

MOUNTAINEERING INSTRUCTION COURSE

REQUIRED PERSONAL EQUIPMENT CHECKLIST

All the items on the front side are necessary for high alpine adventures in New Zealand. Due to the variability of weather and conditions in the New Zealand mountains, some of the items below may or may not be utilised on your trip.

You will notice some overlap of gear and equipment from the front side to the backside of this checklist. This is because we want to encourage you to bring and use gear and equipment that you already own whenever possible. Practicing with your gear and equipment provides greater efficiency at using it out in the field. Everything on the front side of the sheet is available for hire. Please come prepared with everything below unless you are hiring it from the front side.

For a complete description of each item, please see our detailed equipment notes.

Body Wear

- Waterproof/breathable shell jacket
- Waterproof/breathable shell pants
- Down or synthetic insulated jacket (*see equipment notes*)
- Softshell jacket
- Lightweight fleece top
- Softshell climbing pants
- Glacier shirt
- Base layer top (x 2) and leggings (x 1)
- Underwear and socks
- Snow gaiters

Head Wear

- Baseball cap or sun hat
- Woollen or fleece hat (*capable of fitting under a helmet*)
- Bandana or Buff
- Sunglasses
- Snow goggles

Hand Wear

- Liner gloves (x 2 pairs)
- Fleece gloves (*optional*)
- Mountaineering gloves (*removable liners are a nice feature*)

Gear & Accessories

- Alpine climbing pack (*50–65 litres*)
- Down sleeping bag (*3–4 season*)
- Headlamp and spare batteries
- Water bottles (*1–2 litres—2 x 1 litre, 1 x 1 litre or 2 x 500ml. See equipment notes*)
- Small first aid kit (*blister tape, painkillers, etc.*)
- Toilet bag (*travel size toothbrush, toothpaste, medications, etc.*)
- Wash kit (*towel, soap, shampoo, etc.*)—For use at sub-alpine accommodations pre, post and possibly during your trip
- Sunscreen and SPF 15+ lip balm
- Stuff sacks and pack liner
- Rock climbing shoes (*if you have your own, please bring them. If you don't, we will provide them.*)
- 'A Climbers Guide' Book

Optional Extras

- Ear plugs
- Hut shoes (*for hut use*)
- Camera and batteries or Phone with power bank/portable charger
- Trekking poles with snow baskets (*if you have them*)
- Map, compass, note pad and pencil
- Pocket knife or multi tool

****If you have your own technical equipment, please bring it so that you can get familiar with it and learn how to use it properly.***

**NOTE: Adventure Consultants provide a special-order retail service should you wish to purchase equipment.
Please contact us if you would like to know more about this service.**
