



Ski Touring - Glaciers

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. **Please note that you must bring your own alpine ski touring boots, or if you need to hire them see below.*1** All other technical equipment (crampons, ice axe, harness, ski touring skis, skins, poles, transceiver, shovel, probe, etc.), is provided.

Please note that all food is provided. Cooking and eating utensils are at the hut. The guide will look after stove and fuel.

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

- backpack minimum 45 litre capacity
- snow gaiters to fit over ski boots (or built-in gaiters in your ski pants)
- 2 pairs woollen socks
- polyprop long johns (thermal leggings)
- fleece trousers
- waterproof overtrousers with full length zip
- 2 pairs polyprop singlet, long sleeved
- wool jersey or fleece jacket
- waterproof parka (with hood)
- polyprop/fleece gloves
- gloves/mittens (best with removable inners)
- wool hat or balaclava
- sun hat
- headlamp or torch with spare battery
- plastic bags
- pack liner (heavy duty plastic bag)

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

- alpine ski touring boots with removable inners (to serve as hut shoes)*1
- personal underwear
- shirt (long-sleeved to avoid sunburn/keep cool)
- 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
- down jacket
- down sleeping bag
- ear plugs (to provide immunity in case of snorers!)
- drink bottle (minimum 1 litre)

*1 These can be hired from McEwings Ski and Snowboard Hire, 200 Yaldhurst Rd, Christchurch [info@mcewings.com; +64 (0)3 342 8528]. It pays to book them in advance.

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