

## Advanced Climbing

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:

- mountaineering boots (suitable for crampons)\*<sup>1</sup>
- 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 (high rated)
- 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
- 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)

\*<sup>1</sup> To test if your boots are suitable for crampons hold them at toe and heel and try bending the sole around like a banana. If you can do this your boots are too soft. Likewise while holding the heel of the boot try twisting the front of the boot with your other hand so that the front part of the sole is at a different angle from the heel. If you can do that your boots are not stiff enough for crampons. If you need to hire boots please contact us for recommendations.

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