

Gear List for Outdoor Pursuits at Cromwell College

Non cotton clothing is an essential requirement for OP. Cotton, when wet (through rain or sweat) saps the bodies warmth making you very cold, very fast. It also takes an age to dry out. Polypropylene and merino continue to insulate the body even when wet. Temp regulating clothing (such as skins) are also not suitable for OP as they also have no insulating properties.

Essential equipment

- Day pack (School bag or similar are suitable)
- Tramping Pack (60-70 litres, not a "Travel Pack")
- 3 – 4 Polypro/merino thermal tops
- 2 Polypro/merino long johns (Skins are not acceptable)
- 2 wool or polar fleece jumpers
- Sports t-shirts – Non cotton
- Sports shorts – Non cotton
- 6 pairs of wool / polypro socks – Non cotton
- Gym shoes
- 1 pair of tramping boots with high ankle support
- Water shoes or an old pair of gym shoes
- Rainjacket (a shell that has no warm/insulating layer. Must be seam sealed. Minimum of 5000mm waterproof rating. Click [here](#) to learn more about ratings)
- Light windproof jacket for mountain biking - optional
- Lightweight waterproof leggings (rain pants)
- Bike shorts
- Gloves – wool/polypro
- Sleeping bag (3 season) and bed roll/mat (optional)
- 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. (The school can help arrange this through a local bike shop)
- Bike helmet, lock, spare tube, levers, bike tool, front & tail light, pump & bike gloves.

- Ski/Snowboard gear – Prefer that students have their own equipment, but if necessary this can be hired for the entire season from a store local in Wanaka. 2020 season equipment hire was \$250 for the entire season. The quality of the gear is fine, but not amazing. For students enrolled in the Outdoor Leadership course would certainly benefit from having their own equipment, but again, hiring is no problem if needed.
- Helmet – A ski helmet is compulsory for any school related ski trip.
- Personal Ski clothing - jacket, pants, gloves, etc.

Ski gear can be brought down at the start of term 2 to avoid additional baggage costs on flights.