



Nordic Ski Touring 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. Reminder: all food is provided.

All ski and avalanche safety equipment is provided. We have Rossignol BC Positrack (or similar) skis, Madshus BC boots (in selected sizes, please see below) ¹ and Rottefella NNN BC bindings. 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
- hiking boots
- snow gaiters
- 2x woollen socks
- waterproof parka (with hood)
- waterproof hard-shell pants with 3/4 or full zip
- synthetic or fleece jacket
- 2x polypro/merino top, long sleeved
- 2x polypro/merino/fleece thermal leggings
- lightweight polypro/fleece gloves
- waterproof gloves/mitts (with removable inner)
- 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)

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

- personal underwear
- down jacket (optional - hut is heated)
- quick-drying shirt, long-sleeved (sun protection)
- sun glasses (high UV rating for snow)
- snow goggles
- 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/thermos flask (minimum 1L)
- small dry bags for organising gear
- ear plugs (in case of snorers)

¹ Please note that we stock Madshus BC boots ranging from EU size 37-47; if you have feet outside this range and do not have suitable boots of your own, please contact us.

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