

Day tramp gear list for CUTC

Clothing and footwear

- Boots, although lightweight running shoes are suitable for some easy tramps. Avoid steel capped work boots as they are cold in icy streams.
- Thick socks (wool or polypro). Two pairs are usually a good idea.
- Gaiters to keep stones out of your boots.
- Shorts and underclothes (quick drying synthetics like nylon).
- Long johns or trousers (wool or polypro).
- T-shirt (wool or polypro).
- Another top (wool or polypro).
- Jersey (wool or polypro).
- Warm jacket (Wool or down, or polyester fleece. Down is preferable for very cold/snow conditions, but is useless if wet.)
- Waterproof raincoat and overtrousers.
- Gloves (These are useful in summer for scrambling over rocks. Then polypro may do. In winter warm and waterproof gloves are needed, and may need to be layered. A spare pair is often vital.)
- Hat (wool or polypro), that covers the ears.
- Sunhat. Best if it has a wide brim and covers the back of the neck.

Avoid cotton and denim clothes as they soak up water, and become heavy and cold. If you wear jeans, or don't have the right equipment, for safety reasons you will probably be left behind in the carpark.

Remember two layers of clothing are better than one very thick one. If there are stream crossings you might want to take some dry clothes to change into afterwards.

Personal equipment

- Back pack with shoulder straps and preferably a waist band.
- Pack liner.
- Sunglasses, especially if you are going above the snow line.
- Survival blanket, whistle, and other survival gear.
- Headlamp and spare batteries.
- 2-3 litres of water.
- Lunch and snacks. Remember you'll be burning off lots of calories. If we have an early start and late finish pack some breakfast to eat before we start tramping, and some food to eat on the way home.
- Some additional food, such as muesli bars, in case the group is delayed.
- First aid kit containing personal medication, plus bandages, antihistamine, pain killers, etc.
- Toilet paper.

- Pocket knife.
- Suntan lotion with a high SPF.
- Insect repellent.

Group Gear

- Map in a clear plastic bag. If the group is large you should have several.
- Recent route instructions. Get information from as many sources as possible, and make sure everyone knows where they are going.
- Compasses.
- Matches. A cigarette lighter is often also useful.
- Group first aid kit. This should be carried by the person at the end of the group. Several will be needed for large groups.
- Cell phone if you are going to be in range.
- Personal Locator Beacon (PLB) – you can hire one from the gear locker (free).

Snow Equipment and know how to use it.

- Ice axe.
- Transceiver.
- Shovel.
- Probe.
- Crampons.
- Helmet.

This list only covers basic tramps. For further advice see:
<http://www.mountainsafety.org.nz/publications/index.asp>

Comments to safety@cutc.org.nz