



# Front Line Medical Conference Equipment List

A full range of conditions and temperatures can be expected in the New Zealand mountains during winter. Participants for the practical conferences field days need to be 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 conferences to ensure that it is in good working order and fit for purpose.

If you have any questions or may need to borrow any items of equipment, please get [in contact](#) with us.

## Body

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

## Feet

- ☐ Ski touring or snowboard boots
- ☐ Socks

## Head / Face / Hands

- ☐ Sunhat or cap
- ☐ Warm hat & neck gaiter (eg Buff®)
- ☐ Sunglasses
- ☐ Googles
- ☐ Helmets are recommended for backcountry travel
- ☐ Lightweight gloves
- ☐ Warm gloves

## Accessories

- ☐ Day backpack, around 20-30 litre capacity
- ☐ Water bottles (1.5 to 2 litres capacity)
- ☐ Head torch and spare batteries
- ☐ Personal medication
- ☐ Small container of sunblock & lipply

## Ski touring and safety

- ☐ Ski or splitboard touring equipment including skins and poles. Splitboard crampons are required and ski crampons are recommended\*
- ☐ Transceiver (with fresh batteries), shovel, and probe (provided if required)\*\*

\* Get in contact with us for advice on hiring touring equipment.

\*\*We recommend a transceiver with a marking function, a robust shovel with a telescopic handle and a robust 240cm length probe. These can be provided.

More advice on suitable equipment for ski and splitboard touring can be found on [wanakamountainguides.co.nz](http://wanakamountainguides.co.nz)

