

Equipment List for Aoraki / Mount Cook - 6 days

Throughout the summer season, a full range of conditions and temperatures can be expected on an ascent of Aoraki / Mt Cook and clients need to be suitably prepared. Your guide will do a comprehensive gear check at your pre-trip meeting. This is a fly-in and out hut based trip and a duffel bag of overnight gear can be taken to the hut. On the summit day you will need to carry your personal gear and may be asked to assist in carrying some group gear.

Below is a checklist of required equipment. Further detail is available in the equipment detail information accessed from the [Aoraki / Mt Cook](#) page on www.aspiringguides.com. If you have any questions about the equipment list, please be sure to contact us at info@aspiringguides.com.

Personal Equipment Checklist

**Available for Loan*

COMPULSORY - These items will definitely be required

Body

- ☐ Underwear
- ☐ Base layer (150-190g weight, merino or polypop, no cotton)
 - ☐ top
 - ☐ leggings
- ☐ Mid layer top (fleece or windproof)
- ☐ Insulating jacket (fleece or synthetic fill)
- ☐ Waterproof jacket (eg Gore Tex® or similar)
- ☐ **Overpants*** (as above)
- ☐ Lightweight, quick drying trousers
- ☐ Collared glacier/trekking shirt

Feet

- ☐ **Mountaineering boots full shank, 3 season (eg La Sportiva® Nepal)***
- ☐ **Full gaiters***
- ☐ 2 pairs of trekking socks

Head/Face

- ☐ Sunhat - cap
- ☐ Warm hat & neck gaiter (eg Buff®)
- ☐ Sunglasses - glacier rated category 4

Hands

- ☐ Warm windproof gloves
- ☐ Light gloves

Technical equipment (supplied FOC)

- ☐ Climbing helmet
- ☐ Crampons - with anti-balling plates
- ☐ Ice axe
- ☐ Ice hammer
- ☐ Climbing harness
- ☐ Belay device
- ☐ Sling - nylon or Dyneema®, 120cm
- ☐ 4x Carabiners - HMS preferred
- ☐ 2x 6mm Prusiks - 1x60cm, 1x 120cm loop length
- ☐ Ice screw

Accessories

- ☐ **Backpack (30+ litres)***
- ☐ **Sleeping bag (2 season, 0°C) & liner***
- ☐ Water bottles - 2 litres capacity
- ☐ Head torch - and spare batteries
- ☐ Toiletries - blister kit & personal medication
- ☐ Small container of sunblock & lip screen

OPTIONAL - Personal preference items

- ☐ **Collapsible trekking poles***
- ☐ Camera
- ☐ Swiss army knife or leatherman
- ☐ Earplugs for sleeping
- ☐ Lightweight hut shoes (eg Crocs®)
- ☐ USB charging is available in Plateau Hut for small electronic devices

TRIP DEPENDANT - Depends on weather and condition factors

If you have these items, please bring them along if it is not a hassle. Your guide will discuss if these items are required during the pre-trip meeting and they can be hired or purchased in Wanaka if required.

- ☐ **Rock climbing shoes***
- ☐ **Snow goggles***
- ☐ **Duffel bag**

Equipment Checklist

If you need to purchase any equipment, please source this from local providers.

SECTION A - TECHNICAL EQUIPMENT	OWN	LOAN	
Climbing helmet	<input type="checkbox"/>	<input type="checkbox"/>	
Crampons	<input type="checkbox"/>	<input type="checkbox"/>	
Ice axe and hammer	<input type="checkbox"/>	<input type="checkbox"/>	
Climbing harness	<input type="checkbox"/>	<input type="checkbox"/>	
Belay device	<input type="checkbox"/>	<input type="checkbox"/>	
Sling	<input type="checkbox"/>	<input type="checkbox"/>	
Carabiners	<input type="checkbox"/>	<input type="checkbox"/>	
Prusik loops	<input type="checkbox"/>	<input type="checkbox"/>	
Ice screw	<input type="checkbox"/>	<input type="checkbox"/>	

SECTION B - LOAN EQUIPMENT		OWN	LOAN	
Mountaineering boots	Size: _____	<input type="checkbox"/>	<input type="checkbox"/>	
Backpack		<input type="checkbox"/>	<input type="checkbox"/>	
Sleeping bag with silk liner		<input type="checkbox"/>	<input type="checkbox"/>	
Overpants	Size: Small / Med / Large	<input type="checkbox"/>	<input type="checkbox"/>	
Gaiters	also available to purchase	<input type="checkbox"/>	<input type="checkbox"/>	
<i>Sleeping mat</i>	<i>Trip dependant</i>	<input type="checkbox"/>	<input type="checkbox"/>	
<i>Bivi bag</i>	<i>Trip dependant</i>	<input type="checkbox"/>	<input type="checkbox"/>	
<i>Snow goggles</i>	<i>Trip dependant</i>	<input type="checkbox"/>	<input type="checkbox"/>	
<i>Collapsible trekking poles</i>	<i>Trip dependant</i>	<input type="checkbox"/>	<input type="checkbox"/>	

Items available for purchase at Local Providers

Gaiters	From \$75	For a full range of outdoor equipment visit MT Outdoors in Wanaka www.mtoutdoors.co.nz +64 344 32 888 There will be time at the start of the trip to make last minute purchases
Headtorch	From \$60	
Water bottle	\$29.95	
Base layers	From \$49.90	