

EQUIPMENT & CLOTHING

Alpine Trekking



Alpine Guides
MOUNTAINS DEFINE US

Name

Start Date

Your gear will be checked by your guide at the start of your trip.

Our gear lists are designed to cover all possible scenarios. Sometimes, due to weather or mountains conditions, or objectives, you will not need everything on the list. It is best to turn up prepared for anything. Try to let us know what you need to rent before you arrive. Please, get in touch if you have any questions.

1 Equipment provided free of charge , if required

BRING ✓

BORROW ✓

Ice axe	<input type="checkbox"/>	<input type="checkbox"/>
Crampons	<input type="checkbox"/>	<input type="checkbox"/>
Helmet	<input type="checkbox"/>	<input type="checkbox"/>
Harness	<input type="checkbox"/>	<input type="checkbox"/>
Bivy bag and sleeping mat	<input type="checkbox"/>	<input type="checkbox"/>

You are welcome to bring your own gear. We will always make sure that it is appropriate for purpose.

2 Equipment and clothing for rent

COST/DAY

BRING ✓

RENT ✓

Mountaineering or sturdy hiking boots	\$20	<input type="checkbox"/>	<input type="checkbox"/>
Sleeping bag - 3-season bag for spring/summer	\$20	<input type="checkbox"/>	<input type="checkbox"/>
Backpack - 50-55 litres	\$15	<input type="checkbox"/>	<input type="checkbox"/>
Hiking poles (optional)	\$15	<input type="checkbox"/>	<input type="checkbox"/>
Waterproof breathable jacket	\$10	<input type="checkbox"/>	<input type="checkbox"/>
Overtrowsers - waterproof, breathable	\$15	<input type="checkbox"/>	<input type="checkbox"/>
Insulating jacket - synthetic, hooded	\$15	<input type="checkbox"/>	<input type="checkbox"/>
Gaiters	\$5	<input type="checkbox"/>	<input type="checkbox"/>

Please advise what you need to rent from list # 2. This equipment is limited in supply.

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Use the check list to ensure you bring along the gear specific to your trip.

Try to let us know what you need to rent as soon as possible before you arrive. Get in touch if you have any questions.
+64 3 435 1834 or mtcook@alpineguides.co.nz

3 Required personal equipment (not available to rent)

- **Headlamp** * - plus spare batteries
- **Sunglasses** * - good quality wrap-around with dark lenses (Cat. 3 or 4)
- **Water Bottle** * - 1-1.5 litre wide-mouth or a badder
- **Waterproof pack liner** *
- **Emergency survival bag** * or bivouac bag
- **First aid kit** - compact kit for cuts and blisters
- **Personal toiletries** - including toothbrush, toothpaste, sun screen and SPF rated lip balm
- **Small pack towel** *

4 Required personal clothing (not available to rent)

- **Underwear** (2 sets for more than 4 days)
- **Socks** * - (3 pairs)
- **Thermal underwear** * - 2 x tops, 1 x pants
- **Mid weight top** * - microfleece jersey or soft shell jacket
- **Insulating jacket** * - down, synthetic, or fleece (we rent synthetic jackets)
- **Warm beanie** *
- **Hiking trousers** * - soft shell trousers are ideal
- **Warm gloves** * - 1 x pair
- **Liner gloves** * - 1 x pair
- **Sun Protection** * - baseball cap or legionnaire hat, plus neck gaiter

5 Optional gear

- **Hiking poles** - bring one, if you have knee trouble
- **Ear plugs** - people love snoring in the mountains!
- **Hut footwear** - lightweight running shoes or sandals

* Sold in our store

For detailed information on gear and clothing, see the "Gear Guide" on Alpine Guides website.

Please save any changes to this form and email to: mtcook@alpineguides.co.nz