

5-Day Rock Climbing Course Gear List

Things to wear or put into your day pack for the trip

- 60 L tramping pack (bigger is ok)
- Pack liner or waterproof bags to keep stuff dry
- Sleeping bag
- Sleeping roll matt
- Tent
- Tramping boots or sturdy shoes
- For cold weather we recommend polypro/merino base layers
- Fleece or woolen jumper
- Down or fleece jacket
- Rain jacket
- Rain pants (optional)
- Gloves & warm hat/sunhat/ Sunglasses
- 2-3 pairs of socks
- 4 x Underwear
- Swimwear (optional)
- 2-3 Shirts (not cotton)
- Shorts/pants (not cotton)
- Set of clothes to wear at camp
- 1.5 L of water
- Sunscreen & lip balm
- Camera
- Personal medication (if needed)
- Head torch
- Toilet paper & hand sanitizer
- Spoon/knife/bowl
- Cooker
- Pot
- Gas
- Lighter
- Toothbrush/toothpaste
- Notebook and pencil (Optional)
- Walking poles (optional)

*Mount Somers weather can be very hot and very cold please bring along suitable clothing for all weather conditions. *Climbing and walking clothing should be comfortable long pants/shorts/tights (avoid restrictive clothing such as denim).*

Please allow for some space in your pack to carry some of the group gear i.e. rope, carabiners

OENZ will provide climbing gear unless you have your own*

- 1x Harness
- 1x Helmet
- 1x Climbing shoes
- 1x Chalk bag
- 1x Belay device – e.g. ATC guide or Petzal Reverso
- 5x locking carabiners (3x small D-shape & 2x HMS/pear shape)
- 1x Sling 120cm
- 3x Prussic (long prussic, medium prussic, short prussic)
- 1x P.A.S (Personal Anchor System)

Food

5x Snacks for the 5 days

4x Breakfast

5x Lunch

4x Dinner

*This is a self-catered course so please bring along your own food for the week.

Accommodation

Accommodation for the week is at Mount Somers, Woolshed Creek DOC hut which is included in the course cost. Mount Somers is a 1.5 hrs drive from Christchurch City. It has two bunkrooms with mattresses, a common area with cooking benches, a fire, tables, and stools. The hut sleeps approx. 30 people, and your bunk will be booked in advance by the OENZ team. The hut has composting toilets, water, and a creek right next to it.

Sometimes the hut can be busy especially in school holidays. We will book you a bunk regardless, but some people may choose to camp/tent instead. We can supply all camping including tents and if you would prefer to camp rather than stay in the bunkroom. If you choose to camp you will still have access to the hut common area for cooking and socialising and use of toilets. You can find out more information about woolshed creek hut on the doc website by following this link -

<https://www.doc.govt.nz/parks-and-recreation/places-to-go/canterbury/places/mount-somers-area/things-to-do/huts/woolshed-creek-hut/>

