



Aoraki Mt. Cook Trek

Equipment & Clothing Checklist

Your gear will be checked at 8am on the morning of departure. Please bring as many of the items on the equipment list as you can. We can provide at no extra charge any items in list A that you are missing. Your pack with your own gear should not weigh more than about 6 kg. Remember that you will be adding a helmet and some fresh food (bread, meat, cheese, veges) to this weight, to end up with about 8 kg to carry on the first day.

Helmets are provided. Sleeping bags, mattresses and pillows are at the hut. We provide you with a cotton sleeping bag liner and pillow case. If you have your own sleeping bag liner, please bring it (silk is lighter than cotton). You do NOT need to bring a down jacket (hut is warm enough in summer) nor hut shoes (provided). Please note that all food is provided.

A: Equipment which Alpine Recreation can provide if you do not have your own:

- backpack minimum 45 litre capacity
- hiking boots (well broken in and waterproofed, sturdy with good ankle support) *¹
- snow gaiters
- 2 pairs woollen socks
- polyprop long johns (thermal leggings)
- waterproof overtrousers
- polyprop singlet, long sleeved
- fleece jacket
- waterproof parka (with hood)
- gloves (polyprop gloves are good, but you need warmer gloves or mittens as well)
- overmits
- wool hat or balaclava
- sun hat
- headlamp or torch with spare battery
- plastic bags
- pack liner (heavy duty plastic bag)
- ski/hiking poles

B: Equipment you must bring yourself/Alpine Recreation do not provide:

- personal underwear
- shirt (long-sleeved to avoid sunburn/keep cool)
- quick-drying (nylon) trekking pants or shorts
- sun glasses (high enough UV rating for snow)
- sun and lipscreen
- sun scarf - for protecting ears & back of neck
- personal first aid (please provide your own blister kit)*²
- toilet gear (minimal)
- camera
- ear plugs (to provide immunity in case of snorers!)
- drink bottle (minimum 1 litre)

*¹ Please note that currently the largest pair of boots we have is a size 46 European, so if you have feet larger than this and do not have suitable boots of your own, you should let us know and should contact R & R Sport, 1 Picton Ave, Tower Junction, Christchurch [christchurch_corner@rrsport.co.nz; 03 348 7980] to arrange to hire them and check they have your size.

*² We recommend Compeed and Leukoplast - available at chemists in Christchurch/Queenstown.