

equipment list

mt aspiring glacier expedition - 3 days trek

Summer weather is usually quite warm. However, this is a remote mountain route and winter type conditions can happen any time of year. We can only attempt this route if everyone has suitable protective clothing. If you have questions contact us before your trip.

You will need to carry your own gear but do not need to carry food or other group gear. You will only need to carry your ice axe and crampons on day 2. Many people prefer to use their own sleeping bag, pad and backpack or if you wish you can use the ones we provide. We can supply a 45 litre (2750 cu in) back pack and a sleeping bag (and silk liner) rated to 8 deg. C (45 d F.). We can accommodate particularly large people or cold sleepers but you may prefer to bring your own sleeping gear. Let us know if you feel you have particular requirements.

Below is a list of required gear. Excellent quality gear is available in Wanaka and there will be time to make last minute purchases if you need.

We supply all technical gear such as harness, ice axe and crampons. Feel free to bring your own if you like.

personal equipment checklist

Body

- Base layer
Thermal Top and bottom
- Insulating layer
Light weight
Heavier weight
- Waterproof layer
Jacket
Overpants
- Lightweight shorts or pants and cotton shirt
for warm weather

Feet

- Sturdy hiking boots (broken in hopefully),
examples:
Salomon Revo
Asolo FSN
Scarpa Infinity
- Gaiters
- 3 pair warm socks

Head

- Warm hat which covers ears

- Sun hat
- Sun glasses
- Sun cream and lip cream

Hands

- Windproof warm gloves or mittens

Accessories

- Personal toiletries and medication
- Camera and film
- Headlamp or flashlight
- Toilet paper
- Water bottle at least one litre
- Back Pack
- Sleeping Bag
- Optional : Collapsible trekking pole
(3 section pole best to fit into a small pack)

If you have any questions about the clothing list, please be sure to contact us at action@aspiringguides.com