

Alpine consolidation Trip Intermediate Packing List

Things to wear or put into your day pack for both days

1x Bag/Pack 30-50L (bigger is ok)	1x Sunglasses
1x Pack line or waterproof bags to keep stuff dry	1x Sunscreen & lip balm
1x Waterproof Boots (tramping boots are ok)	1x Head torch
1x Gators (optional but highly recommended)	1x Neck warmer/buff (optional)
1x Thermal underwear/Base layers	1x Notebook and pen (optional)
1x Midlayer-Merino or fleece	1x Personal medications if needed
1x down or Fleece jacket	1x 1.5 L water bottle/s
2x warm gloves	1x Waterproof pants
1x Thin gloves- (for hot days)	1x Waterproof jacket
1x Warm hat/beanie	1x Food and snacks for the day

Avalanche equipment provided by OENZ unless you can provide your own

1x Transceiver (digital 3 antenna model/less than 10yrs old)	
1x Probe	1x Snow shovel

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

1x walking Axe
1x Ice hammer or tech tool (2 nd ace axe or pair of tech tools)
1x Crampons (e.g. Grivel G10/G12 style)
1x Helmet
1x Climbing 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

Stuff for at the Lodge (can be packed in a separate bag left in the car)

1x Sleeping Bag & pillow

1x Towel & toiletries

1x set of clothes (something comfortable and warm)

Food

2 x Lunch

1x Breakfast

1x Snacks

1x Tea, Coffee, etc. (OENZ supplies basic tea and coffee)

1 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)