

# Equipment List

3-7 DAYS **Camping-Based Ascent**

Throughout the spring and summer seasons, a full range of conditions and temperatures can be expected in the New Zealand Mountains. Due to the remote nature of the the terrain, clients need to be suitably prepared. Your guide will do a comprehensive gear check at your pre-trip meeting. You will need to carry your personal gear, as well some of the climbing and camping equipment. All equipment needs to fit into one pack per client.

## 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)
- ❑ Over-pants* (as above)
- ❑ Lightweight, quick drying trousers
- ❑ Collared glacier/trekking shirt

### FEET
- ❑ Mountaineering boots*
  - ❑ **Nov to Jan** - Full shank, 3 season (eg La Sportiva® Nepal)
  - ❑ **Jan to April** - 3/4 shank, 2-3 season (eg La Sportiva® Karakorum or Trango)
- ❑ Rock climbing shoes*
- ❑ Knee-high gaiters*
- ❑ 2 pairs of hiking socks (merino)

### HEAD/FACE
- ❑ Sunhat - cap
- ❑ Warm hat & neck gaiter (eg Buff)
- ❑ Sunglasses - glacier rated category 4

### HANDS
- ❑ Warm windproof gloves
- ❑ Light gloves

### TECHNICAL EQUIPMENT
- ❑ Climbing helmet *
- ❑ Crampons - with anti-balling plates *
- ❑ Ice axe *
- ❑ Ice hammer*
- ❑ Climbing harness *
- ❑ Belay device *
- ❑ Sling - nylon or Dyneema®, 120cm *
- ❑ 2x Carabiners - HMS preferred *
- ❑ 2x 6mm Prussiks - 1x60cm, 1x 120cm loop length *
- ❑ Ice screw 16cm*
- ❑ Snow Stake*

### ACCESSORIES
- ❑ Backpack (50+ liters)*
- ❑ Sleeping bag (2 season, 0°C)*
- ❑ Sleeping bag liner
- ❑ Inflatable sleeping mat (eg Thermarest )*
- ❑ Light weight two person tent*
- ❑ Water bottles - 2 liters capacity
- ❑ Head torch - and spare batteries
- ❑ Toiletries - blister kit & personal medication
- ❑ Small container of sunblock & lip screen
- ❑ For any time staying in town - towel and change of clothes

### OPTIONAL - Personal preference Items
- ❑ Collapsible trekking poles*
- ❑ Camera
- ❑ Swiss army knife or leatherman
- ❑ Earplugs for sleeping
- ❑ Lightweight approach/hut 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**