

2-day Rock Climbing Course Gear List

Clothing

- Clothing should be comfortable long pants/shorts/tights (avoid restrictive clothing such as denim)
- For cold weather we recommend polypro/merino base layers
- Fleece or woolen jumper
- Rain jacket
- Running shoes/closed toe shoes required for accessing climbing areas
- Warm hat/sunhat

Note: Most of the climbing locations are on the top of the Port Hills, the weather can be quite different to the weather in town. It can be very hot and very cold please bring along suitable clothing for all weather conditions even if it looks like a fine day.

General Equipment

- Day pack
- 2x Drink 1 liter bottle
- Sunscreen
- Camera
- Personal medications (if needed)

Food

- 1x Snacks for the weekend
- 1x Breakfast
- 2x Lunch
- 1x Dinner (can be purchased at local pub)

Climbing Gear*

*If you have any of the following, please bring it along. If you don't have some or any of the climbing gear listed below you can borrow if form us for the duration of the course.

1x Harness	1x P.A.S (Personal Anchor System)
1x Helmet	1x Prussic loop (abseil prussic)
1x Climbing shoes	1x Climbing rope
1x Chalk bag (optional)	1x set of Quick draws
1x Belay device	4x Locking carabines
120 cm sling	

Accommodation (optional)

Your stay at Living Springs is included in the course cost. Living Springs is 30-45 minutes from Christchurch City at the end of Lyttleton Harbor. We use the Outdoor Camping area cabins; this is a separate from the main facility. The outdoor camping area has its own toilets, showers and, self-contained kitchen.

If you live in Christchurch, you can choose to stay in our accommodation or meet the group at the climbing area each day.



Outdoor camping Kitchen



Cabins



View from Living Springs

Food

This is a self-catered course so please bring along your own food for the weekend. We will have a chilly bin available and extra gear can be left in the van while you are climbing. If you choose to you can go out for dinner at one of the local pubs in Governors Bay on Saturday evening. And stop at a café in *Lyttleton to purchase lunch each day.*

Please note - Meals at the local pubs may be limited for those with special dietary requirements.