

New Zealand Certificate in Outdoor and Adventure Education (Multi-skilled) (Level 4)

Food information and General Gear List 2026

Food Costs for Overnight Trips

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 \$300 each semester towards food costs. You will be invoiced for this and it will be required to be paid at the start of each semester. This will cover a large majority of your away trips in semester 1 and 2 (except Snow) but not all. This will be confirmed by the tutors.

Clothing and equipment requirements

NMIT supplies all technical equipment at year 1. All students will require the following minimum items and industry gear as a minimum requirement for the programme. Students are expected to have the general camping items and gear by the first day of course, to go away on an orientation camp. The rest of the gear will be required by the second week of course so they can learn to use them properly. The Coordinating Tutor can be contacted for information and advice regarding suitable gear.

- Lap top or desk top computer with internet access.
- Sunglasses (Polarised are good for the water based activities)
- Sunhat
- Sunscreen
- 2x Water bottle 1 litre min
- Headlamp and spare batteries preferably water proof
- Personal first aid kit
- Toiletries kit
- Waterproof raincoat with a hood (preferably breathable that fit over clothing)
- Waterproof over trousers that must fit over outer layers (preferably breathable)
- Thermal clothing, 2 full sets minimum (**includes bottom layers x 2, and tops layers x2**)
- Insulating clothing layer (**fleece tops x2, down/synthetic jacket or 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
- Whistle (**Fox 40 or similar pea-less type**)
- Bush knife (**BAHCO/Svord peasant, good cheap knives**)
- Emergency Fire lighting kit
- Compass (Silva or Suunto type only, no other!)
- Waterproof wrist watch (not a cell phone)
- Tramping boots (not gym or skate shoes)

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- Gaiters/ putties for tramping
- Gloves (1 set waterproof for ski/boarding, 1 set thermal polypro)
- 50-60 litre backpack and pack liner
- Dry bags. Vinyl or PVC, not thin material. Size: around 20 litres or smaller (**at least 4 bags, as many as you need to keep your gear dry on sea kayak and raft trips**)
- Large tote or duffle type dive bag – for gear storage
- NOT required until tramping - Tent (one you may need to carry in a pack, 3 to 4 seasons lightweight 2 man tent, aim for < 2kg)
- Tramping cook pots and stove (what you buy you must be able to carry in your pack)
- Cup, plate, fork, knife, spoon
- Paddle jacket (dry jacket or semi-dry for rafting, river and sea kayaking. Past students highly recommend a dry jacket)
- Well-fitting personal wetsuit (**must be full-length, minimum 4 mm on body**)
- River shoes (for rafting, river kayaking and sea kayaking. Old running shoes with a pair of neoprene socks are best option, no “slip on” water shoes. Diving booties are not good for rafting.)
- Neoprene socks (**minimum 4 mm**)
- Please check with staff - Rock climbing shoes
- Book - Wildlife of New Zealand By Julian Fitter ISBN-139781988538624
- 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)

We understand that this is a comprehensive gear list and that outdoor gear is not cheap. Please talk to the Course Co-ordinator regarding advice on equipment purchasing and discounts from local retailers.

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