

OENZ 7-day Alpine Course Gear List

Pack your kit into 2 separate bags.

A large backpack or duffle bag/s to put on the goods lift (ideally waterproof as goods lift is exposed to the elements), and a 35-60ltr pack for your training days out on the mountain.

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

1x Bag/Pack 30-50L (bigger is ok)	1x Thin gloves- (for hot days)
1x Pack line or waterproof bags to keep stuff dry	1x Warm hat/beanie
1x Waterproof Boots (tramping boots are ok)	1x Sunglasses and/or Googles
1x Gators (optional but highly recommended)	1x Sunscreen & lip balm
1x Walking pole/s (optional)	1x Head torch
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
2x warm gloves 1x Waterproof pants	1x Waterproof jacket
1x Neck warmer/buff (optional)	1x Food and snacks for the day

Technical gear provided by OENZ unless you can provide your own

1x Avalanche transceiver (must be digital/less than 10 yrs. old)	1x Climbing harness
1x Probe	1x Belay device
1x shovel	3x Prussic cord (1x small, 1x medium, 1x large)
1x Crampons	4x locking Carabiners
1x Helmet	2x Slings 120 cm
1x Walking ice axe	1x 7mtr Correlate or very long sling/tape
1x Ice hammer or tech tool (2 nd ice axe or pair of tech tools)	1x Alpine rope 50-60 mtrs
	1x Snow stake

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

1x Sleeping Bag & pillow

1x Bivvy bag

1x Towel & toiletries

1x sleeping mat

2/3x Set of clothes (something comfortable
and warm)

1x Head torch

Food:

2x Breakfast

7x Snacks

2x Lunch

2 x dinners

All food (apart from snacks) whilst staying up the mountain at Temple Basin will be provided.