

# OENZ 4 Day Intro to Alpine and Avalanche Course

## Gear List

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

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

### Stuff provided by OENZ unless you can provide your own

1x Ice axe (walking ice axe)	1x Crampons
1x Helmet	1x Transceiver (3 antenna model/less than 10yrs old)
1x Probe	1x Snow shovel

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

1x Sleeping Bag & pillow	1x Towel & toiletries
2x set of clothes (something comfortable and warm)	

### Food

4 x Lunch	3 x Breakfast
4 x Snacks	Tea, Coffee, etc. (OENZ supplies basic tea and coffee)
3 x dinner. Use of a full kitchen to cook your own meal, otherwise bring dehy/freeze dried meal.	