

EQUIPMENT & CLOTHING

SELF-RESCUE WORKSHOP



Name

Starting day

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

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.

1 Equipment provided free of charge

BRING ✓

BORROW ✓

Belay Device - ATC Guide or Petzl Reverso	<input type="checkbox"/>	<input type="checkbox"/>
Prusiks x3 (1 long, 2 short)	<input type="checkbox"/>	<input type="checkbox"/>
Slings x4 (2 long @120 cm, 2 short @ 60 cm)	<input type="checkbox"/>	<input type="checkbox"/>
Karabiners: large screw-gate x5, snap-link straight gate x 4	<input type="checkbox"/>	<input type="checkbox"/>
Climbing rack	<input type="checkbox"/>	<input type="checkbox"/>

Use our free of charge gear, or bring your own

2 Equipment and Clothing for rent

COST/DAY

BRING ✓

RENT ✓

Rock Shoes	\$10	<input type="checkbox"/>	<input type="checkbox"/>
Climbing Harness	\$5	<input type="checkbox"/>	<input type="checkbox"/>
Climbing Helmet	\$5	<input type="checkbox"/>	<input type="checkbox"/>
Day Pack	\$5	<input type="checkbox"/>	<input type="checkbox"/>

3 Required Personal Equipment (not available to rent)

- 1 x cordelette, 6 metres x 7mm
- Personal anchor (daily chain/cow's tail)
- Sunglasses - good quality wrap-around
- Water Bottles - minimum 2 litre
- Chalk Bag
- Sunblock and insect repellent
- Personal climbing clothing for all weather
- A notebook and pencil

[CLICK HERE](#) For detailed info on gear and how to select your clothing see the "Gear Guide" on Alpine Guides website.

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

