

# Summer climbing clothing and equipment checklist

3 categories: **COMPULSORY** **TRIP DEPENDENT** **OPTIONAL**

<b>SECTION A -these items supplied at NO CHARGE *</b>			
	OWN	Pls provide	
Climbing helmet			
Crampons - preferably clip on with anti-balling plates			
Ice axe -standard curve & length (60-80cm)			
Ice hammer (45cm - 50cm) sling to be rated tubular tape			
Ice Screws x 1			
Quickdraw x 1 (courses only)			
Snowstake			
Climbing harness			
Belay device			
Slings: 120cm sewn spectra (courses = 2 ascent = 1)			
Carabiners - Screw lock x 4 Snap link x 3			
Prusik slings ( 6 mm) - 1 x 2.8m and 2 x 1.6 m (loop length)			<b>TRIP</b>
	OWN	RENT	CHARGE
<b>SECTION B - equipment for rent</b>			
Bivvy (bivouac) bag		<b>TRIP DEP</b>	30
Climbing Boots - rigid sole, plastic or leather Specify size in EURO here ----->			75
Back pack ( 60 + litres) with 2 loops for ice axe & crampon attachments.....specify SML-MEDIUM-LARGE			75
Headtorch with LED plus spot beams (battery not included) with one set of new batteries			25
Storm jacket.....specify SML-MEDIUM-LARGE			50
Outer windproof gloves			50
Snow gaiters.....specify boots size in EURO			25
Overtrousers with full leg zips.....specify SML-MEDIUM-LARGE			50
Avalanche transceiver		<b>TRIP DEP</b>	25
Snow goggles		<b>TRIP DEP</b>	25
THE HIRER IS RESPONSIBLE FOR ANY EQUIPMENT LOSS or DAMAGE			
<b>Hirer name</b> _____			
PO Box 345, Wanaka, 9343, New Zealand Phone: +643 443 9422 Fax: +643 443 9540 Email: climb@aspiringguides.com Web: www.aspiringguides.com			
<b>Hirer's signature</b> _____			

- COMPULSORY personal items**
- Body**
- Base layer top & bottom - polypro or merino eg icebreaker (no cotton)
  - Mid layer light weight fleece or liner
  - Climbing trousers - polyamide/nylon or light weight fleece
  - Soft shell synthetic insulating jacket eg Primaloft, synthetic down or fleece
  - Shell parka & pants - water & windproof (available for rent)
  - Underwear (one spare only)
- Head**
- Sunhat & cotton scarf for sun protection
  - Warm hat / balaclava
  - Sun glasses
- Feet**
- 2 pairs warm socks
  - Gaiters - full calf length (available for rent)
- Hands**
- Lightweight polypro gloves
  - Warm windproof gloves (available for rent)
- Other**
- Sleeping bag - down / synthetic (3-4 season weight)
  - Water bottle - 1.5 to 2 litres - wide mouth
  - Plastic bowl, cup & cutlery
  - Foot blister protection & personal medication
  - Small container of sunblock & lif screen - maximum protection
- TRIP DEPENDENT personal items** (depends upon course or trip venue, weather factors)
- Map, compass, compact notepad and pencil (maps available from our office)
  - Sleeping pad - closed cell foam & / or thermarest (pads available free at our office)
  - Rock climbing shoes
  - Snow goggles (available for rent)
  - Bivi Bag (available for rent)
- OPTIONAL personal items** (personal preference)
- Lightweight track shoes, strong sandals, tevas or like - for hut or walking out valley after climb
  - Swiss army knife or leatherman
  - Collapsible trekking pole
  - Ear plugs for sleeping
  - Camera
- 

Contact us for advice : (detailed notes next page)

# equipment detailed list

Due to the nature of the mountain environment equipment and clothing must be suitable for its intended purpose. It must be light, remain effective when wet or iced and dry easily. It pays to be sure when buying that the product will not become redundant before it wears out. To help with your selection we have collated some notes which may help you save time and money. Bring your own clothing and wet weather gear and if you have your own equipment we suggest you bring it along to learn how to use it best.

## outer layers

- shell clothing: There are numerous fabrics which are both water resistant and breathable. These fabrics are expensive but can last for years if looked after well. Shell clothing should be tape sealed on the seams, be easy to move in and be put on and taken off when wearing gloves or mittens. PVC shell clothing (totally waterproof) is ok but will 'sweat' as moisture cannot escape when you are working hard.
- jacket/waterproof shell: Look for a full front zipper model with a good attached hood with draw cord which will fit over a helmet. Some models have adjustable hoods. Preferably the parka should be long enough to extend below your buttocks. Obviously a technical mountaineering jacket is ideal but many general purpose jackets are sufficient.
- over pants: These must have full length zips down the legs so they can be put on and taken off when you are wearing boots and crampons. The 'bib' type are warmer as they extend above the lower back, but not essential. Make sure they have sufficient movement to enable you to lift your legs high.
- over mittens: There are several glove combinations which work. Popular with us is the pile(fleece) lined waterproof mitts. It is best that the liners can be removed to make drying easier. While belaying you will need a warm pair of gloves with a windproof shell. Not an essential item.
- gloves: The 'ski' type finger glove can be handy when handling equipment. Some prefer lined leather gloves but they are difficult to dry. Bring

extra pairs as they are not as warm as mittens. Keeper straps are excellent in keeping your gloves close.

- gloves - inner: A light pair of fleece gloves are ideal - otherwise three pairs of polypropylene - they can be replaced regularly.
- gaiters: Full calf- length gaiters keep the snow out and should have a sturdy tie down system under the instep to stop snow creeping up into the boot.
- hat: Either wool or fleece and must extend over the ears and should not have a tendency to fly off in a strong wind. A polypropylene balaclava is good to carry as a spare
- sunhat: A baseball cap is good but won't protect your ears from the sun. A cotton scarf is a handy addition for ear protection. Full brim hats have extra protection but need to have a chin cord to stop them blowing away.

## mid layers

- fleece jacket: Should be the full front zip variety to allow ventilation. Zip up pockets help avoid losing items which are stored there.
- fleece sweater: A lighter weight sweater (100-200 POLARTEC) is a good addition if you need extra warmth or it is not cold enough for your regular jacket.
- fleece pants: Preferably not too heavy a fabric as they can cause overheating.

- **wind stopper:** Although not particularly warm and cosy like a fleece, this layer is very useful in our windy environment.
- **down jacket:** Regarding the general query as to whether a down jacket can be substituted for a fleece one; we find that they tend to complement each other rather than act as a replacement, a fleece jacket is quick drying and breathes yet retains good insulation values and is ideal under an outer shell. A down jacket tends to come into its own at the end of the day when you want to put something really warm on but is still lightweight and packs down into your pack.

### **underlayers**

- **shirt:** Bring two high zip neck, full sleeve polypropylene or wool shirts. A long sleeve cotton shirt with a collar can be useful for those hot days on the glacier. Wool-based thermals such as Icebreaker provide high quality protection with reduced odour. Recommended thermal underwear brand: [www.icebreaker.co.nz](http://www.icebreaker.co.nz).
- **long johns:** Polypropylene or merino wool long johns are lightweight and provide a change if your fleece pants are wet or too warm. They provide additional warmth if worn under the fleece pants.
- **underwear:** Bring one change of your regular underwear.

### **for your feet**

- **boots:** Steeper climbing on snow and ice demands a boot with a rigid sole. There are two main types: "Plastic" boots have a plastic shell and removable liner. These boots are long lasting and tend to keep your feet dry. Since the shells do not stretch it is important to find a pair that are comfortable. Second hand or old boots are fine but once the toe and heel begin to wear down they should be replaced. This is an important safety consideration since the shells will break eventually. The heel and toe welts are often the only thing holding your crampons on and there is a

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large amount of torque on them when climbing steep snow and ice.

"Leather" boots are a single boot (without an inner liner) and have a more flexible and natural feel. An increased amount of flex and rocker in the sole make these boots more comfortable particularly on rock. They are difficult to dry if they get wet but newer models have good waterproofness. Some models are designed for high altitude but for New Zealand conditions the extra warmth and integrated gaiter are not necessary.

- **socks:** Thermal properties or merino wool are the best choice. Avoid cotton. Two sets of 2 pairs is ideal. A thin pair on your foot, followed by a medium pair will reduce the risk of rubbing (blisters).
- **running shoes:** Lightweight shoes are handy for lounging in the hut; and at the end of the day. If you are walking out of the mountains in a specific region you will need a trusty pair.
- **crampons:** The clip on type are the quickest to put on and take off which can save an appreciable amount of time on a mixed climb. The front points should stick out from the front of the boot about 2.5cm. Be sure to check the heel piece is compatible with your boots and stays in place when in the up position. A well adjusted 'strap on' crampon can be more secure than a 'clip on' but it takes practice to become efficient with them. If you're bringing your own crampons we highly recommend you have anti-balling plates attached to them. A good crampon will fit your boot securely.

### **ice tools & technical equipment**

A proliferation of good ice tools are available so it pays to know what you will be using it for when purchasing. Some tools are brilliant for vertical ice and useless for climbing snow and visa versa. Some tools are good for both. We encourage you to bring your own gear if you have it.

- **ice axe:** For most alpine climbing you need a straight shafted axe between 60 cm to 80 cm long. A longer tool is more helpful on moderate ground

and even the most difficult climbs have approaches and descents for which this is helpful. Short axes with curved shafts and rubber hand grips are fine on hard technical ice climbs (45cm - 60cm) but not so suited to most alpine climbing. The head of the axe should be comfortable to hold when in the walking stick mode and not have any protrusions which may dig into your hand. The pick can be curved or banana shape. Shafts are either metal, or carbon fibre and some have rubber hand grips. A wrist loop is needed for support on the steeper stuff and you should be able to hold the bottom of the shaft with the sling tight.

- **ice screws:** We use Grivel Helix 20cm and Black Diamond Turbo Express 21cm.
- **ice hammer:** This can be a shorter tool (45 cm to 55 cm) as it is often only used on the steeper sections of a climb and for hammering in stakes and ice screws. Some people find it easier to have axe and hammer the same length on steep ice and others like a combination. Only experimentation can identify your own preference. The hammer head receives quite a lot of abuse on a climb and must be very secure with a good striking surface.
- **helmet:** The plastic helmets designed for climbing are lightweight and really only designed to deflect falling ice and rocks. They also protect the head in the case of a fall. Check the harness size and be sure it will adjust for when you wear your woolly hat underneath. Do not borrow a helmet made of plastic if it's more than 4 years old.
- **belay device:** although the standard "Atc" or belay/rappel devices available today cover most single pitch requirements, our mountains are made up of multiple pitches of rock/snow/ice. If purchasing a new device may we recommend the modern and multi-functional 'Petzl Reverso3' or 'Black Diamond ATC guide-XP'.
- **harness:** The sit harness type is mainly used. These should be lightweight and adjustable around the waist and legs. A specially designed alpine harness is easier to get in and out of (which is important when nature calls) and they can be put on even when you have boots and crampons on. Many specialised rock climbing harnesses have fixed leg loops so will not do this. Comfort is essential. If

you're bringing your own harness, please ensure you have a "cows-tail" or lanyard which is an arms length.

- **carabiners:** Bring your own screw lock and snaplink carabiners - otherwise use ours.
- **prusik slings:** 1 x 2.8m - 2 x 1.6 m (loop length). 6mm kernmantel. A double or triple fisherman's knot ties these into slings.
- **tape slings:** 2 x sewn regular spectra climbing tape slings (25mm) at a variety of lengths (at least 120cm loop length).
- **avalanche transceiver:** Any time the avalanche hazard is judged as possibly hazardous, transceivers will be required. There are many models but all modern transceiver operate on the same frequency.
- **snow goggles:** In glaciated terrain, goggles are an essential safety item. In stormy weather it can be impossible to navigate without proper eye protection. At least two people in the party should have good quality snow goggles in case they are required. Goggles with dark lenses can be used as a backup in case sunglasses are lost or broken.
- **rock shoes:** In the event of bad weather we often go rock climbing on the crags around Wanaka. If you are a keen rock climber feel free to bring your shoes just in case.

### ***sleeping & carrying***

- **bivy or bivi bag:** A bivi bag may be required depending on the type of trip, venue, weather, desires, etc... . It is a lightweight bag to use when spending the night out. A bivi bag is much lighter than a tent and handy to have in an emergency. The best type are full Gore-Tex or similar. Some models have waterproof nylon underneath and tend to cause some moisture build up.
- **sleeping bag:** Down or synthetic, the down being less bulky but more susceptible to getting wet. Bring a bag rated to 3-4 season or better (approximately -5 degrees Celsius or nearabouts).

A down bag is better for warmth to weight ratio, but useless if it gets wet.

- sleeping pad: A full length 'carrymat' or 'thermarest' or combination of carrymat and a short light weight thermarest provides the best results when sleeping on snow.
- backpack: There are many models available which are suitable. You must have at least a 65 litre capacity. Ensure the pack has ice tool attachments.

### **bits 'n' pieces**

- headlamp: Black Diamond & Petzl have great headlamps. Bring an extra set of batteries even if you have recently replaced the set in the headlamp.
- sun glasses: Preferably the glacier glasses type with side protection. The lens should be dark enough to withstand the intense reflection from the snow. Goggles for winter storm conditions.
- pocket knife: The Swiss Army type, Leatherman, or equivalent. One leatherman style tool per group.
- stuff bags: Lightweight nylon bags with draw cords to store spare clothes etc. Bring 2 or 3.
- toilet bag: Bring a small flannel, small towel, some soap, toothpaste and toothbrush in plastic bags. Also any personal medication required. (Please

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inform your guide if you are on prescription medicine)

- sun block: A small bottle of maximum protection sun block and lip protection. The smallest container can be zipped into your pocket, close to your body so it doesn't freeze.
- water bottle: Two 1 litre bottles are ideal. A 1.5 litre "Sprite" plastic bottle does a good job in warm weather but for winter climbing you will need a wide mouth bottle. Camel back tubing will freeze in winter conditions unless specially modified.
- plastic bowl, cup & spoon: A light non-breakable bowl and spoon. The cup can be tin or non breakable plastic. Tip for BIG eaters - bring a big bowl.
- first aid kit: In a small stuff bag or container carry blister tape, 2nd skin, anti-flamm. Ensure contents are kept watertight.
- compass, note book and pencil: Any compass which is suitable for orienteering will do. Ensure your compass is suitable for the Southern Hemisphere. Notebook and pencil should be water proof or wrapped in plastic bags.
- Ear plugs: For light sleepers these can be a great help!

**please check your equipment list for other equipment requirements not listed here**