

## Mountain Skills 1

### Course Objectives

To introduce hikers and trampers to basic mountaineering skills.

To learn how to safely manage the risks associated with travelling in the New Zealand mountains.

### Course Content:

- Equipment selection and its proper use
- Ice axe and crampon use
- Safe route selection
- Navigation
- Mountain weather
- Avalanche awareness
- Camp craft

### Equipment List:

- Backpack\* with pack liner
- Waterproof trousers and jacket
- Plastic or solid leather tramping boots (spare footwear, trainers etc for lodge)
- Gaiters
- Layers of thermal clothing
- Hat, gloves – more than one pair
- Sunglasses and suncream
- Sleeping bag
- Compass
- Transceiver, snow shovel and probe\*
- Notebook and pencil
- Camera
- First aid kit including personal medication and treatments for cuts, blisters and pain.
- Head torch with spare batteries
- Drink bottle - at least 1 litre
- Personal toiletries, towel and clothes for use in the lodge.
- Personal climbing equipment including:
  - Ice axe and crampons\*
  - Climbing helmet\*

\*Equipment can be hired at Temple Basin. Prebooking is essential. See rental list [HERE](#) for details  
Ropes are provided for this course.

A more detailed equipment list can be found [HERE](#).

### Prerequisite

**Participants should be over 18 years, of reasonable fitness with some previous tramping experience. If you have any pre existing conditions of which the instructor should be aware in an emergency it is your responsibility to inform. This information will be kept confidential.**