

## **New Zealand Diploma in Outdoor and Adventure Education (Multi-skilled) (Level 5)**

### **Food Costs for Overnight Trips 2025**

A major part of working in the Adventure Tourism Industry revolves around your ability to plan menus, prepare and serve food to clients in the field. During your time with us you will be given some of the basic skills to allow you to do this well. Part of your course fees go towards the cost of food, however you will still be required to pay between \$200-300 dependant on option choices, towards food cost, you will be invoiced for this and it will be required to be paid before the start of your studies. This will cover a large majority of your away trips in semester 1 and 2 (except Snow and Tramping).

#### **Please note Extra ADVENTURE TOURISM AND GUIDING (LEVEL 5) costs**

There are some extra costs associated with some courses in the Year 2 Level 5 programme, the ATG520/ATG521 course have an associate fee of approximately \$399 (based on 2024) that covers the ski pass for Porters. This cannot be refunded with withdrawal of the snow course and cannot be covered by a Chill pass.

All students will require the following items and industry gear as a minimum requirement for the programme. Students are expected to have the items and gear by the first day of each course, so they can learn to use them properly. The Coordinating Tutor can be contacted for information and advice regarding suitable gear. NMIT wetsuits, helmets, PFDs (personal flotation devices), harnesses, snowboards/skis, tents etc. are not available for students in the Adventure Tourism and Guiding programme at level 5.

#### **General gear list:**

- Sunglasses
- Sunhat
- Book - Wildlife of New Zealand By Julian Fitter ISBN-139781988538624
- Sunscreen
- Head lamp and spare batteries
- Personal first aid kit
- Toiletries kit
- Cup, plate, fork, knife and spoon
- Whistle (Fox 40 is by far the best)
- Well-fitting personal wetsuit (must be full-length, minimum 4 mm)
- 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
- 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)
- 2x Water bottle 1 litre
- Snack food (some trips are not covered by your food contribution)
- Waterproof wrist watch (not a cell phone)
- Suitable camp footwear (with good ankle support and grip)

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### Hiking equipment:

- Clothes not cotton
- Waterproof jacket with hood (preferably breathable)
- Waterproof over trousers that must fit over outer layers (preferably breathable)
- 2 thermal tops (polypro/fleece/wool)
- 2 thermal bottoms
- Gloves (1 set waterproof, 1 set thermal)
- Warm hat and balaclava (wool or fleece; NOT acrylic)
- 3 pairs tramping socks
- Tramping boots (with good ankle support and grip)
- Gaiters (optional but recommended)
- Synthetic or down jacket (highly recommended)
- 50 - 60 litre backpack and pack liner
- 4 seasons sleeping bag (comfort rating minus 7 degrees Celsius)
- 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)
- Head lamp and spare batteries
- Whistle (Fox 40 is by far the best)
- Compass (Silva or Suunto type only, no other!)
- Knife (Bahco type)
- Repair kit (thermarest repair patches, shoe laces, duct tape, needle and thread)
- Survival kit (candles, waterproof matches, fire starters, fire steel, whistle, emergency food)
- Personal first aid kit
- Collapsible walking poles (optional, but good for stability when carrying a large pack, particularly those who have injured or weak knees)
- 2x Water bottle 1 litre

### Rock climbing and canyoning equipment:

- Canyoning foot wear
- Neoprene socks
- Climbing/canyon helmet
- Harness (with gear loops)
- Personal safety
- Two narrow screw gate carabiners (that fit through chain for personal safety)
- Two screw gate carabiners (for anchors, any size)
- Figure 8 type canyoning device
- Guide belay device
- 6 large locking HMS / pear shape carabiner
- Chalk bag
- Rock climbing shoes
- Two 6 mm prusik loops (30 cm and 120 cm when looped and tied)
- Two 120 cm sewn Dyneema slings
- Tramping backpack and pack liner (big enough to carry personal gear, plus fair share of bulky group gear)

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### **Rafting equipment:**

- PFD (rescue type with releasable rescue belt); needs to be able to carry your flip line, prusik, pulleys, carabiners)
- Cowstail with screw gate carabiner. Make one from webbing or accessory cord, elastic ones have limited usefulness and life.
- Flip line (16 mm or 24 mm nylon tubular webbing, or 10mm dyneema sling. 4-4.5m length, long enough to build a harness with it.)
- Well-fitting whitewater helmet
- Paddle jacket (dry jacket recommended, semi dry is ok)
- Two 6 mm prusik loops (30 cm and 40 cm when looped and tied) (Not to be from your rock climbing kit)
- River knife that is able to be attached to buoyancy vest (must be able to stab a raft, serrated, and be used with one hand; preferably in a sheath. Highly recommend is a bear claw knife)
- Screw gate carabiners x 3 (2 x pear shaped, at least 1 large; no steel carabiners)
- 2 rescue pulleys (prusic minding pulleys are nice)
- Throw bag (able to be worn on body with a quick release system)
- Watch (to be worn on PFD, cheap one)
- Well-fitting personal wetsuit (must be full-length, minimum 4 mm)
- Recommended: splash pants for ATG541 Raft Guiding paper (not dry pants!)
- River shoes (or wetsuit socks with sturdy outdoor toe covering sandals/soft shoes)
- Pea-less Whistle (Fox 40 is by far the best)
- Neoprene socks
- Large tote or duffle type dive bag to carry your gear in

### **Skiing and/or snowboarding equipment:**

- A pair of ski or snowboarding gloves (Kinko leather gloves from a farm store can be a good cheap option)
- Sunscreen
- Goggles
- Warm hat and/or balaclava (fleece or wool; not acrylic)
- Ski or snowboard helmet
- Thermal clothing, 2 full sets minimum (includes bottom layers x 2, fleece tops)
- Outer layer ski or snowboard pants and jacket (waterproof)
- Ski socks
- Ski and/or snowboard and bindings
- Ski and/or snowboard boots (Great deal for ski boots through NMIT link with Gnomes ski shop, talk to tutors)
- Ptex, wax, (year 1's have priority on tuning gear, so optional to get your own files/buffers)
- Time telling device
- Pen, paper, pencil and waterproof notebook
- Alpine instructor's manual for skiers and SBINZ snowboard instruction manual for snowboarders (available as PDF if you sign up for NZSIA Level 1 course)
- Food, no group shopping through NMIT provided
- Drink bottle or thermos bottle
- Bed sheet to use at Waddington Accommodation

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**Sea kayaking equipment:**

- Personal PFD
- Releasable Towline minimum 12 metres of 4-5 mm floating rope
- Stirrup (webbing 3m Cam strap)
- River knife that is able to be attached to PFD
- Whistle attached to PFD (Fox 40 is by far the best)
- Paddle jacket
- River shoes (wetsuit booties with sturdy grip or wetsuit socks with sturdy outdoor sandals/soft shoes)
- Dry bags to be able to keep your kit dry during expedition trips (perform rescue with loaded boats to test this)
- Thermal clothing, 2 full sets minimum (includes bottom layers x 2, fleece tops, down/synthetic outer layers)
- Well-fitting personal wetsuit (must be full-length, minimum 4 mm)
- Compass (Silva or Suunto type only, no other!)
- Watch attached to PFD
- River helmet for surfing recommended
- Large tote or duffle type dive bag
- Camping equipment (as in general gear list)

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