

# GEAR YOU NEED FOR A COURSE AT HILLARY OUTDOORS TONGARIRO

Essential information on clothing and equipment



This booklet accompanies the power-point presentation 'Gear you will need for Hillary Outdoors Tongariro', and contains detailed information relating to each slide.

**Please make sure that all Parents/Guardians and students receive this information as soon as possible.**

## Slide 1 – The Hillary Outdoors Gear Department

This is the gear department at Tongariro. The purpose of our gear department is to help you out if you don't have an item of outdoor clothing or footwear that you will need for your course. Having the right gear is essential to enable you to safely participate in the outdoor activities during your programme. Hillary Outdoors is a not for profit organisation run by a charitable trust and as such we run on a very tight budget with no money to spare. The gear department is not designed to clothe everyone from head to toe, as our gear supplies are limited. Rather than turn up and borrow all our gear please try to help us out by sourcing as much of the gear shown in this presentation as you can. Borrow from family and friends, or buy some of the cheaper items. If you are going to purchase gear, prices at The Warehouse are reasonable and Op shop fleeces and woollen jumpers should be suitable (great for caving) as we are not bothered how good students look we just want them to be warm! Bargains can sometimes be found in the Kathmandu sales. Be aware that if you borrow gear from us you will be responsible for it during your stay and if you lose or damage gear you will be required to pay for it.

The following slides give you a good idea of what you need. Everyone who participates in a course at Hillary Outdoors will need this gear no matter what time of year it is. It can be wet, cold and windy here at any time – even in summer.

**Please pay particular attention to any text that is highlighted in Yellow.**

## Slide 2 – Clothing

Wearing the correct clothing at the centre is essential for your comfort and safety.

Outdoor clothing is based on a layered system consisting of **BASE**, **MID** and **OUTER** layers. The **BASE** layer is worn next to your skin, the **MID** layer keeps you warm, and the **OUTER** layer protects you from the wind and rain.

The **BASE** layer consists of thermal tops and bottoms. These can be made of either polypropylene or wool (merino).

Please note that Hillary Outdoors Tongariro does not supply **BASE** layer clothing, so you need to either borrow or buy it.

Remember that any clothing that has cotton in it (including poly-cotton) provides virtually no insulation and it will make you even colder when wet.

You will not be permitted to wear cotton clothing when participating in activities during wet and cold times.

When in the outdoors the phrase 'cotton is rotten' is a good one to remember!

# Base Layer

## Slide 3 – Base Layer Clothing



This photo shows the type of base layer clothing (often called thermals) that you must bring. They must be made of either polypropylene, merino wool or a similar fabric and not cotton or a poly-cotton mix as this type of fabric offers no insulation against cold and wet conditions. You will need 2 sets of thermals, and the thermal tops must have long sleeves.

Remember Hillary Outdoors Tongariro does not supply base layer clothing.

Most people prefer to wear their thermal bottoms with a pair of shorts (quick-drying, non-cotton) over the top (superman style), as shown in the second picture. This is a good combination which protects your legs when in the bush. In wet conditions you would wear your overtrousers on top.



## Mid Layer



### Slide 4 – Fleece Tops

Fleece and woollen tops are examples of good mid layer clothing and can go directly over your thermals. Please note that it is a bad idea to put a cotton vest or T-shirt on over your thermals and under your mid layer top as it will ruin any insulation you had.

It is essential that you have at least **two** thick, warm fleece or woollen tops to wear during your course (we will only lend one top per person from our stores).

Remember, it gets cold at the centre even in summer!



### Slide 5 – Fleece Trousers

Fleece trousers are also mid layer clothing. You will be able to borrow one pair from the stores if you need them. In wintertime fleece trousers like these are great when wearing them under your waterproof over-trousers and will go a long way towards keeping you warm. At any time of year fleece trousers are good to take with you on an overnight camp.

# Outer Layer

## Slide 6 – Raincoat/Parka



This is outer layer clothing and we have a supply of basic waterproof jackets. They have been designed to be long enough at the back to cover your backside, and long enough in the sleeves to cover your knuckles (photo 1). Our raincoats also have a hood with draw-cords to keep it on in the wind. The hood is big enough to go over a helmet easily (photo 2) and it also has a tie back system, for when your helmet is not being worn (photo 3). If you have a raincoat/parka of a similar design or better please bring it with you. **PVC waterproof gear will be fine for most conditions but it is not suitable when tramping on snow as PVC is very slippery. If you do bring it then you must borrow centre waterproofs for any activities which involve being in snow.**

## Slide 7 - Overtrousers



Overtrousers make up the final part of the outer layer in the clothing system. We supply reinforced/heavy duty overtrousers and again they are of a simple design. Please bring your own overtrousers if you have them. However they must be waterproof (thin shower-proof trousers are not tough enough for Hillary Outdoors Tongariro!) and the seams must be sealed.

**Remember you will not be permitted to wear PVC waterproof gear for any activities in the snow.**

### Slide 8 – Hats/Beanies



Our stores have a supply of balaclavas that you can borrow. They are made from wool and are very warm but can be a bit itchy on your face. If you don't want to look like a bank robber during your stay here then bring a warm beanie that covers your ears and a sun hat for protection from the sun.

### Slide 9 – Gloves/Mitts



We have a limited supply of thick woollen mittens which are very warm and good for use in snow. We do not supply gloves. If you can bring your own gloves or purchase a cheap pair of ski gloves from the Warehouse or similar that will be great. Even in the summertime gloves are essential as it can get cold on the mountain, or at night when camping.

### Slide 10 - Socks

Bringing the right type of socks to Hillary Outdoors is very important for your comfort when you are wearing boots. You will need to bring long socks that have a high wool content similar to the Norsewear socks shown in photos 1-2, or a loop-stitch type of sock shown in photos 3-4.



These socks will provide padding and protection for your foot. It is very important that all your socks are long enough to come well above the top of the boot for your protection (photo 2) and if possible, you should bring 4 pairs for a 5 day course.



Photos 3 and 4 are loop stitch socks

Thin nylon soccer type socks are not suitable and will not provide sufficient padding for your foot. **Wearing thin socks will probably result in you getting painful blisters on your feet.**



**Short 'below the ankle' socks (photo 5) are absolutely no use when wearing our boots. They offer no protection or padding and you **will** get severe chafing occurring at the top of your ankle. If this occurs you won't be able to wear your boots and in turn you could end up being unable to participate in the activities.**

### Slide 11 – Boots - Hiking



This is a pair of the type of leather boots that you can borrow from our gear department. Good quality fabric boots (if you have a pair) will be fine for most of the conditions you will meet. We use our leather boots for mountain trips only (if you bring your own you can use them for most of the activities). The top of the boot needs to be high enough to cover your ankle and offer support when tramping over uneven and rocky terrain. Our leather boots have a sole that offers good grip on slippery ground and they are heavy enough to kick steps in snow. The yellow tag is for identification purposes and shows what UK size the boot is. It would be useful if you were able to find out what your UK foot size is before you come to the centre.

## Slide 12 – Boots - Rubber



These are our rubber boots, which are used for tramping below the bush-line, caving, kayaking and many other activities we offer. They are not suitable for tramping on the mountain where snow conditions are likely to be met. These boots will often become filled with water when you are out on the activities, however they act in a similar way to a wetsuit and will keep your feet warm when wet.

Other forms of footwear that can be used are: old sneakers for local activities (high/low ropes and initiative exercises) and long gumboots for caving. Any footwear you bring must be a close fit and not slop around when you walk as this could cause blisters. It is very important that all your footwear has a sole that has a good grip.

## Slide 13 - Backpacks



We have backpacks in 3 sizes to suit different back lengths (small, medium and large). They all have good waist harnesses (essential for carrying all of the weight) and straps across the upper chest (sternum) to stop your shoulder straps falling off. They have top pockets and side straps to secure your bedroll and they have a 65 litre carrying capacity (anything smaller than 65 litres will not be big enough to carry your overnight gear). This type of pack can be reduced in volume and used as a day-pack and expanded to take your gear for your overnight expedition. If you have a pack smaller than 65 litres you can use it as a day pack during the week and borrow a bigger pack for your expedition. Please remember to bring a waterproof pack liner (or 2 -3 heavy duty bin bags will do).

**NB. Small day packs/schoolbags that do not have a waist belt are hard to carry and will be of little or no use when you are at Hillary Outdoors.**



## Slide 14 - Wetsuits



We can lend you this type of wetsuit (called a Long-John wetsuit), which has full-length legs, but no arms. The water that flows in the rivers and streams of the Central North Island is often snow melt and usually very cold at any time of the year. For this reason a 'shortie' type wetsuit will not be suitable.

We generally ask you to wear a thermal top over your togs and under your wetsuit as well as a fleece or woollen jersey on top. On cold windy days we may get you to wear your Raincoat/parka over the top of everything to seal you in. We may also ask you to wear your beanie under your helmet. The final part of your gear will be a lifejacket which we will supply.

If you choose to bring your own wetsuit, please ensure it has been completely dry for at least 48 hours prior to using at the centre. This should guarantee that any weeds (such as Didymo or Hornwort) cannot be transferred to our waterways.

## Slide 15 - Sunglasses



At any time of the year sunglasses are a good thing to have. In the winter, when you are on snow, sunglasses (wrap-around type) or snow goggles (not supplied by Hillary Outdoors) are essential as you can quickly get snow blindness even on a dull day. Please try and bring your own sunglasses (we can provide you with a pair of basic wrap-around sunglasses if necessary - see photo).

## Slide 16 – Sleeping Bag



We can supply sleeping bags which will come with a removable cotton liner that is provided for your hygiene (and is washed after every use). Our sleeping bags are only cleaned when necessary as it is expensive and time consuming. The sleeping bag will keep you warm in most conditions. Please try to bring your own sleeping bag and make sure it is a warm one as it is often cold at night at here!

Please note that if you fail to use the cotton liner when you sleep in one of our sleeping bags, or bring it back in a dirty condition, you will be charged for the cost of washing the sleeping bag (\$10 in 2014).



## Slide 17 - Torch

A torch is an essential piece of equipment for your course. You will find it very useful at night, whilst camping, and if you go caving. **We do not have any torches available to lend so please bring your own.**

While a hand torch can often be sufficient, a head torch will be best and it will fit on our helmets for caving (see photo). Make sure you remember to bring spare batteries, or buy them at the Hillary Outdoors shop!

## Slide 18 – Camping

**If camping is going to be part of your programme the following slides contain information about this.**

### Slide 19 – Sleeping Mat



If you are going camping, we can lend you a basic foam sleeping mat. This insulation mat goes under your sleeping bag and is designed to stop the cold coming up from the ground. It is slightly spongy but will not iron out all the bumps in the ground – so be careful where you pitch your tent!

If you have your own sleeping mat (or similar) please bring it.

### Slide 20 – Cookers and Pots



Every instructor has a cooker and a set of 'billies' plus fuel bottles in their locker. The cookers we use at the centre are the Trangia type and they run on methylated spirits. Each cooker has a set of pots and pans and we also supply your instructor with a large 'billy' that is big enough to cook a meal for a whole group of hungry students.

### Slide 21 – Eating Gear



You will need to bring a mug (plastic or metal, but not china) that is strong enough to be carried in your pack. If you do bring a metal mug make sure it is a double insulated one or it will burn your lips when you have a hot drink. You will also need to bring a knife, fork and spoon plus a deeply dished plastic or metal (not china) plate or bowl. You don't need both! A flat plate is of little use as your meal tends to fall off it!

## Slide 22 – Tents and Flysheets

The centre will provide tents or flysheets and tarps (depending on where you are going to camp). For camping above the bush-line we use tents (photo 1) that have sewn-in ground sheets. We have various types of tents that can take from 2-4 students.



Photo 1



For camping below the bush-line we use large flysheets (photo 2) with tarps underneath. Our flysheets can take up to five students.

Photo 2

## Slide 23 – Other Gear

Other essential gear you will need to bring for your camp includes:

- Drink bottle
- Sun block
- Personal medication (if required)
- A small amount of personal first aid\* gear (a few plasters etc)

\*Our instructors always carry a group first aid kit.

### **Hillary Outdoors**

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