



## Mt. Somers Rock

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 8 kg. Remember that you will be adding rope, harness, rock protection, helmet and food to this weight, to end up with around 14 kg to carry on the first day.

All technical climbing equipment (such as ropes, harness, helmet and rock protection) is provided, with the exception of **rock shoes - please bring your own**. You will need to bring your own sleeping bag. Please note that all food is provided.

### Equipment & Clothing Checklist

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

- backpack minimum 45 litre capacity
- 2 pairs socks
- thermal leggings
- polyprop or merino singlet, long sleeved
- fleece jacket
- waterproof parka (with hood)
- light weight gloves
- wool hat or balaclava
- 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:

- sleeping bag (a lighter-weight bag should suffice)
- rock climbing shoes\*<sup>1</sup>
- sturdy approach shoes or light-weight hiking boots
- shirt (long-sleeved to avoid sunburn/keep cool)
- (optional) t-shirt
- quick-drying climbing pants, leggings or shorts (stretchy enough to climb in)
- personal underwear
- sun glasses (with UV protection)
- sun hat or sun scarf
- sun and lipscreen (high rated)
- personal first aid (please provide your own blister kit)\*<sup>2</sup>
- toilet gear (minimal)
- camera
- ear plugs (to provide immunity in case of snorers!)
- drink bottle (minimum 1 litre)

\*<sup>1</sup> Your rock climbing shoes should fit very snugly to allow for good contact with the rock, but they should not cause too much discomfort. We recommend getting them fitted in a climbing specific retail outlet and choosing velcro closures instead of laces to enable you to take them on and off easily between climbs.

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