Q&A For TMB

Bathroom facilities at each refuge and what is provided: no hairdryers and you will need to bring your own toiletries.

Bathrooms are first come, first serve. Some also have coin operated hot water so there are time limits.

Laundry facilities are offered by some of our hotels for a charge or ask your guide where the closest laundromat is. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap

Typical meals are below:

**Breakfast** is provided by refuges to overnight guests. These can be good in some refuges especially in Italy with cereals and eggs, breads, fruit whereas in some refuges in France they can be more basic with just baguettes, jam and coffee.

**Lunches** can be bought at refuges on your route, though obviously you’ll need to plan your walking times accordingly to eat before you get too hungry (and always carry snacks as back up in case you can’t get lunch!). Cooked meals are offered by many refuges during set times, some may be more flexible in their times but at most you’ll be able to get baguette sandwiches, tarts and other snacks through the day.

**Dinners**are taken at refuges or if you’re in one of the valleys you’ll have more choice with various hotels, gites, cafes and restaurants in towns.  Dinners at refuges are usually quite hearty affairs and you’ll be served whatever is on the menu for the day. If you have any dietary preferences or restrictions, then you’ll need to let the refuge know when you arrive so they can prepare accordingly. They are certainly used to catering for vegetarians and people with common intolerances – though the degree of flexibility may vary between establishments. If you have a gluten intolerance it is advisable to bring some supplies with you so that if the options are limited for you in any one particular establishment, then you won’t go to bed hungry. Bread & dairy features heavily on the menu in this part of the world!)

You can purchase alcohol but definitely wouldn’t carry with you while hiking

We will have one guide leading and Keith will be sweeping the back. Each night we will go over what to expect for the next day…time get up, hike topography, goals, etc.

Recommendations for tipping local guides would range from €3-5 per day, depending on the quality and length of the service; ask your guide for specific recommendations based on the circumstances and culture.

At the end of each trip, if you felt your guide did an outstanding job, tipping is expected and appreciated. The precise amount is a personal preference, however €30-€40 per person, per week can be used as a guideline. (roughly $40)

Everyday the Guide will advise on the highlights of the region, where to stop, etc.

The current refuges that are planned are- please note this could change

Refuge Nant Borrant

Refuge Des Mottets

Rifugio Bonatti

Auberge des Glaciers Fouly

Le Grande Ourse

All passengers are required to carry their luggage at all times, here is the information:

1. Please note that this trip is rated Physical Grade 5 and is a backpacking trekking trip from start to finish. Passengers are required to carry their own packs and there are no support vehicles. It is possible to leave some gear at the hotel in Chamonix as the trip begins and ends here. Night stops and routes may vary depending on weather conditions, daily group progress and availability. Flexibility is very important.

2. Please note that this trip travels through remote and rugged Alpine terrain. Extremes of heat and cold may be encountered and the route involves some long and demanding trekking days carrying all your own gear. The Guide will accompany you on the treks; and the trip is self-supported. There are no luggage transport, porters or guides. Therefore it is important that you are a fit and confident walker over mountain terrain, able to manage ascents and descents and cross streams by yourself.

Please realistically self-assess your fitness and suitability for this trip.  
Please note that on most days there is no possibility of continuing by public transport; taxis may sometimes be possible if you are not able to continue walking but these cannot be guaranteed and will be at your own expense

**QUESTIONS FROM OUR ZOOM CALL ON 7/19.**

* First day we will be taking a train and gondola up for our starting point. Roughly an 8 hr hike day. We normally start around 7-7:30 am and go about 10-14 miles
* Be sure that you continue to train. We must be at specific areas at times or refuges can give our spots away. This hike is not about any one person, it is about our group as a whole. For your enjoyment and the enjoyment of others train, train, train!
* Yes, if you would like maps you may certainly purchase, however, we do stay together. Some hikers may walk faster and get to our meeting spot before; however, we do wait for the others to join before proceeding.
* Guides will be blunt and tell you if they think you will not make it. Alternative plans will be made at your expense.
* Be sure to bring sleep sheets and don’t forget your poles! They will probably need to be checked on the airplane. If you do not get them before, Chamonix has a ton of gear spots that you can purchase from once you arrive.
* If you have weaker ankles, boots are recommended. Michelle and Keith will be wearing their Solomon Speedcross shoes.
* Showers are first come first serve. If they have coin operated showers you can purchase for hot water. That typically buys you roughly just a few moments of hot water. We recommend washing in cold, then using coin for hot water to rinse off quickly. 3 minutes is typical amount of time, so yes showers can have time limits
* Be sure to tie your boots together and better yet, tie them with another hikers in our group so that no other hikers mistakenly take yours for theirs. Boots are not permitted in the refuges. Some offer crocs that you may borrow, other do not. Be sure to bring a light pair of shoes to use in refuges.
* Bring a lacrosse ball if you can. They are great to roll your feet out at the end of the day.
* Be sure to bring blister kits in your personal first aid pack. If you feel a hot spot coming on during the hike, address it right away. Don’t wait until we stop at refuge, you will be sorry and the hike the next days will be uncomfortable.
* DON’T get a pedicure anytime from now until the hike. Your feet will do better with the calluses from training. All our feet will be ugly ☺
* Call coverage is very spotty and sporadic. If your emergency contact information is included in your WeTravel profile, My1FitLife HQ will send them emails if when received by our SAT phone.
* Eye shade and ear plugs are recommended at night for sleeping. Most refuges will have us in a room of several people and some with 30 + ppl. Everyone needs a good night sleep so be respectful of others sleeping habits (snoring, heavy breathing, etc). Please plan accordingly and don’t be mad at people the next day. If you didn’t plan right, that’s not their fault.
* Be sure to bring snacks. Power bars, granola bars, etc during the hike.
* Dinners are family style- what type of food being served is based on what they have available. Some refuges only receive deliveries a few times per year. Be AS SELF CONTAINED AS POSSIBLE. If you are a coffee drinker early in the morning be sure to bring instant. Sometimes we leave earlier than when they have this out. Timing is key.
* You can buy things along the route for snacks and coffee. Be sure to bring money with you. Do not expect to use a credit card.
* Refuges have plenty of food but it may not be your favorite or a large variety. Again, some places only get food a few times per year.
* If you have allergies bring you EPI PEN! They do their best to accommodate allergies, but they cannot guarantee cross contamination. We recommend bringing Benadryl as well just in case.
* You can purchase alcohol; however, we recommend not hiking with it. Guides will be able to help assist with where you can purchase. Some refuges may not have it available.
* Be sure to bring water bottles with you. Typically, at least 2 liters.
* Don’t forget to buy electrolytes and carry those with. Other things that help are gummy bears and Swedish fish.
* Those that have checked into massages and have been told there is no availability – our guides can possibly help us with this. There are tons of options. Don’t worry about booking now.
* Remember, dinners and food vary from refuge/hut to others. Don’t count on the same thing being offered at each.
* Bring toilet paper in your pack. We “leave no trace” on the hike.
* Have rain gear easily accessible on your pack.
* Beer ranges from 3-5 Euros.
* Allergies can be bothersome so make sure tissues are also within easy reach
* Biofreeze is great if room on your pack. Great to tired and sore muscles.
* Be sure to INCREASE YOUR LUNG CAPACITY
* Guides will go through highlights and hike for the next day the night before. They will use the safest route so although we may have listed the planned refuges, this can change. Be FLEXIBLE!
* Finally, be sure to bring your positive attitude! A bad attitude can spread like cancer and make the entire hike for you and others miserable. This is an adventure, things can change and you must stay FLEXIBLE! We cannot stress this enough