

5-day Rock Course packing list

5-day expedition- Mt Somers, Woolshed creek

Clothing

-
- 1x Boots or sturdy shoes
- 2-3 x Socks
- 1x Waterproof jacket
- 1x Base Layer bottoms (polypro or wool)
- 1x Base Layer top (polypro or wool)
- Down/Synthetic jacket (optional)
- 1x Beanie
- 4 x underwear
- 3x Shirts (not cotton)
- 2x pant/shorts (not cotton)
- 1 x Jumper (fleece or wool)
- Swimming togs (optional)

Other

- 1X Tramping Pack with liner (45-65ltr)
- 1x Sunglasses & Sunhat
- 1x Sunscreen & Chapstick (small tube)
- 1x Torch/Head torch
- 1x Toilet paper + Sanitizer
- 1x Small personal first aid (plasters, blister stuff)
- 1x Personal Medications (if needed)
- 2x 1 ltr drink bottle/ 2 ltr bladder
- 1x Spoon/spork/knife/Bowl
- 1x Sleeping Bag
- 1x Toothbrush/tooth paste
- 1x Notebook and pencil (optional)
- 1x Walking poles (optional)

Cooking Equipment

- Cooker
- Pot
- Gas
-

Food

- 4x Lunch (food that does not need to be cooked)
- 3x Dinner
- 4x Breakfast (can be a cooked meal)
- 1x Snacks for 5 days

Note: Please do not bring /pack any cotton items for in the field as these are not suitable for this course.

P.T.O -Packing list continued on following page

Climbing Gear for the 5 days at Mt Somers (days 3-7)

If you have any of the following gear, please bring it along. If you don't have your own climbing gear we have all of the gear listed below available for you to borrow for the duration of the course.

Personal climbing gear

- 1x Harness
- 1x Helmet
- 1x Climbing shoes
- 1x Chalk bag
- 1x Belay device – e.g ATC guide or Petzal Reverso
- 5x locking carabiners (3x small D-shape & 2x HMS/pear shape)
- 1x Sling 120cm
- 3x Prussic (long prussic, medium prussic, short prussic)
- 1x P.A.S (Personal Anchor System)

Group climbing gear (OENZ will supply so we don't end up with excess personal gear left in a vehicle)

- Ropes & rope bags
- Quick draws
- Extra Slings
- Extra carabiners

Please allow some space in your pack to carry in some of the group gear such as a climbing rope or some carabiners