

## 2-Day Trad Climbing Course Gear List

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

1x Day pack 40L max	For cold weather we recommend
1x 2 L of water	polypro/merino base layers
1x Sunscreen	1x Fleece or woolen jumper
Camera	1x Rain jacket
Personal medication (if needed)	1x Running shoes/closed toe shoes required for
Clothing should be comfortable long	accessing climbing areas
pants/shorts/tights (avoid restrictive clothing	1x Warm hat/sunhat
such as denim)	

*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
Trad gear (Cams, Hex's, Nuts/wires)	

## **Accommodation**

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