



## GEAR & EQUIPMENT LIST

### Certificate Level 4 and Diploma Level 5

#### ESSENTIAL EQUIPMENT TO BE PROVIDED BY THE PARTICIPANT:

- ▲ **Laptop and notebook**
  - ▲ **Tramping boots or shoes** (Good grip is key. Boots or shoes with high ankle support if you have dodgy ankles.)
  - ▲ **Suitable climbing or tramping pack** (recommended 60 to 70 litre capacity).
  - ▲ **Pack liner** (available from outdoor stores for about \$10)
  - ▲ **Sleeping bag** (minimum 3-season bag, preferably 4-season bag if you're a cold sleeper). Students will be sleeping in snow caves. A sleeping bag liner is recommended.
  - ▲ **Sleeping mat** (roll-up foam or inflatable)
  - ▲ **Rain jacket** with hood. Must be fully waterproof, preferably breathable too, e.g. Goretex, Pertex, etc.
  - ▲ **Overtrousers**. Must be fully waterproof and durable, e.g. Gortex, Vent-X, etc. preferable otherwise thicker nylon type will suffice
  - ▲ **Polypro gloves**, 2-3 pairs. Available to most outdoor stores for about \$15 a pair
  - ▲ **Thick gloves/mitts** (suitable for in snow), e.g. ski gloves, waterproof ones preferable
  - ▲ **Fleece or woollen hat**. Balaclava also a recommended addition.
  - ▲ **Fleece tops** x2
  - ▲ **Thermal long sleeve tops**, x 2-3 (e.g. polypro)
  - ▲ **Thermal long johns**, 2-3 pairs
  - ▲ **Outdoor/tramping socks**, min 3 pairs
  - ▲ **Gaiters** (with front entry)
  - ▲ **Running shoes**
  - ▲ **Neoprene booties** or 'aqua shoes' for kayaking. An old pair of sneakers suitable for getting wet will be fine.
  - ▲ **Rock climbing shoes** (please ask if unsure)
  - ▲ **Kayak air bag** (please ask if unsure)
  - ▲ **Waterproof earplugs** (available from any pharmacy)
  - ▲ **Sunglasses**
  - ▲ **Sunhat/bucket hat/baseball cap**
  - ▲ **Head torch**
  - ▲ **Compass**
  - ▲ **Bowl, cup and cutlery** for trips away
  - ▲ **Small personal First Aid Kit** (must include basic
  - ▲ **FA supplies**, e.g. band aids, paracetamol, strapping tape, blister care, etc.).
  - ▲ **Knife** (pocket knife/ multi-tool/ hunting knife)
  - ▲ **Whistle** (Fox 40)
- #### STRONGLY RECOMMENDED
- ▲ **Puffer jacket** - Down or synthetic insulated
  - ▲ **Cooker/stove and pots**
  - ▲ **Tent** - minimum 3 season conditions
  - ▲ **Map case** - zip lock bag
  - ▲ **Wetsuit** for kayaking