

OENZ 1 Day Alpine Course Gear List

Things to wear or put into your day pack for the day

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| 1x Bag/Pack 30-50L (bigger is ok) | 1x Sunglasses |
| 1x Pack line or waterproof bags to keep stuff dry | 1x Sunscreen & lip balm |
| 1x Waterproof Boots (tramping boots are ok) | 1x Head torch |
| 1x Gators (optional but highly recommended) | 1x Neck warmer/buff (optional) |
| 1x Thermal underwear/Base layers | 1x Notebook and pen (optional) |
| 1x Midlayer-Merino or fleece | 1x Personal medications if needed |
| 1x down or Fleece jacket | 1x 1.5 L water bottle/s |
| 2x warm gloves | 1x Waterproof pants |
| 1x Thin gloves- (for hot days) | 1x Waterproof jacket |
| 1x Warm hat/beanie | |

Stuff provided by OENZ unless you can provide your own

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|------------------------------|--|
| 1x Ice axe (walking ice axe) | 1x Crampons |
| 1x Helmet | 1x Transceiver (3 antenna model/less than 10yrs old) |
| 1x Probe | 1x Snow shovel |

Stuff for at the car

- 1x set of clothes (something comfortable and warm)
- Extra water

Food for day

- 1 x Lunch
- Snacks
- Small thermos for a hot drink (optional)