

Gear List for Outdoor Pursuits at Cromwell College 2018

Essential equipment

- Day pack
- Tramping Pack (60-70 litres)
- 3 – 4 Polypro or merino tops
- 2 Polypro long johns
- 2 wool or polar fleece tops
- Gym shoes
- 1 pair of tramping boots or good quality pair of tramping shoes. High ankle support preferred.
- Water shoes or an old pair of gymshoes
- 6 pairs of wool / polypro socks
- Jacket good quality (wind proof, must be seam sealed and good in wet weather and down to thighs)
- Light jacket for mountain biking - optional
- Lightweight waterproof leggings
- Bike shorts
- Tramping shorts
- Gloves – wool/polypro
- Sleeping bag (3 season) and bed roll/mat
- Torch / head lamp
- Woollen/fleece hat, sun hat
- Swimming togs and wet suit (wetsuit optional)
- Sun screen
- Personal first aid
- Utensils, plate, mug for overnight camping trips

Mountain Bike – suitable for Cross Country riding, this can be purchased locally for \$700-\$900. Must have disc brakes. The bike can also be used for riding to school. (Richard can help with this)

- a helmet, lock, spare tube, levers, bike tool, bag, tail light, pump & bike gloves.

Necessary Equipment (this can be hired if you do not wish to purchase)

- Ski equipment, clothing, gloves, snow goggles/glasses (ski's and boards hired from Cardrona Ski field)
- Ski / snowboard helmet. These will be compulsory for 2018. It is probably cheaper to buy, especially if you do this in summer or well before the season.

Any queries please contact me (richardsaunders@cromwell.school.nz) or 021 1448781