

OENZ 9 Day Alpine Course Gear List

Pack your kit into 2 separate bags.

A large backpack or duffle bag/s for things you will need at the lodge, and a 35-60ltr pack for your training days out on the mountain.

Things to wear or put into your day pack on the first day

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

Technical gear provided by OENZ unless you can provide your own

Days 1-4 equipment

1x Avalanche transceiver (must be digital/less than 10 yrs. old)
 1x Probe
 1x shovel
 1x Crampons
 1x Helmet
 1x Walking ice axe

Days 5-9 equipment

1x Ice hammer or tech tool (2nd ace axe or pair of tech tools)
 1x Climbing harness
 1x Belay device
 3x Prussic cord (1x small, 1x medium, 1x large)
 4x locking Carabiners
 2x Slings 120 cm
 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 separate bag left in car on day 1)

1x Sleeping Bag & pillow	1x Head torch
1x Towel & toiletries	1x Bivvy bag
3/4x Set of clothes (something comfortable and warm)	1x sleeping mat

Food

4 x Lunch	3 x Breakfast
4 x Snacks	Tea, Coffee, etc. (OENZ supplies basic tea and coffee)
3 x dinner	

All food (apart from snacks) whilst staying up the mountain at Temple Basin will be provided.