of your appliances to see what level of input they can handle. It is rare to find a modern electronic appliance that cannot handle all input levels, but if you do need to convert it, converter/adapter kits can be purchased at travel, hardware or electronics stores for \$40–\$60; an adapter alone costs about \$4. US hair dryers and curling irons will often burn up, regardless of pin adapters or converters.

### **PHONE FACTS**

Many US cell phones can operate internationally. Check with your service provider before leaving home for information about international calling and data plans, and on making and receiving international calls. If your cell phone is unlocked and operates using a SIM card, you may want to consider purchasing a SIM card from a local cell phone company. These should be readily available at airports and convenience stores, and typically come loaded with prepaid credit that can be used for domestic and international calls and data service. Rates will vary.

### **INTERNATIONAL DIALING**

The international phone numbers in this Travel Planner are listed using the following format:

- France: +33 ### #####
- Italy: +39 ### #####
- Switzerland: +41 ### #####

39 is Italy's country code (33 for France and 41 for Switzerland), followed by an area code and local number. The number of digits in the area code and local number may vary.

To place an international call, dial + or the international access code of the country from which you're calling (e.g. 011 from the US) – country code - area code - local number.

To place an international call from Europe, dial + or 00 (international access code) - country code of the country to which you're calling (e.g. 1 for the US) - area code - local number. For example, to call the US, dial 00 - 1 - area code - local number.

To place a call within Italy, France or Switzerland, drop the country code and dial area code - local number. The area code is always used when placing calls within the country that you are visiting.

## TRAVEL DOCUMENTS

A valid passport is required for travel to France, Italy, and Switzerland. A visa is not required for US citizens, provided you are staying in the region less than 90 days.

Note that some countries require your passport to be valid for a specified amount of time beyond your departure date (up to 6 months). Be sure to check the expiration date and physical condition of your passport and verify the travel document requirements with the consulates of the countries you are planning to visit during your trip.

You may also find helpful information on the US State Department's website: [travel.state.gov](http://travel.state.gov).

**IMPORTANT:** Each time you renew your passport, you are issued a new passport number. Depending on the trip, some of our service providers (like hotels or airlines) may require current passport information for each guest, so if you renew your passport after booking your trip, please make sure to update us with the new information prior to your departure date.

We recommend that you make two photocopies of your airline ticket/e-ticket confirmation and your passport. Leave one set of copies at home with a friend or relative, and bring one set with you, keeping it separate from the original document.

## TRAVEL RESTRICTIONS

If you become ill during your trip and need to leave the tour or are prevented from boarding your flight, any quarantine arrangements and costs are your responsibility. Please be aware of what your travel insurance covers and doesn't cover with regards to these issues. Travel insurance rules are also changing to adapt to the situation, so it's important to understand the coverage and limitations of your particular policy.

**Ultimately, you are responsible to be aware of, and be in compliance with, all government restrictions, quarantine rules and documentation requirements for the countries you are visiting on your trip.**

**Normally your departure airline is a good resource for this as it is their responsibility to ensure that their passengers have the necessary documentation for the flight.**

## ITINERARY CHANGES

If unforeseen circumstances require a change in the trip itinerary, Go Get Lost will make every effort to select alternative accommodations and activities of the same quality and to keep the activity modifications minimal.

## ELECTRONICS & OTHER VALUABLES

It is best to leave valuables at home. If you must bring valuables on the trip, please understand that they are your responsibility. You may choose to lock them in your room's safe, if one is available to you. If you're concerned about forgetting items in the safe (easy to do!), a good trick is to leave something on top of it that you can't forget, such as a single shoe.

## LIABILITY DISCLAIMER

Go Get Lost, LLC acts only as an agent for the various independent suppliers that provide hotel accommodations, transportation, sightseeing, activities, or other services connected with this tour. Such services are subject to the terms and conditions of those suppliers. Go Get Lost, LLC and their respective employees, agents, representatives, and assigns accept no liability whatsoever for any injury, damage, loss, accident, delay, or any other incident which may be caused by the negligence, defect, default of any company or person in performing these services.

Responsibility is not accepted for losses, injury, damages or expenses of any kind due to sickness, weather, strikes, hostilities, wars, terrorist acts, acts of nature, local laws or other such causes. All services and accommodations are subject to the laws and regulations of the country in which they are provided. Go Get Lost, LLC is not responsible for any baggage or personal effects of any

individual participating in the tours / trips arranged by Go Get Lost, LLC. Individual travelers are responsible for purchasing a travel insurance policy, if desired, that will cover some of the expenses associated with the loss of luggage or personal effects.

# SUGGESTED PACKING LIST

For Spring, Summer, and Fall hiking trips to Mont Blanc, we recommend:

Casual, comfortable and layering are watchwords for day wear. Synthetic fabrics are easier to pack than cotton or other materials and dry faster after washing. Evening dress is influenced by the formality of your choice of restaurant, and this tour is VERY casual.

**PACK LIGHT...you will be responsible for handling your own luggage to and from the transport vehicle. This trip moves frequently in order to access the best hikes in different areas, so having a simple array of clothing and rinsing key items each night will prevent you from constantly digging in an overstuffed suitcase. Here's a phrase we never hear..."Gee, I wish I would have brought more stuff!"**

- 2 pairs of comfortable long pants, suitable for walking. Avoid blue jeans and cotton or linen. Synthetic hiking pants are much easier to wash and dry. Convertible pants with zip-off legs are ideal.
- 1 or 2 pairs of shorts. Convertible zip-off pants can do double-duty and cover both of these.
- 4 comfortable walking shirts (2 long and 2 short-sleeved).
- 1 set of "casual" clothes for dinners.
- 1 pair of sturdy, comfortable lightweight walking shoes or boots.
- 1 pair of casual shoes to wear in the towns.

- Comfortable walking socks, underwear and sleepwear
- If you want to take a dip in the spectacular (but brisk) alpine lakes, be sure to bring a swim suit. Also some of the hotels may have spas or pools, and this might come in handy.
- Lightweight rain gear.
- Fleece jacket or windbreaker style jacket.
- Compact traveling umbrella (optional)
- Sunhat or cap
- Knit cap and gloves
- Sunblock
- Sunglasses
- Small daypack, models with padded waistbands and a chest strap are far more comfortable. When hiking in the mountains the key to comfort is to monitor your thermal requirements. This means you will layer your clothing and add/remove layers as needed. You'll need the daypack for whatever you've taken off.
- Users of contact lenses or glasses should bring a spare pair "just in case"
- We **highly recommend** a pair of collapsible trekking poles! These will need to be packed in your checked bag
- Passport, and a photocopy of your passport in a different bag
- Credit cards, with PIN numbers, (be sure to call your credit card company and inform them of your travel plans and dates)
- Personal Stuff (Shampoo, razor, etc)
- Prescription medications

- Camera, smartphone, ipad or computer
- Chargers and electrical adapters for your computer, tablet, etc. Switzerland, France and Italy all use 220/230 volts at 50 Hertz. Make sure your appliances accept universal voltage, almost all do. If yours doesn't, you'll need a voltage converter. (Heavy!) WARNING: Even with a voltage converter your hairdryer will most likely burn out. Nearly all hotels have hair dryers, though, or you can purchase one after you arrive.
- If your appliances are universal, then you'll only need to convert the plug. Get an adapter that can plug into a Type F receptacle with 2 round pins, like this:

