



# Ski Mountaineering Course Equipment List

A full range of conditions and temperatures can be expected in the NZ mountains in winter and participants need to be suitably prepared with suitable clothing, eyewear and ski or splitboard touring equipment. Your guide will do a comprehensive check of your gear at the start of the course to ensure it is in good working order and fit for purpose and there will be the opportunity to purchase or hire gear that is not deemed suitable.

The high mountain huts of the Aoraki/Mount Cook region are equipped with mattresses, crockery and cookware and some have stoves. If there is anything you don't have or have any questions, please get [in contact](#) with us.

## Body

- Base layer top and bottoms (merino or polyprop, no cotton)
- Mid-layer top (fleece or windproof)
- Insulating jacket (synthetic fill preferred)
- Waterproof jacket
- Softshell or waterproof ski trousers

## Feet

- Ski touring or snowboard boots (snowboard mountaineering boots required)
- Ski/snowboard socks

## Touring gear

- Ski or splitboard touring equipment including skins and ski/splitboard crampons\*

## Safety gear (provided)

- Walking ice axe and boot crampons
- Harness
- Long (120cm) and short (60cm) prusik loops
- 4-6 carabiners and 120cm sling
- Ice screw
- Shovel, transceiver (with fresh batteries,) and probe\*\*

## Overnight

- 2-season sleeping bag and liner
- Hut shoes/slippers (optional)
- Head torch and spare batteries
- Personal toiletries (blister kit & personal medication)
- Spare clothes and towel (for when not in mountains)

## Recommended

- Notepad and pencil
- Progress Capture Pulley eg Petzl Micro traxion®
- Compass/inclinometer
- Topomaps

## Head/Face

- Sunhat or cap
- Warm hat & neck gaiter (eg Buff®)
- Sunglasses
- Googles
- Helmet

## Hands

- Lightweight gloves
- Warm gloves

## Accessories

- Backpack, around 40 - 50 liter capacity, ideal with an avalanche tools pocket and the ability to carry overnight gear and ice axe.
- Water bottles (1.5 to 2 liters capacity)
- Small container of sunblock & lippy

\*Mandatory

\*\*We recommend shovels with a telescopic handle and probes around 240cm length.

