

## What gear do I need for the Certificate in Adventure Tourism?

All students will require the following items as a minimum requirement for this programme:

- Sunglasses
- Sunhat
- Sunscreen
- Water bottle 1 litre
- Headlamp and spare batteries
- Personal first aid kit
- Toiletries kit
- Waterproof raincoat with a hood (preferably breathable)
- Waterproof over trousers that must fit over outer layers (preferably breathable)
- Thermal clothing, 2 full sets minimum (includes bottom layers x 2, fleece tops, down/synthetic outer layers)
- Warm hat and/or balaclava (fleece or wool, not acrylic)
- 4 seasons sleeping bag (comfort rating minus 7 degrees Celsius)
- Sleeping mat (small and fits inside pack)
- Pen, paper, pencil and waterproof notebook
- Compass (Silva or Suunto type only, no other!)
- Waterproof wrist watch (not a cell phone)
- Tramping boots (not gym or skate shoes)
- Gaiters (optional but recommended)
- Gloves (1 set waterproof, 1 set thermal)
- 70 - 80 litre backpack and pack liner
- Day pack (35 plus litres)
- Dry bags, size 20 litres minimum (at least 2 bags, provide as many as you need to keep your gear dry on sea kayak and raft trips)
- Large tote or duffle type dive bag
- Tent (one you may need to carry in a pack, 3 to 4 seasons lightweight 2 man tent, aim for <2.2kg)
- Tramping cook pots and stove (what you buy you must be able to carry in your pack)
- Cup, plate, fork, knife, spoon
- Snack food (some trips are not covered by your food contribution)
- Paddle jacket (for rafting, river and sea kayaking (see below for details)
- Well-fitting personal wetsuit (must be full-length, minimum 4 mm)
- Neoprene booties or river shoes (for rafting, river and sea kayaking)
- Rock climbing shoes (required by April)

- Ski or snowboard pants (required by July)
- Ski or snowboard jacket (required by July)
- Ski or snowboard boots (required by July)
- Ski or snowboard goggles (required by July)
- Ski or snowboard gloves (required by July)

Talk to the Course Co-ordinator regarding advice on equipment purchasing and discounts on available from local retailers.

Kayak HQ in Nelson stock a great range of water based specific equipment. They know who we are and what you will need and offer great discounts to AVT Students. Give Chris West a call and he will hook you up - 03 539 4181 and [shop@kayakhq.co.nz](mailto:shop@kayakhq.co.nz).

[Gearshop.co.nz](http://Gearshop.co.nz) have very good prices on most items