



## **Mountain Skills 1**

Mountain skills 1. Has been designed to be an introduction to the Alpine environment for trampers and hikers.

The aim is to give people the skills and confidence to venture into the alpine world while tramping or hiking. You will be taught skills to travel on moderate snow and alpine terrain without the need for rope work.

### **Skills List**

- Equipment Selection and its use
- Self Arrest and axe work
- Walking with Crampons
- Map skills and navigation
- Avalanche rescue
- Weather awareness
- Route selection
- Snow shelters and alpine survival

### **Equipment List** (see detailed equipment list)

- Back pack with Pack liner (35-45L)
- Ice Axe\*
- Crampons\*
- Transceiver, Shovel & Probe
- 4 season Tramping Boots (or better\*)
- Gaiters
- Compass
- Gloves for snow work & a spare pair
- Polypro gloves
- Helmet (Climbing or Bike is ok)
- Waterproof jacket and pants
- Layers: Thermal clothing
- Spare change of clothes for the lodge including trainers/slippers
- Sleeping bag for sleeping in the lodge
- Sunglasses
- Sun hat & Beanie
- 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

**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**

