

GEAR LISTS

Items	Day trip	Tramping	Semi Alpine	Alpine
A pack that can take up all the things you need plus space for group food (5L spare)	✓	✓	✓	✓
Waterproof raincoat	✓	✓	✓	✓
Sturdy boots	✓	✓	✓ (crampon compatible if snow)	✓ (crampon compatible)
Drink bottle (at least 2 Litre)	✓	✓	✓	✓
Food (snacks, lunch, meals)	✓	✓	✓	✓
Sunscreen	✓	✓	✓	✓
Sunhat	✓	✓	✓	✓
Torch and spare batteries	✓	✓	✓	✓
Pack liner (dry bag, rubbish sacks if necessary)	R	✓	✓	✓
First aid kit	Optional	✓	✓	✓
Fast drying shorts / pants		✓	✓	✓
T-shirts (2x preferable)		✓	✓	✓
Socks (at least 2 pairs - not cotton)		✓	✓	✓
Underwear (at least 2 pairs)		✓	✓	✓
Mid-layer / Fleece (non-cotton)	✓	✓	✓	✓
Poly-pro / wool trousers (thermals)	R	✓	✓	✓ (x2)
Poly-pro / wool base-layer (thermals)	R	✓	✓	✓ (x2)
Beanie / warm hat/ balaclava		✓	✓	✓
Gloves (wool or poly-pro are fine)		✓	✓	✓ (x2 + waterproof gloves)
Sleeping bag (rated to the temperature you expect to be in)		✓	✓	✓ (4 season)
Sleeping mat if sleeping in a tent		✓	✓	✓
Unbreakable bowl and cutlery		✓	✓	✓
Drink bottle, at least 2L	✓ (1-2L)	✓	✓	✓
Personal medication	✓	✓	✓	✓
Personal first aid kit	R	✓	✓	✓
Toiletries		✓	✓	✓
Toilet paper	R	✓	✓	✓
Torch / headlamp with spare batteries.	R	✓	✓	✓
Sunhat	R	✓	✓	✓
Sunglasses		✓	✓ (Essential!)	✓ (Essential!)
Sunscreen	R	✓	✓	✓
Emergency shelter (mylar blanket / bivy sack)		✓	✓	✓
Hand Sanitiser		✓	✓	✓
Ice Axe, Crampons, Helmet			✓ (if snow)	✓
Waterproof pants			✓ (if snow)	✓
Poo Pot				✓
Long sleeved (Glacier) shirt				R
Gaiters		R	R	✓

Extras/Recommended Items	Day Trip	Tramping	Semi Alpine	Alpine
Jandals or Sandals to wear in the hut		R	R	R
Zip-lock bags		R	R	R
Pack of Cards!		R	R	R
SURVIVAL KIT. This is HIGHLY recommended on all trips. What you put in it is up to you, basic gear is a survival bag, torch and batteries, knife, lighter and matches, first aid kit	R	R	R	R
Camera	Optional	Optional	Optional	Optional
Togs	Optional			
Spare change of clothes for car ride home	Optional	Optional	Optional	Optional
Small micro fibre cloth/baby wipes	Optional	Optional	Optional	Optional
Insect repellent	Optional	Optional	Optional	
Tent	If required	If required	If required	If required