

# EQUIPMENT & CLOTHING

## Avalanche Awareness



**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.

### 1 Equipment provided free of charge , if required

BRING ✓

BORROW ✓

Avalanche transceiver, snow shovel and probe

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

### 2 Equipment and clothing for rent

COST/DAY

BRING ✓

RENT ✓

Backpack - 20 -30 litres

\$10

Waterproof breathable shell jacket or ski jacket

\$10

Overtrousers or ski pants

\$10

Insulating jacket (some extra warm layer)

\$10

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

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

- Skis, poles, and boots or snowboard and boots
- Ski Helmet
- Ski Goggles and Sunglasses\* good quality wrap-around with dark lenses (Cat. 3 or 4)
- Water Bottles\* 1 litre wide-mouth
- Sun screen, SPF rated lip balm, any personal medication

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

- Socks
- Thermal underwear
- Warm beanie
- Ski bibs/trousers or softshell trousers
- Waterproof warm gloves - 1 x pair
- Liner gloves - 1 x pair
- Sun Protection - baseball cap plus neck gaiter (Buff)

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)