



# ALPINE ADVENTURE

## PERSONAL CLOTHING AND EQUIPMENT

### 1. Individual clothing and equipment requirements:

Equipment	Qty	Checked	Remarks
Ski Boots	1pr		Separate guidance will be issued by Activity Leader
Skis	1pr		Separate guidance will be issued by Activity Leader
Poles	1pr		Separate guidance will be issued by Activity Leader
Snowshoes	1pr		Separate guidance will be issued by Activity Leader
Hiking Boots	1pr		Separate guidance will be issued by Activity Leader
Poles	1pr		Separate guidance will be issued by Activity Leader
Gaiters & Over-boots	1pr		Separate guidance will be issued by Activity Leader
Ski Goggles	1		100% UV protection, amber or rose tint for overcast or snowing conditions.
Sunglasses	1		Polarised wraparound type with securing strap.
Base Layer	1 set		Polypropylene or merino thermals, top and bottom. Compression Tights or Cotton thermals must not be worn
Mid Layer	1set		100 weight Polar fleece top can be a pullover or jacket. Wind-stopper/ soft shell trousers
Loft Layer	1 set		Extra layer for when you stop moving. Can be down or synthetic. High-fill-power down has a better warmth-to-weight ratio but loses loft (and warmth) when wet. Synthetics retain more warmth when wet but are typically heavier.
Waterproof Shell Layer	1 set		Jacket must have hood. Avoid resort ski clothes which are lined as you will overheat in them. Aim for a waterproof rating of 15000mm+, with a breathability rating 15000g/m <sup>2</sup> +. Look at durability, side zips on the trousers so that you can remove them without having to take your boots off. Where the jacket joins the trousers around the waist is important, this area should be adequately protected from wind and cold ingress. Areas around the cuffs should have velcro or be able to be cinched tight, the interface between the hood when wearing goggles is important as to is the protection the hood affords around the head, face and neck as a lot of heat can be lost in this area.
Cross country ski gloves	2 sets		Keeping your hands warm and dry without overheating is the key. Downhill gloves are not suitable. Look for a leather or reinforced palm to ensure that they have some durability, the top of the glove should be a breathable material. A good cuff that goes up the wrist is useful. Consider have a second heavier pair of gloves or a pair of inner gloves. Mitts are warmer than gloves, inner gloves and mitts work well if you get cold hands.
Socks	pr		Wool or synthetic. If matched with plastic boots, then usually thin socks will suffice.
Whistle	1		Outdoor 'pea-less' safety whistle
Headlamp	1		
Beanie	1		
Peaked cap or wide brimmed hat	1		
Water bottle 1lt	Min 1		'Nalgene' or 'Décor' wide mouthed water bottle. No bells and whistles. Camelbak unsuitable due to freezing.



Sun protection	1		<ul style="list-style-type: none"> <li>Sunscreen. Consider storing in 'Goo Tube' or small plastic medicine container.</li> <li>Lip balm</li> </ul>
Spare batteries	1		A spare set of batteries for all electronics e.g., headlamp
Pack	1		<ul style="list-style-type: none"> <li>Day Trip. 20-30lt daypack</li> <li>Overnight Trip. Most packs suitable for bushwalking in the 50-80lt range will suffice, whether single or double compartment, particularly when fitted with hip-belt and chest strap.</li> </ul>
High energy food	Qty		<ul style="list-style-type: none"> <li>Enough for planned duration plus extra for emergency</li> <li>Separate guidance will be issued by Activity Leader</li> </ul>
Personal first aid kit	1		<ul style="list-style-type: none"> <li>Blisters and cuts.</li> <li>Personal medications</li> </ul>
Repair kit			Wire, tape/patches, zip ties, needle, and thread, etc
Water purification	1		Steri tabs, steri pen, water filter
Line			10m of 5mm safety line
Dry Bags / plastic bags	qty		Multiple sturdy plastic bags to keep clothing & sleeping bag dry or commercial dry bags if owned

## 2. Individual equipment required for overnight trips:

Equipment	Qty	Checked	Remarks
Sleeping Mat	1		There are a few options and combinations: <ul style="list-style-type: none"> <li>Expensive inflating or self-inflating winter rated model (e.g., Exped)</li> <li>A combination of closed cell foam mat + self-inflating mat typically used for bushwalking in milder climates.</li> <li>A 10mm + 5mm closed cell mat glued together with Sikaflex</li> </ul>
Sleeping Bag	1		-10° C Comfort rated Sleeping Bag either Down or synthetic. Sleeping bags which sit below this threshold can be boosted with a thermal liner and/or bivy bag.
Spare clothing	Qty		Minimum 1 spare set of thermals, underwear, and socks
Plastic Mug	1		Any brand will do.
Plastic Bowl	1		Suggest 'Sea to Summit' X Plate or Delta Bowl. Any sturdy bowl will do.
Eating Utensils	1		Compact camping KFS set. Plastic 'Spork' is unsuitable.
Scourer Sponge	1		Cut in half, stored in zip lock bag
Toiletries	1		Minimal amount required
Poo Tube	1		Including hand wash, toilet paper and compostable bags, etc Separate guidance will be issued by Activity Leader



### 3. Shared equipment required for overnight trips:

Equipment	Qty	Checked	Remarks
4 Season Tent	Qty		<ul style="list-style-type: none"> <li>E.g., 2, 3 or 4 person tent</li> <li>With sufficient snow pegs per tent</li> </ul>
Snow Shovel	1		Light weight collapsible aluminium
Fuel stove, stove Rest / Board and cook-set	1 Per Tent Group		Type suitable for food to be consumed. Stove Rest / Board, a piece of 4mm plywood approximately 200mm x 200mm
Fuel bottle / gas canister	Qty		Depending on planned duration + extra for emergency

### 4. Group equipment requirements:

Equipment	Qty	Checked	Remarks
Navigation equipment	2 Sets		Waterproofed map and compass as a minimum
Group First Aid Kit	1		
Repair Kit	1		Stock basket, aluminium tube, epoxy glue
Communications equipment	1 Set		Follows the PACE principle
Snowshoes	1 pair		To be considered
Spare alpine gloves/mittens	Qty		To be considered
Spare light source	1		
Sled	1		To be considered
Climbing skins	1 pair		To be considered
Short Rope 8mm	15m		To be considered
Multitool	1		Carried by Guide depending on participant age



## 5. Day Trip equipment requirements:

Equipment	Qty	Checked	Remarks
Fuel Stove and Cook Set	1:4		
Fuel bottle / gas canister	1:4		
Map & compass	1:4		
Matches or lighter/candle	1:4		Matches to be stored in waterproof container. Candle butt for emergency fire lighting.
Sleeping Mat	1:4		
Bivouac Bag	1:4		
Snow Shovel	1:4		
Emergency shelter			May be in the form of a Hutchie/Tarp 1 between 4 persons. A two-person tent per 4 persons; or a bothy
Sleeping Bag	1:4		
Emergency food	1 ea.		In its simplest form may be a dehydrated meal

**Note:** In addition to all items listed in List 1 & 4.

## 6. Participants may bring the following discretionary items of clothing and equipment to the activity:

Equipment	Qty	Checked	Remarks
Glove Liners	1pr		Thin pair of polypropylene or merino gloves. Good to use for cooking or similar tasks conducted in cold where dexterity is required. Also provides additional layer to use with gloves or mittens.
Thick rubber dishwashing gloves	1 pr		Oversized so they will fit over glove liners, these are useful when building snow shelters.
Sleeping Bag Liner	1		'Silk' liners good for keeping your sleeping bag clean, they also add a couple of degrees to the bag's insulating properties.
Bivouac "Bivvy" Bag	1		A bivvy bag is useful for keeping your sleeping bag dry when camping in snow shelters and will add a few degrees to the bag's insulating properties.
Small Thermos	1		E.g., Camelbak 0.35L
Boot Bag	1		If owned. For travel to snow fields, storage of items during transit.
Ski Bag	1		If owned
Wrap, scarf or neckwarmer	1		
Stationery	1		Small, waterproofed notebook with pencil. 'Rite in the Rain' preferred
Hut booties	1		
Flushable Wipes	1 pk		Hygiene in the field.
Tissue Travel Packs	1 pk		
Pee bottle	1		It takes about 15min to get dressed and do a 'number 1'. Gatorade bottle or flexible Nalgene bottle for the blokes. 'She-Wee' for the ladies.