



Equipment List

Summer Overnight Trip



Summer weather is usually quite warm however, you will be in a remote alpine location and winter type conditions can happen any time of year in New Zealand. Required clothing can vary somewhat according to the time of year or the current weather.

You will need to carry your own personal gear as well as some group fresh food. Many people prefer to use their own sleeping bag, pad and backpack. We recommend a t least a 40L bag and 2 season sleeping bag graded to 0° C (and liner). Lighter sleeping bags are OK for mid-summer.



PERSONAL EQUIPMENT REQUIRED

*Available for loan as part of trip cost

BODY

- ☐ Underwear
- ☐ Base layer (150-200g weight, merino or polypop, no cotton. Example: Icebreaker 200 Oasis LS Crewe)
 - ☐ top
 - ☐ leggings
- ☐ Mid layer top (fleece or windproof)
- ☐ Insulating jacket (fleece or synthetic fill)
- ☐ Waterproof jacket (eg Gore Tex® or similar)
- ☐ Overpants (waterproof as above) *
- ☐ Lightweight, quick drying shorts or trousers
- ☐ Light collared trekking shirt or short sleeve t-shirt

FEET

- ☐ Sturdy, worn in trekking boots (eg. La Sportiva® Trango Trek)
- ☐ Gaiters (recommended) *
- ☐ 1-2 pairs of trekking socks (merino)

HEAD/FACE

- ☐ Sunhat - cap
- ☐ Warm hat & neck gaiter (eg Buff®)
- ☐ Sunglasses

HANDS

- ☐ Warm waterproof gloves

ACCESSORIES

- ☐ Backpack (40-60 litres)*
- ☐ Sleeping bag (2 season, 0° C) *
- ☐ Sleeping bag liner
- ☐ Sleeping mat (for camping trips only)*
- ☐ Personal toiletries and medication
- ☐ Packliner or dry bags
- ☐ Insect repellent - for sandflies
- ☐ Sun cream and lip cream
- ☐ Water bottle (at least 1 litre)
- ☐ Camera
- ☐ Headtorch

OPTIONAL - Personal preference Items

- ☐ Collapsible trekking poles (recommended)*
- ☐ Light book or magazine
- ☐ Earplugs (handy for communal huts)
- ☐ Lightweight hut or camp shoes (eg Crocs)

Please bring all your equipment to the scheduled pre-trip meeting. If you have any equipment questions prior to your trip, please feel free to contact our team at info@aspiringguides.com

