



Waterfall Ice Climbing

Your gear will be checked at 8:30am on the morning of the trip. Please bring as many of the items on the equipment list as you can. We can provide at no extra charge any items in list A that you are missing.

All technical climbing equipment (crampons, ice axe, helmet etc.) is provided, with the **exception of ice climbing boots** *¹. Sleeping mats, tents and non-perishable food are stored at the campsite.

Reminder: all food is provided.

A: Equipment which Alpine Recreation can provide if you do not have your own:

- backpack minimum 50 litre capacity
- snow gaiters
- 2 pairs woollen socks
- 2 pairs polyprop long johns (thermal leggings)
- waterproof overtrousers
- polyprop singlet, long sleeved
- waterproof parka (with hood)
- gloves or mittens
- overmits
- wool hat or balaclava
- sun hat
- headlamp or torch with spare battery
- plastic bags
- pack liner (heavy duty plastic bag)
- eating utensils: mug, bowl, spoon
- sleeping mat (closed-cell foam)

B: Equipment you must bring yourself/Alpine Recreation do not provide:

- ice climbing boots *¹
- personal underwear
- sun glasses (high enough UV rating for snow)
- sun and lipscreen (high rated)
- sun scarf - for protecting ears & back of neck
- personal first aid (please provide your own blister kit)*²
- toilet gear (minimal)
- camera
- down jacket
- sleeping bag (preferably down)
- ear plugs (to provide immunity in case of snorers!)
- drink bottle (minimum 1 litre)

*¹ Ice climbing boots can be hired from: Gnomes Alpine Sports [www.gnomes.co.nz, 57 South Terrace, Darfield, info@gnomes.co.nz; +64 (0)3 318 8433], Small Planet [www.smallplanetsports.com, 15-17 Shotover Street, sales@smallplanetsports.com, +64 (0)3 4425397], or Mountain Outdoors [www.mtoutdoors.co.nz, 17 Dunmore Street, Wanaka, office@mtoutdoors.co.nz, +64 (0)3 4432888]. It pays to book any hire equipment well in advance. At a push, you can walk in in mountaineering boots and climb in conventional ski boots (which would need to be carried).

*² We recommend Compeed and Leukoplast - available at chemists in Christchurch/Queenstown.