



# Rock Climbing 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. Your pack with your own gear should not weigh more than 8kg. Remember that you will be adding rope, harness, rock protection, helmet and food to this weight, to end up with about 14kg to carry on the first day. Reminder: all food is provided.

All technical climbing equipment (ropes, harness, helmet, rock protection, etc.) is provided, with the **exception of rock shoes - please bring your own**<sup>1</sup>.

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

- backpack, minimum 45L capacity
- 2x socks
- waterproof parka (with hood)
- synthetic or fleece jacket
- polypro or merino top, long sleeved
- polypro or merino thermal leggings
- lightweight polypro or merino gloves
- wool hat or balaclava
- sun hat
- buff or sun scarf (for protecting ears & neck)
- 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:

- rock climbing shoes<sup>1</sup>
- sturdy approach shoes or light hiking boots
- personal underwear
- t-shirt (optional)
- quick-drying shirt, long-sleeved (sun protection)
- quick-drying stretch climbing pants or shorts
- sun glasses (high UV rating)
- sun and lip screen (high UV rating)
- personal first aid (please provide your own blister kit)<sup>2</sup>
- toilet gear (minimal)
- camera
- lightweight 3 season sleeping bag
- drink bottle (minimum 1 1/2 L)
- small dry bags for organising gear
- ear plugs (in case of snorers)

<sup>1</sup> Your rock climbing shoes should fit very snugly to allow for good contact with the rock, but they should not cause too much discomfort. We recommend getting them fitted in a climbing-specific retail outlet and choosing velcro closures instead of laces to enable you to take them on and off easily between climbs.

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