

## 2-Day Rock Climbing Course Gear List

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

- Day pack 40L max
- 2 L of water
- Sunscreen
- Camera
- Personal medication (if needed)
- 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
- Running shoes/closed toe shoes required for accessing climbing areas
- 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.*

### Food

2x Snacks for the weekend

2x Lunch

### OENZ will provide climbing gear unless you have your own\*

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 Quick draws
1x Belay device	120 cm sling
	4x Locking carabines

## **Accommodation**

You will need to organize your own accommodation for the duration of this course.