

# Guided Ascents 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.

All technical mountaineering equipment (crampons, ice axe, helmet, etc.) is provided.

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

- backpack, minimum 45L capacity
- snow gaiters
- 2x woollen socks
- waterproof parka (with hood)
- waterproof hard-shell pants with 3/4 or full zip
- synthetic or fleece jacket
- 2x polypro/merino top, long sleeved
- 2x polypro/merino/fleece thermal leggings
- gloves or mittens
- waterproof over-mitts
- wool hat or balaclava
- sun hat
- buff or sun scarf (for protecting ears & neck)
- high lumen headlamp with spare battery
- waterproof pack liner (heavy duty plastic bag)
- eating utensils: mug, bowl, spoon

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

- technical mountaineering boots with rigid sole <sup>\*1</sup>
- personal underwear
- down jacket
- quick-drying shirt, long-sleeved (sun protection)
- quick-drying trekking or soft-shell pants
- 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) <sup>\*2</sup>
- toilet gear (minimal)
- camera
- sleeping bag
- thermarest sleeping mat (if not going to a hut)
- wide-mouth drink bottle (minimum 1 1/2 L)
- small dry bags for organising gear
- ear plugs (in case of snorers)

<sup>\*1</sup> Grade B3 Mountaineering Boots - an insulated rigid leather boot as per the [Mountain Boot & Crampon Guide](#), eg. La Sportiva Nepal Evo or Scarpa Summit GTX. Boots must be well broken-in and waterproofed. While we recommend that you invest in your own boots for technical ascents, you can hire boots from: Gnomes Alpine Sports, Darfield [[www.gnomes.co.nz](http://www.gnomes.co.nz)]; Small Planet Sports, Queenstown [[www.smallplanetsports.com](http://www.smallplanetsports.com)]; or Mountain Outdoors, Wanaka [[www.mtoutdoors.co.nz](http://www.mtoutdoors.co.nz)]. It pays to book any hire equipment well in advance.

<sup>\*2</sup> We recommend Compeed and Leukoplast - available at chemists in Christchurch, Queenstown and Wanaka.