

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.
- 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.
- 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

- rock shoes
- hiking boots
- 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).

technical equipment

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- 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 lanyrd 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).

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 near abouts). 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 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