

New Zealand Certificate in Outdoor and Adventure Education (Multi-skilled) (Level 5)

Food Information and General Gear List 2027

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 between \$300-500 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 \$449 (based on 2026) 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.

Specialist equipment can crossover between pursuits. For example, a rescue PFD for Rafting is also appropriate for sea kayaking and canyoning carabiners are appropriate for rock climbing. Due to the variability in its use and how it wears you are encouraged to acquire specific gear for each pursuit, however, we recognise the significant financial outlay for this. Please use good judgement and ask your tutors to ensure you are ticking all the necessary boxes for required equipment.

General gear list:

- Sunglasses
- Sunhat
- Sunscreen
- Head lamp and spare batteries
- Personal first aid kit
- Toiletries kit
- Cup, plate, fork, knife and spoon
- Waterproof raincoat with a hood (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)
- 3-4 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)
- 2x Water bottle 1 litre
- Snack food (not covered by your food contribution)
- Waterproof wrist watch (not a cell phone)
- Suitable camp footwear (with good ankle support and grip)

Highly Recommended

Plant and wildlife ID books such as - Wildlife of New Zealand By Julian Fitter ISBN-139781988538624

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Bush tramping equipment:

- Waterproof jacket with hood (preferably breathable)
- Waterproof over trousers that must fit over outer layers (preferably breathable)
- 2 thermal tops and bottoms (polypro/wool)
- Insulation layer, fleece top and bottom
- Thermal/fleece gloves
- 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 - 70 litre backpack and pack liner
- 3-4 seasons sleeping bag (comfort rating minus 7 degrees Celsius recommended)
- Tent (one you can carry in a pack, 3 to 4 seasons lightweight 2 man tent, aim for <2.2kg. Can be shared with other students)
- Tramping cook pots and stove (must be able to carry in your pack)
- Head lamp and spare batteries
- Compass (Silva or Suunto type only, no other!)
- Knife (Bahco type)
- Survival kit (candles, waterproof matches, fire starters, fire steel, whistle, emergency food)
- Personal first aid kit (Including blister management supplies)
- Collapsible walking poles (optional, but good for stability when carrying a large pack)
- 2x Water bottle 1 litre

Rafting equipment:

- PFD/buoyancy vest (rescue type with releasable rescue belt); needs to be able to carry your rescue equipment in decent pockets. Bright colours are good when wearing over a black wetsuit.
- Recommended: Cowstail with locking gate carabiner. Make one from webbing or prussic 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.)
- Well-fitting whitewater helmet, bright colours mean you can be seen better
- Dry jacket recommended, semi dry is ok. Bright colours can be seen underwater.
- Two 4-5 mm prusik lengths, 1m and 1.2m. (Not to be from your rock climbing kit)
- River knife attached to PFD (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)
- Locking gate carabiners x 3 (pear shaped recommended, at least 1 large one to fit multiple moving ropes in; no steel carabiners)
- 2 rescue pulleys (prussic 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)
- River shoes – must be closed toe and stay on feet whilst swimming
- Pea-less Whistle (Fox 40 is by far the best)
- Neoprene socks
- Large tote or duffle type dive bag to carry your gear in.

Highly Recommended

Splash pants for ATG541 Raft Guiding paper (not dry pants!)

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White water kayak equipment:

- PFD/buoyancy vest (rescue type with releasable rescue belt); needs to be able to carry your rescue equipment in decent pockets. Bright colours are good when wearing over a black wetsuit.
- Towline/cowstail – extendable kind with screw gate carabiner (recommend making your own out of 5 to 6mm prusik cord, length when fully extended should reach past the back of your kayak)
- Flip line/sling (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, bright colours mean you can be seen better
- Dry jacket recommended, semi dry is ok. Bright colours can be seen underwater.
- River knife attached to PFD (must be able to be accessed and used with one hand)
- Pin kit – including 3 x screw gate carabiners, 2 x small pullies, 2 x prusiks (medium and long, should be compatible with your throw bag diameter (2/3 the diameter of your throw bag rope)
- Throw bag (minimum 18m length no less than 6mm, no more than 8mm rope)
- Watch (to be worn on PFD, cheap one)
- Pea-less Whistle (Fox 40 is by far the best)
- River shoes – must be closed toe, stay on feet whilst swimming and comfortably fit when worn in kayak
- Neoprene socks
- Plenty of thermal clothing – polypropylene, fleece, merino etc.
- Large tote or duffle type dive bag to carry your gear in
- Camping equipment (as in general gear list)

Highly Recommended

- Personal white water kayak – creek boat or modern ‘half slice’ style. Your own boat changes the way you paddle and how often you paddle, If you are serious about kayaking, do your research and find a kayak that works for you. It doesn’t have to be new! Work the 2nd hand market
- Personal paddle
- Consider a drysuit or dry pants – For their price people have been having decent success with the Aliexpress suits

Rock climbing equipment:

- Climbing/canyon helmet
- Harness (with gear loops)
- Personal safety with locking carabiner (narrow enough to fit through chain)
- Guide belay device
- 6 large locking HMS / pear shape carabiner
- Chalk bag and chalk
- Rock climbing shoes
- Two 6 mm prusik loops (30 cm and 120 cm when looped and tied)
- Two 120 cm sewn Dyneema/Nylon slings
- Large (tramping size) backpack (big enough to carry personal gear, plus fair share of bulky group gear)

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Canyoning equipment:

- Canyoning footwear – Closed toe, good grip for wet rock.
- Wetsuit - minimum 4/3mm (being warm is crucial, but being able to move is also important)
- Neoprene socks
- Canyoning harness with ‘nappy’
- Helmet – rock or whitewater variety
- Personal Safety - 2 x dynamic ‘cowstails’ with locking carabiners
- 4 x HMS locking carabiners
- Figure 8 type device with locking carabiner
- Flip line - 16 mm or 24 mm nylon tubular webbing (roughly 4 meters, to be worn around waist)
- 1 x 120 cm sewn Dyneema sling
- VT Prusik – 7mm
- River/ Rope knife that can be attached to your harness.
- Pea-less Whistle (Fox 40 is by far the best)
- Simple dive mask

Highly Recommended

- Chest ascender, e.g. Petzl Croll
- Hand ascender, e.g. Petzl Basic
- “Slow Draw” (17cm Dogbone with 2 locking carabiners)
- Dry or semi dry top

Skiing and/or snowboarding equipment:

- 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 of tops and bottoms minimum
- Insulation tops and bottoms, fleece or wool is ideal
- Outer layer ski or snowboard pants and jacket (waterproof, can be rain jacket and over trousers)
- 2x Ski socks highly recommended. Thin, long woollen socks, fitting snugly on your foot
- 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)
- Wrist watch
- 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 (Dish washing liquid and laundry powder also not provided at accommodation)
- Drink bottle or thermos bottle
- Bed sheet, pillowcase and blanket/sleeping bag 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)
- Knife that is able to be attached to PFD
- Whistle attached to PFD (Fox 40 is by far the best)
- Paddle jacket or dry top
- Kayak footwear (wetsuit booties with sturdy grip or wetsuit socks with sturdy outdoor sandals/soft shoes, must be comfortable to wear in a sea kayak and allow you to use the rudder)
- 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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