

# OENZ 4 Day Intro to Alpine and Avalanche Course

## Gear List

### Things to wear or put into your day pack on the first day

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	1x Food and snacks for the day

### Stuff provided by OENZ unless you can provide your own

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 Lodge (can be packed in separate bag left in car)

1x Sleeping Bag & pillow	1x Towel & toiletries
2x set of clothes (something comfortable and warm)	

### Food

4 x Lunch	3 x Breakfast
4 x Snacks	Tea, Coffee, etc. (OENZ supplies basic tea and coffee)

3 x dinner (optional as you can eat out at the pub in Arthurs Pass on Saturday night, please note that dietary requirements can't always be met at the pub (the Wobbly Kea) so please check their menu online)