

Introductory Mountaineering Course

Clothing & Equipment Checklist

Your gear check time will be provided at time of booking. Please bring as many of the items on the equipment list as you can. We can provide (at no extra charge), any of the items in list A that you are missing. Your pack with your own gear should not weigh more than 6kg. Remember that you will be adding crampons, ice-axe, helmet and some fresh food (bread, meat, cheese, veges) to this weight, to end up with about 10-12kg to carry on the first day. Reminder: all food is provided.

All technical mountaineering equipment (crampons, ice axe, helmet, etc.) is provided. Sleeping bags, mattresses, pillows and hut shoes are at the hut. We provide you with a sleeping bag liner and pillow case (if you have your own sleeping bag liner, please bring it).

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

- backpack, minimum 45L capacity
- mountaineering boots ^{*1}
- snow gaiters
- 2x woollen socks
- waterproof parka (with hood)
- waterproof over-trousers
- synthetic or fleece jacket
- 2x polypro or merino top, long sleeved
- polypro or merino thermal leggings
- warm gloves or mittens
- waterproof over-mitts
- wool hat or balaclava
- sun hat
- buff or sun scarf (for protecting ears & neck)
- headlamp with spare battery
- waterproof pack liner (heavy duty plastic bag)
- trekking/hiking poles

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

- personal underwear
- quick-drying shirt, long-sleeved (sun protection)
- quick-drying (nylon) trekking pants or shorts
- sun glasses (high UV rating for snow)
- sun and lip screen (high UV rating for snow)
- personal first aid (please provide your own blister kit) ^{*2}
- toilet gear (minimal)
- camera
- drink bottle (minimum 1½ L)
- small dry bags for organising gear
- ear plugs (in case of snorers)

^{*1} Boots must be well broken-in and waterproofed, and stiff enough for crampons. To test boot stiffness, hold them at toe and heel and try bending the sole like a banana. If you can do this, your boots are too soft. Please note that we stock boots ranging from EU size 37-48; if you have feet outside this range and do not have suitable boots of your own, you will need to hire boots independently from: Gnomes Alpine Sports, Darfield [www.gnomes.co.nz]; Small Planet Sports, Queenstown [www.smallplanetsports.com]; or MT Outdoors, Wanaka [www.mtoutdoors.co.nz]. Book any hire equipment well in advance.

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