

EQUIPMENT LIST

This is a list of equipment you must bring with you on your ROAMING GUIDES expedition. ***In addition to ensuring that all your gear fits in your backpack, you must also allocate room for up to 1lb (500g) worth of food*** to be provided by your guide. Your equipment will be checked prior to beginning your trip to ensure that you have everything you need to stay safe during your trip.

In order to minimise the weight of your backpack, attention should be given to the weight and volume of every item you select while preparing your pack. Please also ensure proper fitting of all layers. Feel free to contact your guide for assistance or advice about your equipment or packing. We are happy to help. We will repack each day so a small amount of gear may be left in the hut or vehicle.

- 50 - 65L Backpack
- Waterproof pack liner, 30L minimum

CLOTHING

- Underwear (1)
- Wool socks, heavyweight (1)
- Icebreaker®260 Active Base Layer Longsleeve(1)
- Icebreaker®260 Active Base Layer Legging (1)
- Trekking pants, Quick Dry (1)
- Trekking shirt, Quick Dry (1)
- Fleece shirt, long sleeves, midweight (1)
- Windstopper Jacket (1)
- Waterproof Jacket (1)
- Waterproof Pants (1)
- Beanie hat, warm, windstopper (1)
- Gloves, waterproof, midweight (1)
- Sunhat or cap (1)

FOOTWEAR

- Sturdy hiking/mountaineering boots (previously used)
- Sandals or Jandals
- Gaiters

SLEEPING

- Sleeping bag, rated to -5°C (23°F)

HYDRATION

- Hydration pack &/or drink bottle, 2.5L
- Optional: electrolyte tablets

PERSONAL ITEMS

- Head lamp
- Sunglasses

Your guide will be carrying a PLB (Personal Locator Beacon), navigational equipment, rope, Survival equipment and a group first aid kit.

PERSONAL CARE

- Soap, biodegradable
- Deodorant
- Personal wipes, and tissues
- Towel
- Toothpaste & Toothbrush
- Sunscreen lotion SPF30+
- Lip balm SPF15+
- Band aids
- Pain Killers
- Personal First Aid Kit
- Personal medication

EATING GEAR

- Lighter or waterproof matches
- Fork, knife & spoon
- Bowl & a cup for hot drinks

OPTIONAL

- Camera
- Extra snacks

TECHNICAL

- These can be provided by your guide
- Crampons (10-12 point)
- General Alpine Ice axe (1)
- Harness
- Helmet