



Mitre Peak Ascent Equipment List

A full range of conditions and temperatures can be expected in the New Zealand mountains and participants need to be suitably prepared with suitable clothing, eyewear and safety equipment. Your guide will do a comprehensive check of your gear at the start of the trip 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 Mitre Peak ascent usually involves 1 or 2 nights camp or bivi on the peak. Tents or bivi bags are supplied. If there is anything you don't have or have any questions, please get [in contact](#) with us.

Body

- Lightweight base layer top and/or trekking shirt (merino or polyprop, no cotton)
- Mid-layer top (fleece or windproof)
- Insulating jacket (synthetic fill)
- Waterproof jacket and trousers
- Trekking trousers

Head / Face / Hands

- Sunhat or cap
- Warm hat & neck gaiter (eg Buff®)
- Sunglasses
- Lightweight gloves

Accessories

- Backpack, around 30-40 litre capacity*
- Water bottles (1.5 to 2 litres capacity)
- Small container of sunblock & lippy

Feet

- Stiff-soled trekking boots (eg La Sportiva Trango®)*

Technical gear (can be provided)

- Climbing helmet
- Lightweight harness
- 120cm length sling
- Belay device (eg Black Diamond ATC Guide®)
- 2-3 carabiners

Overnight

- Headtorch
- 1-2 season sleeping bag and liner*
- Inflatable sleeping mat*
- Personal toiletries

Optional (for alternative trip options)

- Rock shoes
- Trekking poles

* Available to hire

