



7-Day Mountain Skills

This 7-day mountain skills course has been designed to build on a basic understanding of Alpine skills and to develop people's skills to comfortably & safely climb moderate routes in the NZ Alps.

We will finish the week with a supervised personal climb where you are responsible for all the planning of the climb.

Skills List

- Equipment Selection and its use
- Winter survival and shelters
- Snow Camping skills
- Review of Basic Alpine skills
- Complex anchor systems
- Alpine rescue techniques
- Navigation
- Avalanche & Weather Awareness
- Route selection
- Abseiling using natural protection
- Ridge travel
- Steep ice and snow climbing
- Advanced rock, ice and snow anchors

Equipment List (See the comprehensive Equipment list for details)

- Back pack with Pack liner (45-65L)
With Alpine attachments
- Ice Axe & Hammer*
- Snow stake*
- Crampons*
- Rock Climbing Harness with the following*
 - 4 S/G Carabiners
 - 5 Snap links
 - Belay device (Not Fig8 style)
 - 3 prussic cords (1m/2m/3m)
 - 1x6mx7mm Cordelette
 - 1x5m Sling (Un-tied)
 - 2x120cm Sling
 - 1-2x16-20cm Ice Screw
- Transceiver, Shovel & Probe*
- Mountaineering Boots*
- Gaiters
- Compass (Map optional K33 copy)
- Gloves for snow work & a spare pair
- Polypro gloves
- Helmet (Climbing specific only)
- Waterproof breathable jacket and pants
- Layers: Thermal clothing that can be varied depending on conditions
- Sun hat & Beanie
- Sun glasses
- Spare change of clothes for the lodge including trainers/slippers
- Sleeping bag (3+season)
- Bivouac Bag
- Torch & Spare Batteries
- Personal Medication & First Aid kit & Toiletries inc. Sunscreen!
- Note book & Pencil
- Camera (optional)

**Most technical equipment can be hired from the NZSSI™ with prior notice*

**If you are borrowing or buying crampons ensure that they fit your boots before the course*

**Ropes are provided for this course*

***For more detailed information on equipment please look at the detailed equipment notes provided on your booking**

Prerequisites

The participants must be familiar with the use of crampons and be able to self-arrest, & a basic understanding of rope systems.
And/or have completed the Mtn Skills 2 course.

Participants should be over 18 years of age, of reasonable fitness and preferable previous tramping experience.
If you have any pre existing conditions that the instructor/guide should be aware of in an emergency it is your personal responsibility to inform the instructor/guide.
This information is confidential

