




















AUSTRALIAN ALPS OVERNIGHT - EQUIPMENT LIST







We recommend items that we use regularly but there are a multitude of suitable brands and models.

Items marked * can be rented. See details below.



YOU MUST PROVIDE THE FOLLOWING							
ITEM	IMAGE SAMPLES			BRAND AND MODEL EXAMPLES	NOTES	YOU PROVIDE	✓
CLOTHING							
Underwear				Icebreaker Mont	Polypropylene or merino No cotton	2	
Thermal top and pants (base layer)					Worn next to the skin, polypropylene or merino, two different weights for different temperatures but both can be layered if very cold. Thumb loops on sleeves help to keep hands warmer. No cotton	1 of each	
Fleece jacket or pullover					Worn over thermal top, full zip (gives better ventilating options), Polartec 200 (or 300 if you feel the cold), add extensions to all zippers so you can operate zips with mittens on. Add long extensions to all zipper sliders. No cotton	1	
Fleece pants					Worn over thermal base layer. Polartec 100	1	
Shell jacket *				Mont <i>Thunderbolt</i> Mont <i>Supersonic</i>	Worn over thermals and fleece when very cold, large hood with reinforced rim, large pit zips for ventilation, add long extensions to all zipper sliders. Do not use a mesh- or fleece-lined jacket, it must be a shell only.	1	
Shell pants *				Mont <i>Latitude</i>	With full-length side zips. Add long extensions to all zipper sliders.	1	
Down puffer jacket - lightweight				Mont <i>Zero</i> Rab <i>Microlight</i> MHW <i>Ghost Whisperer</i> Uniqlo <i>Ultralight</i>	Down, windproof, oversized to wear easily over shell jacket when it gets windy/cold. Add long extensions to all zipper sliders.	1	
Fleece or wool hat				Icebreaker <i>Lo Go Beanie</i>	Covers ears No cotton	2	
Peak cap					For sun protection	1	
Neck gaiter or 'Buff'				Buff <i>Original</i>	Protects neck and face, can be worn multiple ways. Silk, fleece or capilene No cotton	1	

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Ski gloves		<i>North Face Guardian</i> <i>Hestra Falt</i>	Removable inner is preferable for ease of drying, treat with leather or Nikwax protection	1 pair	
Liner gloves		<i>North Face PowerStretch</i>	Polypropylene, capilene or merino. For inside the tent. No cotton	1 pair	
Thick socks		<i>Bridgedale</i> <i>Wigwam</i> <i>Smartwool</i>	Heavy weight No cotton	2 pair	
Mid-weight socks		<i>Bridgedale</i> <i>Wigwam</i> <i>Smartwool</i>	For in the tent/sleeping bag, wool or synthetic. Can be used as a trekking sock with liner. No cotton	1 pair	
Nylon liner socks		<i>Bridgedale</i> <i>Wilderness Wear</i> <i>Wigwam</i>	Fine knit, worn next to the skin, helps prevent blisters. No cotton	1 pair	
Tent boots		<i>Exped Camp Booty</i> <i>Macpac Down Booties</i>	For inside the tent and quick trips outside, preferably with nylon outer. Down or synthetic fill	1 pair	



FOOTWEAR

Boots	 <i>Your boots will be used in our Flexi Ski Binding system. Let us know if your boots are unusually wide.</i>	<i>Salomon Tundra</i> <i>Merrell Moab</i> <i>Columbia Daska Pass</i> <i>Baffin Revelstoke</i>	Comfortable and worn-in winter hiking boots. Ankle support Waterproof treated Removable inner boot is useful. Do not use mountaineering boots	1 pair	
Snow gaiters		<i>Sea to Summit Alpine Gaiter</i>	Additional warmth Helps keep snow out of boots	1 pair	

EYEWEAR









Sunglasses		<i>Julbo Trek</i> <i>Smith Optics PivLock</i> <i>Oakley Flak</i>	Frameless, interchangeable lenses (yellow good for low light), attach a nose piece for wind and sun protection. Carry in hard case. 100% UV protection. Avoid metal frames	1	
Goggles		<i>Julbo Aerospace</i> <i>Smith Optics Turbo Fan</i>	100% UV protection	1	
Spare contact lenses or prescription glasses if required				As required	

HARNESS / BACKPACK

Backpack		<i>Sea to Summit Flow Drypack (waterproof)</i> <i>Mont Sentinel or Contour</i>	Used as harness for towing sled, medium size (approx 35litres), padded waist and shoulder straps,	1	
Bin liners			Use one to line your sleeping bag storage bag, the other as a spare for keeping things dry or for separating wet things from dry. We will provide a waterproof duffel bag for carrying all of your equipment on the sled.	2	

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SLEEPING					
Sleeping Bag *		Mont <i>Main Range</i> One Planet <i>WinterLite 20</i> Sea to Summit <i>Talus III</i>	4-season rated (-20c comfort rating), down fill, tapered, with hood	1	
Sleeping bag liner		Sea to Summit <i>Silk</i> or Sea to Summit <i>Fleece</i>	For added warmth (and hygiene if renting). Choose a fleece liner if you feel the cold. No cotton	1	
Sleeping mattress *		Sea to Summit <i>Comfort Plus</i> Thermarest + Ridgerest	Must be R-Value 5+, regular width	1	
OTHER EQUIPMENT					
Water bottle with insulation		Nalgene bottle with Outdoor Research <i>Parka</i> Camelback Bladder and insulated hose	1 litre minimum, leak-proof, insulated hose if using bladder	1	
Stuff sacks		Sea To Summit <i>Ultra-Sil Stuff Sacs</i>	For packing clothes etc. L or XL.	2	
Head lamp			Nights are dark. Bring spare LITHIUM batteries or a battery bank if rechargeable.	1	
Whistle			carry on your body or shoulder strap, plastic, pealess	1	
Emergency Thermal Blanket			Survival blanket, reflective	1	
Personal toiletries & medications				✓	
Sun screen and lip protection (SPF50+)				1	
Tent boots			For inside the tent and quick trips outside, preferably with nylon outer. Down or synthetic fill	Optional	
Pee bottle			Useful in the tent. Women can use together with a She-Wee	Optional	
Camera			With lithium-ion batteries	Optional	
Book/Kindle				Optional	
Ear plugs				Optional	
Mobile phone			In waterproof case or pouch	Optional	
Hip flask			Bring along a small amount of alcohol for an evening sip if you like	Optional	

When purchasing clothing please consult with us well in advance so that we can check it's appropriateness for the Australian alpine environment.

Jindabyne has a number of quality outdoor stores where most items of clothing and equipment can be purchased. We suggest you rely on these stores only as a backup.

Participants on this trip receive a 20% discount on selected Icetrek Equipment. Contact us for a code.

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EQUIPMENT THAT WE WILL PROVIDE		
Skis, bindings, skins, poles,		We need to know your boot brand, model and size
Waterproof duffle		120 litre. Used to carry all of your belongings on the sled
Sled and hauling bars		With straps to secure the duffle bag. We use sleds so that we can add a few comforts.
4-season tent		Hilleberg Keron 4, 3 people per tent, high wind and snow capacity, with tent anchors
Camp seat		Converts mattress into tent chair, important for resting adequately in the evenings
Mittens		
Water bladder 6L		
Sponge and microfibre towel		for mopping up tent dampness
Snow shovel		
Bowl, mug, spoon		
Cooking		gas stove, fuel canisters, matches, kettle, bases, instructions
Poo Tube		we collect our poo and dispose of it in Jindabyne
Toilet paper and hand sanitiser		
Food		
Navigation equipment	Carried by guide	maps, compass, GPS, (Pocket Earth app)
Communications equipment	Carried by guide	Phone, satellite phone, PLB
Medical Kit	Carried by guide	

AVAILABLE FOR RENTAL - need to be ordered before June 15		
ITEM	DETAILS	TOTAL PRICE
Sleeping bag	4-season down bag	\$25
Sleeping mattress	R-Value 5+	\$30
Shell jacket and pants	waterproof	\$30

WHAT TO WEAR WHILE TREKKING

Conditions vary but on a cold day we would typically wear:

- underwear
- base layer (thermal) top
- fleece top
- shell jacket
- base layer (thermal) bottom (you might also like to wear fleece pants if you feel the cold)
- shell pants
- hat, buff, sunglasses, gloves, socks and boots

ICE>TREK