

ANDREW LOCK ADVENTURES



Mount Kosciuszko – Required CLOTHING AND EQUIPMENT LIST

SNOW EQUIPMENT –

- Snowshoes, 1 pair
- Ski Poles, 1 pair

CLOTHING LIST

- Boots – should be warm and waterproof. Eg the [Merrel Thermo Chill](#) boot.
Walking boots are fine but should be combined with a waterproof covering such as the [NEOS overshoe](#)
(Mountaineering boots can be used on this course but may be uncomfortable due to their stiffness.)
- Gaiters- calf length (Not necessary if using an overshoe with built in gaiter)
- Warm Socks
- Thermal long johns (waist to ankle synthetic or wool, NOT COTTON)
- Fleece/Soft Shell/insulated Long Pants (lightweight, mid layer)
- Thermal Top (synthetic or wool, NOT COTTON, long sleeved)
- Fleece/Soft shell Jacket (long sleeved)
- Warm insulated Jacket (down or synthetic)
- Shell jacket- Waterproof/Breathable. Fully waterproof and seam sealed with hood eg Goretex
- Shell pants/salopettes - Waterproof/Breathable. Fully waterproof and seam sealed eg Goretex
- Beanie or Balaclava x 1 (Polarfleece or Wool)
- Sun Hat (if fine weather)
- Thermal Inner Gloves
- Gloves or Mittens (Must be windproof and preferably waterproof! Ski gloves are good)
- Glacier glasses or Ski Goggles (Category 4 lenses)

PERSONAL ITEMS

- Daypack – large enough to carry your lunch and spare clothing
- Sunscreen (SPF 30)
- Lip Guard (SPF 30)
- Any necessary Personal Medication
- Waterbottles / Thermos (minimum 2 litres total capacity)

FOOD

- Lunch and snacks
- Two litres minimum of water and or hot drinks.