



## Equipment Checklist for Ascents & Private Guiding

Name:	Ascent dates:			
HARDWARE EQUIPMENT ITEM	OWN	REQUIRE	\$ DAY	TOTAL
Climbing harness			3.00	
Carabiners – Screw lock x 3, Snap link x 3 Belay device / Descender Prussics - (5-6.5mm cord) 2 x 1.8 m, 1 x 3.5 m Tape Sling - (20 - 25 mm tape) 1 x 5 m, 1 x 2 m			5.00	
Climbing helmet			3.00	
Climbing boots (Please specify size)			15.00	
Ice axe			7.00	
Ice hammer			5.00	
Ice Screw			3.00	
Crampons			7.00	
Bivvy bag			3.00	
Headlamp + spare battery & bulb ( battery at additional cost)			4.00	
Back pack (65 – 85 litre alpine climbing pack)			7.00	
Other				
<b>TOTAL RENTAL COSTS NZ\$</b>				



➤ **PLEASE SEE REVERSE FOR PERSONAL EQUIPMENT CHECK LIST**



## PERSONAL EQUIPMENT CHECK LIST Summer Mountaineering

Tick Box	Clothing
	Thermal Underwear (2 x tops, 1 x pants - polypropylene, merino wool, silk or other type with thermal insulating properties – NOT COTTON!)
	Fleece Jacket (medium – heavy weight, 200 – 300 weight Polartec or Windstopper with full zip)
	Fleece pullover (light – medium weight pants eg. 100 weight Polartec)
	Fleece pants (lightweight, 100 weight Polartec or equivalent)
	Gloves (fleece, windstopper or woollen finger gloves x 1 & polypropylene liner gloves x 1)
	Hat (fleece, windstopper or woollen) + an optional balaclava (polypropylene, windstopper or fleece)
	Sunhat and cotton scarf or bandana (for sun protection)
	Glacier shirt (light coloured, long sleeve cotton or silk shirt with collar for sun protection)
	Underwear, handkerchiefs and warm socks
	<b>Storm Proofs / Shell Clothing</b>
	Jacket (wind & waterproof e.g Gore-Tex or similar with hood & preferably with a twin front zipper)
	Overpants (wind & waterproof with full leg zips. e.g. Gore-Tex or similar waterproof/breathable fabric)
	Overmitts or gloves (waterproof outer-shell with removable fleece or woollen liners, preferably Gore-Tex or similar)
	Gaiters – full calf length, zip or Velcro front closure
	<b>Camping Gear &amp; Accessories</b>
	Down sleeping bag (medium weight/ 3 - 4 Seasons, approximately 550 – 740gms down fill)
	Sleeping mat (closed cell foam mat and a thermarest self inflatable mat)
	Running / track shoes or light weight trekking boots
	Map, compass, compact note pad & pencil (topographical maps are available from our office)
	Water bottle (non breakable & at least 1 - 2 litres in volume, 2 x 1 litre bottles OK)
	Plastic bowl, cup and cutlery, unbreakable type e.g. Nalgene, Lexan or Aluminium
	Sunglasses (with good side protection & spares) and Goggles (for storm conditions)
	Sun block (maximum protection) & lip balm
	Small first aid kit (blister tape, 2 <sup>nd</sup> skin, strapping tape, painkillers, anti-inflammatories, gauze pads, crepe and triangular bandages)
	Toilet bag, pack towel, insect repellent & any medication required
	Swiss army knife, leatherman tool or similar
	Heavy duty plastic bags or waterproof pack liner
	Stuff sacs (to separate items within your pack and for storage of personal items while staying in a hut)
	<b>OPTIONAL (subject to trip style, duration and pack weight considerations)</b>
	Down Jacket or down vest (lightweight – medium weight)
	Trekking Pants / lightweight, quick drying casual wear including shorts
	Trekking pole(s)
	Rock shoes, rock rack and chalk bag
	Wet wipes for hygiene
	Camera and film
	Ear plugs (for sleeping in huts and tents with potential snorers!)
	Guidebook
	Altimeter and / or GPS
	Notebook & Pencil

All of the above items except those marked optional, are necessary for Mountaineering in New Zealand. For a complete description of each item please see the detailed equipment notes. Adventure Consultants is able to assist you with the rental or purchase of equipment so please contact us if you have any equipment questions.