

# OENZ 6 day Alpine Course Gear List

## Packing your bags

**Pack your kit into 2 separate bags.** A large back pack or duffle bag/s to put on the goods lift, and a 35-60ltr pack for your training days out on the mountain.

## Clothing for in the lodge

We suggest bringing some spare comfy clothes and a pair of lodge shoes for in the lodge during the evenings. A towel and toiletries for showers at the lodge, will help keep you feeling human too!

*Note: your guide/instructor will need to sight some of your gear before heading up the mountain. Please place **items listed in Red in an easily accessible place**, these are safety critical items that you **MUST** have for the course.*

## Clothing:

**2 x Base layer/Thermal/Marino underwear top & bottom**

4x Socks

1x Softshell pants & jacket (optional)

1x Down/synthetic jacket

**2x Fleece or Marino Midlayer/jersey/jumper**

1x Light gloves/thermal/merino gloves- for hot days

**1-2x waterproof gloves**

1x mitts/over-gloves (optional)

**1-x Warm hat/beanie**

1x Neck warmer/buff (optional)

**1x Waterproof jacket**

**1x Waterproof pants**

## Other personal gear:

2x 1Ltr capacity of water bottle/s

1x Bag/Pack -35-50Ltr (bigger is ok)

1x Pack liner/waterproof bags to keep stuff dry.

**1x Boots - Stiff sole & waterproof**

1x Gators

**1x Head torch**

1x Sun hat

1x Bivvy bag

1x sleeping mat

1x walking pole/s (optional)

1x Personal medications (if needed)

1x Notebook and pen (optional)

**1x Sleeping Bag**

1x Sunscreen & lip balm

1x Thermos (optional)

1x Googles (optional)

**1x Sunglasses**

