

# 5-Day Rock Climbing Course Gear List

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

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

*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

Snacks and lunch for each day

***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\*

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

## **Accommodation**

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