


# Equipment List

2-7 DAYS **Rock Climbing Multi Day**

Throughout the summer season, 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.

These are usually town based day trips from accommodation or walk-in trips based at backcountry huts or camping. You will need to carry your personal gear and will be asked to assist in carrying some food and group equipment if overnighting at a hut or camping.

## 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 (idealy Goretex with side zips)*
❏ Lightweight, quick drying trousers or Softshell climbing trousers
❏ Collared glacier/hiking shirt/light weight quick dry long sleeve shirt

### FEET
❏Lightweight approach shoes/hiking boots.
❏ Rock climbing shoes*
❏ 2+ pairs of hiking socks (merino)

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

### HANDS
❏ Chalk Bag*
❏ Light gloves

### TECHNICAL EQUIPMENT
❏ Climbing helmet *
❏ Climbing harness *
❏ Belay device *
❏ Sling - nylon or Dyneema®, 120cm *
❏ 3x Locking Carabiners - at least 1 HMS preferred *
❏ 4x Snaplock Carabiners *
❏ 2x 6mm Prussiks - 1x60cm, 1x 120cm loop length *

### ACCESSORIES
❏ Backpack (50+ liters)*
❏ Sleeping bag (2 season, 0°C)
❏ Sleeping liner
❏ Inflatable sleeping mat **(e.g., Thermarest – only required if the trip involves camping)** *
❏ Water bottles - 2 liters capacity
❏ Head torch - and spare batteries
❏ Toiletries - blister kit & personal medication, toothbrush for overnights
❏ Small container of sunblock & lip screen

### OPTIONAL - Personal preference Items
❏ Collapsible hiking poles*
❏ Camera
❏ 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**

Watch this video for a full equipment run-through with one of our guides