

# ANDREW LOCK ADVENTURES



## ALPINE SKILLS COURSE – Required CLOTHING AND EQUIPMENT LIST

**NOTE - items marked in blue are available for hire through K7 Adventures**

**Please use the equipment rental form to advise us what you wish to hire.**

### SNOW EQUIPMENT –

- Snowshoes, 1 pair – available for hire
- Ski Poles, 1 pair – available for hire

### CLOTHING LIST – not available for hire through Andrew Lock Adventures

- Boots – should be warm and waterproof. Eg the [Merrel Thermo chill](#) boots
- Walking boots are fine but should be combined with a waterproof covering such as the [NEOS overshoe](#).
- (Mountaineering boots can be used on this course but may be uncomfortable due to their stiffness. Only mountaineering boots are available for hire through K7.)
- Gaiters- calf length (waterproof preferred) – may not be needed depending on type of boot worn
- Warm Socks - bring 1 spare pair if camping overnight
- Thermal long Johns (waist to ankle synthetic or wool, NOT COTTON) - 2 pairs if camping overnight
- Fleece/Soft Shell/insulated Long Pants (lightweight, mid layer)
- Thermal Top (synthetic or wool, NOT COTTON, long sleeved) - 2 pairs if camping overnight
- Fleece/Soft shell Jacket (long sleeved)
- Warm insulated Jacket (down or synthetic)
- Shell jacket- Waterproof/Breathable. Fully waterproof and seam sealed with hood eg Goretex
- Shell pants/salopettes - Waterproof/Breathable. Fully waterproof and seam sealed eg Goretex
- Beanie x 1 and Balaclava x 1 (Polarfleece or Wool)
- Sun Hat
- Thermal Inner Gloves
- Insulated Mittens or fleece mittens with shell (Must be WINDPROOF & WATERPROOF!)
- Fleece/Windstopper/Goretex gloves – optional
- Glacier glasses and/or Ski Goggles (Category 4 lenses)

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## SLEEPING/OVERNIGHT CAMPING EQUIPMENT

- tent – can be shared – available for hire through [MONT ADVENTURE EQUIPMENT](#)
- sleeping bag rated to at least -10 Celsius – available for hire through [MONT ADVENTURE EQUIPMENT](#)
- insulated sleeping mattress – available for hire through [MONT ADVENTURE EQUIPMENT](#)
- camping stove (and appropriate fuel) - Eg propane/butane gas stove or Trangia – should be shared with tent mate – available for hire through [MONT ADVENTURE EQUIPMENT](#)
- cooking pot/s – should be shared with tent mate – available for hire through [MONT ADVENTURE EQUIPMENT](#)
- Matches/lighter
- Bowl, mug, spoon

## PERSONAL ITEMS

- Backpack, 60 litres minimum – large enough to carry all your equipment including sleeping bag, sleeping, mattress, stove, fuel, eating utensils and tent – available for hire through [MONT ADVENTURE EQUIPMENT](#)
- Waterproof pack liner or garbage bags to keep your contents dry.
- Whistle (Plastic Emergency type)
- Toilet paper
- Hand sanitiser
- Sunscreen (SPF 30)
- Lip Guard (SPF 30)
- Any necessary Personal Medication
- Headtorch & sufficient batteries
- Waterbottle/s (minimum 2 litres total capacity)
- Swiss army knife or multi tool – lightweight

## FOOD

- 1<sup>st</sup> day – lunch, dinner and snacks
- All full days – breakfast, lunch, dinner and snacks
- Last day – breakfast, lunch and snacks.

## GROUP GEAR – will be supplied by your guide

- Maps
- Compass
- Repair kit
- Snow shovel
- Toilet bags
- First aid kit
- EPIRB
- Phone
- Emergency bivouac bag
- Insulated emergency Pad