

# Snowshoeing

Your gear will be checked at 9am 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.

Snowshoes and ski poles are provided. Crampons and ice axe are provided for the Caroline Hut venue.

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 hut shoes (provided). Please note that all food is provided.

Your pack with your own gear should not weigh more than about 7kg. Remember that you will be adding some fresh food (bread, meat, cheese, veges) to this weight, to end up with 8-10kg on the first day.

## Equipment & Clothing Checklist

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

- backpack minimum 45 litre capacity
- hiking boots, suitable for crampons, well broken in and waterproofed \*<sup>1</sup>
- snow gaiters
- 2 pairs woollen socks
- polyprop long johns (thermal leggings)
- fleece trousers
- waterproof overtrousers
- polyprop singlet, long sleeved
- wool jersey or fleece jacket
- waterproof parka (with hood)
- gloves or mittens
- overmitts
- 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)
- 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)\*<sup>2</sup>
- toilet gear (minimal)
- camera
- down jacket (optional - hut is well heated)
- ear plugs (to provide immunity in case of snorers!)
- drink bottle (minimum 1 litre)

\*<sup>1</sup> 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](mailto:christchurch_corner@rrsport.co.nz); 03 348 7980] to arrange to hire them and check they have your size.

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