



1-Day Avalanche Awareness Gear List

The field day of the Avalanche Awareness course is held within the ski area boundary and ski lifts area used to access the terrain, therefore you will not need specific ski touring equipment.

- Appropriate warm, windproof and waterproof outdoor clothing**
Including:
 - Thermals
 - 2nd layers for warmth
 - Waterproof shell jacket and pants
- Hats** (1 warm + 1 sun)
- Gloves** (warm + liners)
- Sunglasses and/or Ski Goggles**
- Day Pack** 20 - 30litres (big enough to fit supplies, shovel and probe)
- Food and drink sufficient for the day**
- Personal first aid kit**
- Sunscreen & Lip-balm**
- Notebook & pencil**
- Compass**
- Mt Ruapehu Chairlift Pass:** Sightseeing pass for trampers course. All lifts pass or Season/Life pass for ski/board course. Do not purchase this in advance if you don't already have a season pass.
- Snow travel equipment**
For the ski/board course: Boots, skis and poles, or snowboard.
Note: Touring equipment is not a requirement.

For the walking course: Sturdy tramping boots (¾ + shank) or mountaineering boots, gaiters, walking pole (optional), *crampons* and *ice axe*.

Note: depending on the snowpack conditions the crampons and ice axe may not be used but should be carried in case firm snow or ice is encountered.
- Helmet:** alpine helmet for trampers course, snow helmet for ski/board course
- Avalanche Transceiver:** 457 kHz frequency with new alkaline batteries and spares
- Avalanche Shovel:** Collapsible, light, metal
- Avalanche Probe:** Light, folding, & 2.4m long.

Items in *red italics* can be provided if we have prior notice.

Your instructor will provide a workbook and cards. If you lose items or damage our gear through misuse you will be responsible for replacement costs.