

OENZ 7 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 Bivvy bag

1x sleeping mat

1x walking pole/s (optional)

1x Sunglasses

1x Goggles (optional)

1x Personal medications (if needed)

1x Notebook and pen (optional)

1x Sleeping Bag

1x Sunscreen & lip balm

1x Thermos (optional)

1x Sun hat

***Climbing Gear, supplied by OENZ unless you have your own**

1x walking Axe
1x Ice hammer or tech tool (2nd ace axe or pair of tech tools)
1x Crampons (e.g. Grivel G10/G12 style)
1x Helmet
1xClimbing harness
1x Belay device
1x Prussic set (1x short 1x Med 1x Large)
4x locking Carabiners
2x Sling 120cms
1x 7mtr Correlate or very long sling/tape
1x Alpine rope 50-60 mtrs
1x Snow stake

***Avalanche Rescue Kit, OENZ will provide this unless you have your own**

1x Avalanche transceiver (must be digital/less than 10 yrs. old)
1x Probe
1x shovel

* If you have any of your own climbing gear and avalanche gear we recommend using what you own/have access to. Training with the gear you will be using is always better than using our gear.

Stuff needed at the Lodge

1x Sleeping Bag & pillow (pillow only needed for nights in lodge at Arthurs Pass)
1x Towel & toiletries
3/4 x set of clothes (something comfortable and warm)

Food:

2x Breakfast
3x Lunch

3x Snacks

2 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)

All food whilst staying up the mountain at Temple Basin will be provided.