

# OENZ 4 Day Backcountry Avalanche Gear List

## 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 liner 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
3-4x 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

## Stuff provided by OENZ unless you can provide your own

1x Ice axe (walking ice axe)	1x Crampons
1x Helmet	1x Transceiver (3 antenna model/less than 10yrs old)
1x Probe	1x Snow shovel

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

1x Sleeping Bag & pillow	1x Towel & toiletries
1x set of clothes (something comfortable and warm)	

## Food

4 x Lunch	3x Breakfast
4x Snacks	1x Tea, Coffee, etc. (OENZ supplies basic tea and coffee)
3 x dinner (Full kitchen available or bring dehy/ freeze dried meals)	