



2-day Mountain Skills Gear List

Listed below are the basic essentials you will need for the outdoor component of your programme. We can provide the items in *red italics* from our stores if you do not have them yourselves. Make sure your gear is well marked and identifiable so it does not get misplaced with other people's equipment. The weather here is very changeable so it is important you bring lots of warm clothing and layers are advisable. Your programme will involve going outside under most conditions so we emphasize warm wool, polypropylene and pile garments. You should be prepared to go out in wet and cold conditions.

Clothing

- Mountain Boots – must be able to take crampons i.e. stiff soled, heavy leather or plastic.
- Raincoat (must be waterproof with a hood)
- Over-trousers
- Thick socks – wool or polypro (2 pair)
- Snow Gaiters
- Polypro/thermal tops (2 pair)
- Long-johns – wool or polypro (2 pair)
- Wool or fleece jersey (2 pair)
- Fleece pants (2 pair)
- Down / synthetic duvet jacket
- Polypro gloves
- Waterproof gloves - ski gloves and/or woollen mitts with over-mitts are acceptable (2 pair)
- Hat/beanie/balaclava (wool or fleece)
- Sun hat

Equipment

- Backpack – 45-65L size
- Sunglasses
- Ski goggles
- Sunblock (factor 30 +)
- Water bottle – 2 litres minimum
- Thermos (optional)
- Compass

Technical equipment

- *Mountaineering helmet*
- *Ice Axe*
- *Crampons*
- *Harness*
- *Avalanche transceiver*
- *Snow shovel*
- *Avalanche probe 2 – 3m*

Extras

- Toiletries
- Plastic bags/pack liners
- Personal medication and small first aid kit
- Camera
- Casual clothes required for evenings
- Pen and note paper
- Head torch + spare batteries
- Trainers/jandals etc. (for inside use)
- Mt Ruapehu Season pass if you have one

If you lose items or damage our gear through misuse you will be responsible for replacement costs.