

# Mountaineering Boot Guide

This guide has been created to give you an understanding of the different types of alpine boots on the market, their intended use, and which types are suitable for our courses.

## Light hikers/approach shoes

\*\*\*These boots **ARE NOT SUITABLE** for our winter alpine courses. \*\*\*

These boots are designed to be used on well-formed tracks and low angle off track. They lack the lateral support in the sole and ankle. If you show up with this style of footwear you won't be able to participate in the training.

\*Not crampon compatible\*



From left: La Sportiva Boulder X, Salomon Ultra 4 GTZ, Salewa Mountain Trainer Lite.

## Mid cut tramping boots (leather & synthetic)

\*\*\*These boots **ARE NOT SUITABLE** for our 6-,7- & 9-day winter alpine courses. \*\*\*

These boots are best suited to on and off-track tramping on moderate angled terrain and above the bush line in summer. These boots will be suitable for our introductory alpine courses if they have a waterproof lining or are leather with a waterproofing treatment. But you will have cold feet. **Good option for our 2- & 4-day OENZ alpine & avalanche courses.**

\*Crampon compatible with the use of strap-on crampons\*



From left: Asolo TPS 535, Scarpa Kailash Trek GTX, Salewa Crow GTX.

### **¾ shank tramping boots**

¾ shank tramping boots are designed for rough off-track tramping above and below the bush line, most are only suitable for 3 season use, however with a pair of good socks you may find them warm enough in the snow in winter. They are not comfortable walking on well-formed tracks for long distances as they have a very rigid sole. If not Gore-Tex, then the leather must be treated with waterproofing. **Best option for our 2- & 4-day OENZ alpine and avalanche courses.**

\*Crampon compatible with the strap-on style crampons and some may have a heel bail for semi-automatic crampons\*



*From left: Scarpa SL Active, Salewa Repace GTX, Lowa Tibet.*

### **3 Season mountaineering boots**

Designed for use in the mountains on snow and rock in the spring, summer, and autumn months. They often have less padding than heavy duty tramping boots to save weight, but can be used in winter with good socks. A perfect choice for beginner mountaineers who aren't intending on climbing steep snow/ice. **Good option for 2,4-,6-,7- & 9-day OENZ alpine course.**

\*Crampon compatible with semi-automatic crampons\*



*From left: La Sportiva Karakorum Evo GTX, Scarpa Manta Tech GTX, Scarpa Ribelle HD.*

## Full mountain boots high cut full shank

The best choice for technical mountaineering in summer or winter. These boots are heavy and stiff which makes them terrible for walking on a formed track for more than a few hours. Designed for serious mountaineering below 4000m. The perfect choice NZ mountain conditions. **Best option for our 6,7- & 9-day OENZ alpine courses.**

\*Crampon compatible with any type of crampon\*



From left: La Sportiva Nepal Evo GTX, Scarpa Mont Blanc Pro GTX, Lowa Weisshorn GTX

## Super gaiter Mountain Boots

These boots are specifically designed for high altitude mountaineering and ice climbing up to 6000m. Very lightweight, warm, and waterproof. The built-in gaiter is made of a synthetic Cordura material which doesn't withstand the typical mountaineering approaches here in NZ. But a great choice for ice climbing trips where you're flying in or roadside ice climbing (you'll have to go to Canada for that luxury). **Suitable for all OENZ alpine courses but they are expensive and overkill, don't bother.**

\*Crampon compatible with any type of crampon\*



From left: La Sportiva G5 Evo, Scarpa Phantom Tech, Arc'Teryx Acrux AR.

## Plastic and double mountain boots

**\*\*\*Not suitable for our alpine courses. \*\*\***

Plastic and double boots are designed for extreme cold, from Antarctica to 8000m mountains. Plastic boots are heavy and have very little lateral flexibility making them good for front pointing but not traversing. Modern synthetic double boots are lightweight and have great walking ability as well as steep climbing abilities.

\*Crampon compatible with any type of crampon\*



*From left: La Sportiva G2 Evo, Asolo AFS 8000, La Sportiva Olympus Mons Cube.*