

# EQUIPMENT & CLOTHING

Mountaineering - Glaciated Terrain



**Alpine Guides**  
MOUNTAINS DEFINE US

Name

Start Date

**Your gear will be checked by your guide at the start of your trip.**

Our gear lists are designed to cover all possible scenarios. Sometimes, due to weather or mountains conditions, or objectives, you will not need everything on the list. It is best to turn up prepared for anything. Try to let us know what you need to rent before you arrive. Please, get in touch if you have any questions.



## Equipment provided free of charge , if required

BRING ✓

BORROW ✓

Ice axe	<input type="checkbox"/>	<input type="checkbox"/>
Ice hammer	<input type="checkbox"/>	<input type="checkbox"/>
Crampons	<input type="checkbox"/>	<input type="checkbox"/>
Helmet	<input type="checkbox"/>	<input type="checkbox"/>
Harness	<input type="checkbox"/>	<input type="checkbox"/>
Belay device	<input type="checkbox"/>	<input type="checkbox"/>
Ice screws x 2	<input type="checkbox"/>	<input type="checkbox"/>
Snow stake	<input type="checkbox"/>	<input type="checkbox"/>
Bivy bag and sleeping mat	<input type="checkbox"/>	<input type="checkbox"/>
Prusiks x 3 (1 long, 2 short), Slings x 2 (1 long, 1 short)	<input type="checkbox"/>	<input type="checkbox"/>
Carabiners: large HMS screw gate x 3, non-locking, straight gate x 5	<input type="checkbox"/>	<input type="checkbox"/>
Avalanche transceiver	<input type="checkbox"/>	<input type="checkbox"/>
Snow shovel	<input type="checkbox"/>	<input type="checkbox"/>

*You are welcome to bring your own gear. We will always make sure that it is appropriate for purpose.*



## Equipment and clothing for rent

COST/DAY

BRING ✓

RENT ✓

Mountaineering boots	\$20	<input type="checkbox"/>	<input type="checkbox"/>
Sleeping bag - 3-season bag for spring/summer, 4-season for winter	\$20	<input type="checkbox"/>	<input type="checkbox"/>
Backpack - 50-55 litres	\$15	<input type="checkbox"/>	<input type="checkbox"/>
Hardshell waterproof breathable jacket	\$10	<input type="checkbox"/>	<input type="checkbox"/>
Overtrowsers - waterproof, breathable	\$15	<input type="checkbox"/>	<input type="checkbox"/>
Insulating jacket - synthetic, hooded	\$15	<input type="checkbox"/>	<input type="checkbox"/>
Gaiters	\$5	<input type="checkbox"/>	<input type="checkbox"/>

**Please advise what you need to rent from list # 2. This equipment is limited in supply.**

# EQUIPMENT & CLOTHING

## Mountaineering - Glaciated Terrain



Use the check list to ensure you bring along the gear specific to your trip.

Try to let us know what you need to rent as soon as possible before you arrive. Get in touch if you have any questions.

+64 3 435 1834 or [mtcook@alpineguides.co.nz](mailto:mtcook@alpineguides.co.nz)

### 3 Required personal equipment (not available to rent)

- **Headlamp** \* - plus spare batteries
- **Compass** \* - for instruction courses only
- **Sunglasses** \* - good quality wrap-around with dark lenses (Cat. 3 or 4)
- **Water Bottles** \* - 2 x 1 litre wide-mouth or 1 bottle and a badder in mid-summer
- **Waterproof pack liner** \*
- **Emergency survival bag** \* or bivouac bag
- **First aid kit** - compact kit for cuts and blisters
- **Personal toiletries** - including toothbrush, toothpaste, sun screen and SPF rated lip balm
- **Small pack towel** \* - or just a normal towel for use at Unwin Lodge/backpackers

### 4 Required personal clothing (not available to rent)

- **Underwear** (2 sets for more than 4 days)
- **Socks** \* - (3 pairs)
- **Thermal underwear** \* - 2 x tops, 1 x pants
- **Long-sleeved light coloured "Glacier Shirt"** - for summer
- **Mid weight top** \* - microfleece jersey or soft shell jacket
- **Insulating jacket** \* - down, synthetic, or fleece (we rent synthetic jackets)
- **Warm beanie** \*
- **Climbing trousers** \* - soft shell trousers are ideal
- **Waterproof warm gloves** \* - 1 x pair - leather gloves are good for rope work. **Ski gloves are not suitable.**
- **Liner gloves** \* - 1 x pair
- **Sun Protection** \* - baseball cap or legionnaire hat, plus neck gaiter

### 5 Optional gear

- **Day Pack** - used when not in the mountains
- **Hiking pole** with a snow basket
- **Rock shoes** - bring if you own a pair (otherwise we will supply)
- **Ski goggles**
- **Multi-tool with pliers and knife**
- **Ear plugs** - people love snoring in the mountains!
- **Hut footwear** - lightweight running shoes or sandals

\* Sold in our store

For detailed information on gear and clothing, see the "Gear Guide" on Alpine Guides website.

Please save any changes to this form and email to: [mtcook@alpineguides.co.nz](mailto:mtcook@alpineguides.co.nz)