

# Suggested Alpine Gear List

New Zealand weather patterns are very unpredictable and change from day to day and even hour to hour. It can rain or snow at anytime of the year. The snow in New Zealand is generally wet with dry powder rare. Strong to storm force winds are likely to occur regularly. Even if your alpine activity is planned for summer or early autumn (December - March), we recommend that you bring a full set of warm clothes, including bad weather outer garments. Having said this, our weather is usually very mild without the extreme cold temperatures that can occur in continental Europe or North America. During June through July and August, the coldest time of the year, an extra layer will be needed to stay cosy.

The best way to dress is in layers, and to avoid heavy, bulky items. The layers make it easier to regulate your body heat. On sunny yet windy winter days, a lightweight or wind block jacket/top can be great in reducing the wind chill factor. A Gore-tex or similar coat and over trousers will always be needed to keep out rain / snow and wind. Please leave your jeans in the vehicle. Light wool or fleece trousers are best. We also recommend always keeping one set of clothes for in camp. These items must not get wet. Excellent, worn-in footwear is essential. Please get used to your boots prior to your booked alpine activity as sore feet will ruin your trip. Plastic boots are highly recommended. Light weight boots may be useful if walking in to access an area.

If we are flying in to an area, there is the possibility of taking the odd extra item, which can be put in your small day pack, which in turn will be needed by you to carry your daily food and water requirements along with coat, torch and camera when out exploring. However, we need to watch the overall weight of the load. Also when flying in we prefer to take heavier fresh food items for at least part of our stay. That would not be possible if you were back-packing everything into the hills.

In some locations there are restrictions on where you can go to the toilet. We advise adding plastic bags or a "poo pot", and a "wee bottle" to your gear list.

## Clothing

- 1 pair mountain boots (plastic or rigid leather)
- 3 pair thermal socks (minimum)
- 1 pair gaiters ( knee length)
- 1 pair fleece trousers
- 1 – 2 sets fleece/ silk / wool base layer (long johns)
- 1 pair shorts
- 1 glacier shirt
- 1 warm long sleeve shirt wool/fleece
- 1 jersey or top (medium weight wool/fleece)
- 1 down jacket (optional)

- 2 pair warm gloves / mittens (waterproof outer glove on 1 pr)
- 1 pair light weight gloves
- 1 warm hat / balaclava
- 1 sun hat / cap / scarf
- 1 set waterproof jacket/parker with hood, and pants
- 1 pair sun glasses with retainer strap
- 1 pair goggles (or spare sun glasses)

### Equipment

- 60 + litre Pack with implement attachments & pack liner
- Sleeping bag - 4 seasons
- Waterproof sleeping bag cover
- Sleeping mat (closed cell foam or air mattress)
- Sun block and lip block
- 1 litre (min) drink system / bottle
- Map & compass (we supply)
- Torch / headlamp (spare batteries)
- First Aid kit (basic personal)
- Multi-tool (or pocket knife at least)
- Cooking utensils (pots, cutlery, mug: we supply)
- Cooker/fuel (we supply)
- Watch
- Camera (optional)
- 1 pencil / pen / paper
- Ear plugs, if you are a light sleeper
- Personal items – hygiene / toiletries. We also recommend that you bring at least 2 times the required days' stay of prescriptions and daily-required medicines for the duration of your trip to New Zealand. These should **NOT** all be packed in your luggage. Take some in your carry-on to avoid lost baggage, delays. Airline security may limit such quantities – confirm at booking time. Also, it is a good idea to bring an extra pair of glasses, contacts and daily cleaner, and other 'essential' items for your trip to avoid frustrating delays

- 1 ice axe\*
- 1 pr crampons\* (Make sure they fit and match boots)
- Helmet\*
- Transceiver\*
- Probe\*
- Shovel\*

### Additional equipment for more advanced and roped climbing

- 1 Ice hammer\*
- 1 Harness\*
- 1 Belay device\*
- 1 Karabiner\* (pear shape with screw gate)

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- 4 Karabiner\* (snap links)
- 2 Slings\* (1 long & 1 short)
- 2 Prusiks\* (1 long & 1 short)

\* These items can be provided