

Overnight Tramp Gear List for CUTC

Clothing and footwear

- Boots, although lightweight running shoes are suitable for some very easy tramps. Make sure your boots aren't steel capped work boots as they are cold in icy streams. Break them in on an easy tramp.
- Thick socks (wool or polypro). 2-3 pairs.
- 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). A balaclava is sometimes also useful.
- Sunhat, best with a wide brim and covers the back of the neck.
- A change of clothes to wear around the campsite or hut. These should also be lightweight and made out of nylon, wool and polypro.
- Lightweight footwear for wearing around the campsite or hut.

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 car park.

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

- Pack with shoulder straps and a waistband.
- Waterproof pack liner.
- Sleeping bag of good quality. Down is usually best.
- Sleeping mat.
- Bowl and mug.
- Spoon, fork, knife (spoon and pocket knife may do).
- Pocket knife.
- Plastic bags for rubbish.
- Toilet gear, inc toilet paper.

- Hut tickets.
- Suntan lotion with high SPF.
- Insect repellent.
- Sunglasses, which are absolutely vital if you are going anywhere near the snow line.
- Survival blanket, whistle, and other survival gear.
- Headlamp and spare batteries.
- 2-3 litres of water.
- First aid kit containing personal medication, plus bandages, antihistamine, pain killers, etc.
- A small towel (optional).

Food

- Make sure it is lightweight, nutritious, and that you take enough. Measure out how many cups of cereal and slices of cabin bread you will need. Make sure it won't go off during the tramp.
- Remove unnecessary packaging.
- Take dehydrated food, and avoid cans.
- Have emergency food with you (at least one spare meal in case you have to spend an extra night).
- Work out in advance which meals you will cook together.

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. Having one is just tempting fate.
- 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.
- Stoves (trangia, MSR, or gas – note some gas stoves perform poorly in cold and at altitude).
- Pot scrubber and biodegradable detergent.
- Tents. 3 or 4 season if strong winds or snow are expected.
- Billies.
- Tea towel.
- Locator beacon (PLB) – you can hire one for free from the gear locker.
- Basic repair kit for stoves and tents, especially on longer trips.

Snow Equipment

- Ice axe.
- Transceiver.
- Shovel.
- Probe

- Crampons.
- Helmet.
- Base to put stove on.
- Snow pegs.
- Extra foam mat.
- Poo pot (<http://www.doc.govt.nz/upload/documents/parks-and-recreation/places-to-visit/wellington/poo-pot-brochure-sm.pdf>)

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