

Equipment for NZMGA Snow and Ice Guides Training Course

Personal clothing:

Due to the varied and changeable nature of New Zealand mountain weather, be prepared to dress for extremes of weather: cold, heat, wet and wind. Wear and carry clothing that is light, quick drying and keeps you warm if it gets wet.

- Plastic mountaineering boots or thinsulate/leather mountaineering boots *These must be full shank mountaineering boots which are tested as compatible with your crampons. Secure footwork is an important component of this course! Check with your instructor if you are unsure about your footwear!
- Socks 2-3 pr
- Snow gaiters
- Climbing trousers or fleece 100 weight pants or two pair long johns.
- Thermal top
- Medium weight (e.g. 100-200 weight) fleece jacket
- Heavy weight fleece or down jacket/vest
- Warm hat
- Sun hat
- Mountaineering glove system e.g. poly pro liner gloves, fleece gloves, and over gloves plus spare mitts especially if you get cold hands easily *a pair of light leather palm gloves are good for guiding eg. Kinco leather work glove or a leather gardening glove that can fit polypro liners
- Gortex jacket
- Gortex over trousers with full length zips (for putting on over crampons)
- Personal toiletries
- Hut booties/running shoes for wearing around the hut - optional
- Thin silk or cotton scarf for sun protection
- Neck gaiter - optional

Personal Equipment:

- ◆ Sleeping bag - usually down 3 season weight
- ◆ Sleeping pad
- ◆ Bivy sac.
- ◆ Pack - internal frame 60 - 70 litre suitable for mountaineering
- ◆ Sunglasses - wrap around or glacier models are good
- ◆ Sun and lip cream - block out strength!
- ◆ Headlamp plus spare batteries
- ◆ Water bottle 1.5 litre or 'camel back' system of 1.5 litre capacity
- ◆ Blister kit and tape
- ◆ Compass and 1:50,000 map for the course region.
- ◆ GPS if you have one
- ◆ Notebook in a plastic bag and pencil
- ◆ Cup, plate, eating utensils can be useful to supplement what is already at the hut (especially if the hut is busy)
- ◆ Helmet
- ◆ Harness
- ◆ Rope : 50 – 60m dynamic UIAA full rated rope eg. 9.2 - 10 mm diameter
- ◆ Ice Axe - 55/60 cm straight shaft good for guiding
- ◆ Ice hammer
- ◆ Crampons – 12 point **with** anti-balling plates
- ◆ Abseil/belay device e.g. ATC – if you have a “reverso” or “ATC guide” bring it
- ◆ Karabiners - 3 pear locking, 4 snap
- ◆ Prussik loops - minimum two
- ◆ Double sling x 3 or 2 double slings and a daisy/cows tail
- ◆ 2 ice screws(19 – 22 cm),
- ◆ Aspiring enterprises snow stake or MSR picket
- ◆ Ski goggles - brilliant in a white out or storm - non-essential.
- ◆ Collapsible ski pole(s) are excellent to reduce knee wear and tear

Items which will be confirmed by course instructor:

Avalanche transceiver, shovel and probe.

White gas stove and pots

Rack: 2 medium cams and 4-5 nuts + 4-5 long runners