

Equipment list for Lake Nerine - 4 days

Summer weather is usually quite warm. However, this is a remote mountain route and winter type conditions can happen any time of year. We can only attempt this route if everyone has suitable protective clothing. Your guide will do a comprehensive gear check at your pre-trip meeting. This is a tent based trip and you will need to carry your personal gear and will be asked to assist in carrying some group gear and food. Many people prefer to use their own sleeping bag and backpack, or if you wish you can hire them from us. We recommend a 50 litre backpack, self inflating sleeping mat, and a 2 season sleeping bag rated down to 0°C (and silk liner).

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

Personal Equipment Checklist

**Available for hire*

Please bring all your equipment to the scheduled pre-trip meeting.

Body

- Underwear
- Base layer (150-190g weight, merino or polypro, no cotton)
 - top
 - leggings
- Mid layer top (fleece or windproof)
- Insulating jacket (fleece or synthetic fill)
- Waterproof and breathable jacket and **overpants*** (eg Gore Tex® or similar)
- Lightweight, quick drying shorts or trousers
- Light collared shirt for sunny weather

Head/Face

- Sunhat
- Warm hat
- Sun glasses

Feet

- Sturdy trekking boots (eg La Sportiva® Trango Trek) - boots are likely to get wet from river crossings
- Calf or ankle gaiters (recommended)
- 2 pairs of trekking socks

Hands

- Warm windproof gloves

Accessories

- Backpack (50+ litres)***
- Sleeping bag (2 season, 0°C) & liner***
- Inflatable sleeping mat (eg Thermarest®)***
- Pack liner
- Water bottle - 1.5 to 2 litres - wide mouth
- Head torch
- Foot blister protection & personal medication
- Small container of sunblock & lip screen - maximum protection
- Insect repellent - for sandflies
- Plastic bowl, cup & cutlery

Optional

- Collapsible trekking poles (recommended)***
- Camera
- Swiss army knife or leatherman
- Plastic cup for drinking from streams
- Lightweight camp shoes (eg Crocs®)

I need to hire

If you need to hire or purchase any equipment, please complete the form and return it to us before the start of your trip. Alternatively phone or email us informing us of the items you require.

Section A - Rental Equipment	OWN	HIRE	CHARGE PER DAY	NUMBER OF DAYS	TOTAL
Backpack	<input type="checkbox"/>	<input type="checkbox"/>	\$10		
Overpants: Specify size S-M-L	<input type="checkbox"/>	<input type="checkbox"/>	\$10		
Sleeping bag with silk liner	<input type="checkbox"/>	<input type="checkbox"/>	\$10		
Inflatable sleeping mat	<input type="checkbox"/>	<input type="checkbox"/>	\$10		
Collapsible trekking poles	<input type="checkbox"/>	<input type="checkbox"/>	\$15		

I, (the hirer) accept all responsibility for any loss or damage to equipment that is in my care.
If damaged or lost I give permission for Aspiring Guides to charge replacement costs to my account.

I also acknowledge the hire fee is calculated from the start of the trip to when the equipment is returned to the Aspiring Guides office.

Hirer name:

Hirer's signature: