

Treble Cone tour clothing & equipment checklist - You will need to have all items listed unless otherwise indicated

Hirer name _____

Hirer signature _____

Date : _____

Personal items	OWN	RENT	Charge	supplied at NO CHARGE *	OWN	Pls provide
Body				<ul style="list-style-type: none"> Avalanche transceiver 		
• Jacket/waterproof shell... specify SML-MEDIUM-LARGE			10	• Shovel		
• Overpants shell... specify SML-MEDIUM-LARGE			10	• Probe		
• Mid layer : Soft shell insulating jacket eg Primaloft, synthetic down, or fleece						
• Mid layer : fleece sweater						
• Base layer : top & long johns - polypro or merino eg icebreaker (no cotton)						
Hands				Hardware - can be sourced in Wanaka from Mainly Tramping**	HAVE OWN	WILL RENT
• Warm gloves			10	• Ski or snow board boots		
• Light gloves				• Ski touring or telemark skis, bindings & skins, ski poles, plus ski crampons (after 1 Sept) OR Split board & walking poles OR Snow board & snow shoes & walking poles		
Head						
• Warm hat						
• Sunhat						
• Sunglasses						
• Snow goggles			5			
Other						
• Day pack - boarders require straps on pack to carry board			15			
• Camera						
• Lunch & plenty to drink						

Hardware - can be sourced in Wanaka from Mainly Tramping**

HAVE OWN

WILL RENT

** PLEASE ARRANGE YOUR OWN RENTAL FROM MAINLY TRAMPING

** PRE-BOOKINGS ESSENTIAL**

Refer to detailed notes on next pages

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THE HIRER IS RESPONSIBLE FOR ANY EQUIPMENT LOSS or DAMAGE

aspiringguides.com



Winter equipment – detailed list

Below is equipment information concerning anything you may need on our winter skiing/boarding or climbing trips. Please see your particular trips gear list to know what is required for your trip. To help with your selection we have collated some notes which may help you save time and money.

clothing : outer layers

Shell gear should offer protection from wind and water and not be an insulating layer. Avoid shell gear that has any mesh or insulating material which will be hot and heavy. There are numerous fabrics which are both water resistant and breathable. Gortex is the most common brand name but there are many other excellent fabrics. Shell clothing should be tape sealed on the seams and be easy to move in and be put on and taken off when wearing gloves or mittens. As with all touring/mountaineering equipment weight is a factor.

□ **jacket/waterproof shell:** Look for a full front zipper model with an attached hood with draw cord. Make sure you can zip it up to cover your face even when you have your warm hat on. For climbing the hood will need to fit over a helmet (try it on with a helmet to make sure). Some models have adjustable hoods. Ski touring jackets need good ventilation (pit zips) and large chest pockets are a plus since they will be accessible for quick access items. If you can fit your climbing skins in your chest pockets you will be much faster in your transitions from downhill to uphill.

□ **over pants shell:** These must have full length zips down the legs so they can be put on and taken off when you are wearing boots. The 'bib' types are warmer as they extend above the lower back keeping out snow when you crash. Once again, light weight and well made is good. Make sure they have sufficient movement to enable you to lift your legs high.

Guide tip #1 : All breathable fabrics lose their waterproofness after hard usage. Most climbers and skiers have a closet full of well made, expensive jackets that they don't wear anymore because they are no longer waterproof. Waterproofing sprays only postpone the inevitable. After a season or two of hard use your shell gear will leak. Most top rated companies make shell gear that is less expensive and lighter than their top of the line models. While these items will not be as heavy duty as the more expensive models, they may be a better option if you need to replace either one after two years to be waterproof.

□ **gaiters:** Gaiters are not usually used for ski touring unless the boots being used are a lower cut boot such as those used Nordic skiing. Since you do not tend to be plunge stepping in the snow it is not as crucial as when climbing.

clothing : mid layers

□ "soft shell" insulating

jacket: Primaloft, synthetic down or fleece. 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.

clothing : base layers

□ **top:** Bring two high zip neck, full sleeve polypropylene or wool tops. 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.

□ **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.

hands

□ **warm gloves:** Gloves need to fit well and have an insulation rating for working at below freezing temperatures. Climbing requires the dexterity of fingered gloves rather than mittens. Gloves should be windproof and have as little leather as possible (palms only) since leather gloves are difficult to dry. The glove liners should be removable to facilitate drying and giving another

option to wear only the outer layer in warmer conditions.

- **light gloves:** Your hands will need protection even when you are hot, snow can be very abrasive and the sunburn is a factor to avoid. A thin pair of gloves is essential to wear when the weather is hot but you are working with your hand in the snow. Get inexpensive “polypro” gloves (no cotton). Go for light and quick drying.

Guide tip #2 : Only wear your warm gloves when you absolutely have to. This will keep them in good condition and dry for when you really need them. Once you warm up and your hands start to sweat, take them off rather than having them get damp. Keep your thin gloves handy to use when you are working hard.

head

- **warm 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 when climbing.
- **sunhat** Full brim hats do not work when you have to wear a helmet over them. A baseball cap is good but won't protect your ears from the sun. A cotton scarf is a handy addition for ear protection but the best option is some form of “legionair's” hat with maximum neck and face protection

feet

- **ski boots:** Regular alpine ski boots that you use on a ski area can be used for touring. They are heavier and stiffer than boots made specifically for alpine touring (AT). If you are doing lots of touring (or renting gear) it is well worth getting dedicated AT boots. Boots should be snug but not uncomfortably tight.
- **snow board boots:** Snowboard boots work well for touring, particularly for snowshoeing. They are a bit soft for split boards when trying to traverse but as with all riding, you need to match your technique to the gear you are using.
- **socks:** Thermal properties or merino wool are the best choice. No cotton.

hardware

All ski touring equipment has the common ability to free the heel for level and uphill travel. However ski touring can be carried out using a variety of equipment. The choice of equipment is determined by the ski touring goals and to some degree, the other types of skiing the individual participates in. Generally speaking, steeper, more difficult terrain requires a more supportive, heavier equipment choice. Most people will need to rent skis since they require specialized bindings but will be able to use their own boots.

- **skis:** The same skis used at ski areas can be used ski touring if they are equipped with the correct bindings. Specialized touring skis are usually more flexible and wider since they are designed for softer snow conditions.
- **telemark skis:** Bindings which only have the toes attached to the ski with the heels free to go up and down are called nordic skis. Nordic skis that are primarily for steeper touring or ski area skiing are referred to as telemark skis.
- **skins:** To get traction for going uphill we carry long strips of nylon material referred to as “skins” (they originally were made from seal skin). There are many types and most work well if they are the right length and in good condition.
- **bindings:** Touring bindings are designed to allow the heel to lift for ascending and be fixed down for going downhill. Some binding come with “ski crampon” attachments that can be useful when ski touring on hard snow.
- **snowboards:** Snow boards designed for powder tend to be longer and softer than usual. Special split boards are available that separate into two “skis” for the uphill climbing.
- **snow shoes :** Snow shoes come in many different shapes but for touring you want the smallest possible snow shoes since you will be carrying them often.
- **helmet:** Some people use helmets when ski touring but the slower speeds and lower chance of collisions means that most people do not use helmets when touring. In addition the weight and overheating when skiing up hill is a concern. The plastic helmets designed for climbing are lightweight and really only designed to deflect falling ice and rocks.

□ **avalanche transceiver:** Any time the avalanche hazard is judged to be present, transceivers will be required. There are many models but all modern transceivers operate on the same frequency. Roughly (it changes quickly with a snow storm) we require transceivers from June to December.

□ **shovel/probe:** Any time there is risk of avalanche, a light weight shovel and probe are required safety gear. These are specialized avalanche gear that is made to be strong and light weight.

□ **snow goggles:** Goggles are an essential safety item. In stormy weather it can be impossible to navigate without proper eye protection.

Guide tip #3 : Don't wear your goggles on your head when you are climbing uphill. Your goggles will fog up from the perspiration and will be difficult to clean. Put them in a handy pocket or in your pack.

□ **walking poles:** These can be useful for walking in deep snow, particularly for snowshoers.

other

□ **backpack:** There are many models available which are suitable. You must have at least a 50 litre capacity for overnight trips and a 25 litre pack for day trips. Ensure the pack has side straps to hold skis for ski trips.

□ **sun glasses:** Preferably the glacier glasses type with side protection. The lens should be dark enough to withstand the intense reflection from the snow.

□ **lunch**

□ **water bottle:** Be prepared to carry 1.5-2 litres of water. A wide mouth bottle is best. A small thermos is very nice on cold days.

Guide tip #4 : A wide mouth nalgene bottle will be easier to replenish with snow (good on hot days) and will not freeze up as quick as a narrow mouth water bottle (good on cold days). If you pour hot (not boiling) water into the nalgene bottle it makes a great "hottie" in your sleeping bag on a cold night. Camel backs will freeze up and are best avoided unless specially insulated.

□ **sun block:** A small bottle of maximum protection sun block and lip protection.

optional bits `n' pieces

□ **first aid kit:** In a small stuff bag or container carry blister tape, 2nd skin, anti-flamm. Ensure contents are kept watertight. Your guide will have a full first aid kit.

Guide tip #5 : Keep a roll of good quality tape handy in the top of your pack. From a quick fix for loose skins or a broken zipper you will always find a use for it.

□ **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.

□ **snow study kit:** This is a specialized kit containing a magnification glass, thermometers, ruler and other tools to study snow crystals.