

7-day Rock Course packing list

Packing for the first 2-days climbing in Christchurch

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 (for windy days as well as rain)
- Running shoes/closed toe shoes required for accessing climbing area
- 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 bottle 1 ltrs
- Snacks and lunch
- Sunscreen & Chapstick
- Camera
- Personal medications (if needed)

Climbing Gear

If you have any of the following gear, please bring it along. We have all of the gear listed below available for you to borrow/use for the duration of the course.

- Harness
- Helmet
- Climbing shoes
- Chalk bag (optional)
- Belay device and locking carabiner
- Prussic
- P.A.S (Personal Anchor System)

7-Day Rock climbing Course

Packing for the 5 days climbing at Mt Somers (days 3-7)

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. We have all of the gear listed below available for you to borrow/use 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

Accommodation Days 1 & 2 Christchurch (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.

Accommodation Days 3 -5 Woolshed Creek Hut, Mt Somers

Your stay at Woolshed Creek Hut, Mt Somers is included in the course costs. Woolshed Creek hut is a standard DOC hut. It has two bunkrooms with mattresses, a common area with cooking benches, a fire, tables, and stools. The hut sleeps approx. 30 people, and your bunk will be booked in advance by the OENZ team.

Sometimes the hut can be busy especially in school holidays. We will book you a bunk regardless, but some people may choose to camp/tent instead. We can supply all camping including tents and if you would prefer to camp rather than stay in the bunkroom. If you choose to camp you will still have access to the hut common area for cooking and socialising and use of toilets.

You can find out more information about woolshed creek hut on the doc website by following this link – [Woolshed creek hut doc website](#)



Woolshed Creek Hut