

Sport Rock Climbing Consolidation trip packing 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
- Down or synthetic puffy jacket
- Rain jacket
- Running shoes/closed toe shoes required for accessing climbing areas
- Warm hat/sunhat

Note: Sebastopol Bluffs base sits at about 700 meters. It can be very hot and very cold. Please bring along suitable clothing for all weather conditions even if it looks like a fine weather forecast.

General Equipment

- Day pack
- 2x Drink 1-liter bottles
- Sunscreen
- Camera
- Personal medications (if needed)
- Toiletries
- Sleeping bag & Pillow

Food

- Snacks for the weekend
- 3x Breakfast
- 4x Lunch
- 3x Dinner (Can be purchased at the Hermitage)

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 Mt Cook Village. We recommend you bring lunches that can be prepped in the mornings as we will be going directly from the accommodation to the climbing location.

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

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 it from 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 Quickdraws
1x Belay device	4x Locking carabiners
1x 120cm sling	

Accommodation

Your stay at Unwin Lodge is included in the course cost. Unwin Lodge is 2 minutes from the Sebastopol Bluffs area and 5 minutes from Mt Cook Village. We use the bunk rooms which can accommodate 6 people. The lodge has a full kitchen, large communal lounge, and decent bathroom facilities.

