

Ski Touring - Glaciers

Clothing & Equipment Checklist

Your gear check time will be provided at time of booking. Please bring as many of the items on the equipment list as you can. We can provide (at no extra charge), any of the items in list A that you are missing. Reminder: all food is provided.

Please note that you must bring your own alpine ski touring boots, or if you need to hire them, please see below.*¹ All other ski mountaineering and avalanche safety equipment is provided.

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

- ❑ ski touring equipment (excluding boots): skis with touring bindings, poles, skins, ski crampons
- ❑ mountaineering equipment: helmet, ice axe, crampons, harness, carabiners, ice screw, slings, prussics
- ❑ avalanche safety equipment: transceiver, shovel, probe
- ❑ backpack, min. 50L with waterproof pack liner
- ❑ snow gaiters (to fit over ski boots or built-in gaiters in your ski pants)
- ❑ waterproof parka (with hood) and hard-shell pants with 3/4 or full zip
- ❑ synthetic or fleece jacket
- ❑ 2x polypro/merino long sleeve top and leggings
- ❑ 2x woollen socks
- ❑ waterproof gloves/mitts (with removable inner)
- ❑ lightweight polypro/fleece gloves
- ❑ wool hat or balaclava
- ❑ sun hat and buff/sun scarf (for protecting ears & neck)
- ❑ headlamp with spare battery

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

- ❑ alpine ski touring boots with removable liners ^{*1}
- ❑ personal underwear
- ❑ down jacket
- ❑ quick-drying shirt, long-sleeved (sun protection)
- ❑ soft-shell pants (optional)
- ❑ sun glasses (high UV rating for snow)
- ❑ snow goggles
- ❑ sun and lip screen (high UV rating for snow)
- ❑ personal first aid (please provide your own blister kit) ^{*2}
- ❑ toilet gear (minimal)
- ❑ 4 season down sleeping bag
- ❑ camera
- ❑ drink bottle/thermos flask (minimum 1L)
- ❑ small dry bags for organising gear
- ❑ ear plugs (in case of snorers)

^{*1} Ski touring boots can be hired from: Gnomes Alpine Sports, Darfield [www.gnomes.co.nz]; Small Planet Sports, Queenstown [www.smallplanetsports.com]; or MT Outdoors, Wanaka [www.mtoutdoors.co.nz]. Book any hire equipment well in advance.

^{*2} We recommend Compeed and Leukoplast - available at chemists in Christchurch, Queenstown and Wanaka.