



Ascents

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.

All technical climbing equipment (crampons, ice axe, helmet etc.) is provided.
Reminder: all food is provided.

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

- backpack minimum 80 litre capacity
- snow gaiters
- 2 pairs woollen socks
- 2 pairs polyprop long johns (thermal leggings)
- waterproof overtrousers
- polyprop singlet, long sleeved
- waterproof parka (with hood)
- gloves or mittens
- overmits
- wool hat or balaclava
- sun hat
- headlamp or torch with spare battery
- plastic bags
- pack liner (heavy duty plastic bag)
- eating utensils: mug, bowl, spoon

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

- technical mountaineering boots with rigid sole ^{*1}
- 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
- down jacket
- sleeping bag
- thermarest sleeping mat (if not going to a hut)
- ear plugs (to provide immunity in case of snorers!)
- drink bottle (minimum 1 litre)

^{*1} class D European (see http://www.ehow.com/about_4607001_types-hiking-boots.html) - a heavily insulated rigid leather boot or plastic boot. Please let us know which model of boot you will be bringing. We recommend La Sportiva Nepal Evo or Scarpa Cumbre Summit, or any brand plastic boot.

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

