

ADVENTURE TOURISM AND GUIDING (LEVEL 5)

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 \$200-300 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 associate with take some courses in the Year 2 Level 5 programme, the ATG520/ATG521 course have an associate fee of approximately \$350(based on 2021) that cover pass to ski field.

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.

General gear list:

- Sunglasses
- Sunhat
- Book - Wildlife of New Zealand By Julian Fitter ISBN-139781988538624
- Sunscreen
- Head lamp and spare batteries
- Personal first aid kit
- Toiletries kit
- Cup, plate, fork, knife and spoon
- Whistle (Fox 40 is by far the best)
- Well-fitting personal wetsuit (must be full-length, minimum 4 mm)
- Waterproof raincoat with a hood (preferably breathable)
- Waterproof over trousers that must fit over outer layers (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)
- 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)
- Tramping cook pots and stove (what you buy you must be able to carry in your pack)
- 2x Water bottle 1 litre

- Snack food (some trips are not covered by your food contribution)
- Waterproof wrist watch (not a cell phone)
- Suitable camp footwear (with good ankle support and grip)

Hiking equipment:

- Clothes not cotton
- Waterproof jacket with hood (preferably breathable)
- Waterproof over trousers that must fit over outer layers (preferably breathable)
- 2 thermal tops (polypro/fleece/wool)
- 2 thermal bottoms
- Gloves (1 set waterproof, 1 set thermal)
- 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)
- 70 - 80 litre backpack and pack liner
- Pack liner (survival bag) to keep gear dry
- 4 seasons sleeping bag (comfort rating minus 7 degrees Celsius)
- Tent (one you may need to carry in a pack, 3 to 4 seasons lightweight 2 man tent, aim for <2.2kg)
- Tramping cook pots and stove (what you buy you must be able to carry in your pack)
- Head lamp and spare batteries
- Whistle (Fox 40 is by far the best)
- Compass (Silva or Suunto type only, no other!)
- Knife (Bahco type)
- Repair kit (thermarest repair patches, shoe laces, duct tape, needle and thread)
- Survival kit (candles, waterproof matches, fire starters, fire steel, whistle, emergency food)
- Personal first aid kit
- Collapsible walking poles (optional, but good for stability when carrying a large pack, particularly those who have injured or weak knees)
- 2x Water bottle 1 litre

Rafting equipment (gear is NOT to be shared with climbing kit):

- PFD (rescue type); needs to be able to carry your flip line, prusik, pulleys, carabiners)
- Flip line (16 mm or 24 mm nylon tubular webbing, 4.5 metres length)
- Well-fitting whitewater helmet
- Paddle jacket (semi-dry or dry top)
- Prusik loops 2 x 1.4 metre length (6 mm to 7 mm depending on the diameter of your throw bag rope)
- River knife that is able to be attached to buoyancy vest (must be able to stab a raft, serrated, and be used with one hand; recommend is a bear claw knife)
- Screw gate carabiners x 3 (2 x pear shaped, at least 1 large; no steel carabiners)
- 2 rescue pulleys
- 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)

- Recommended: splash pants for ATG541 Raft Guiding paper (not dry pants!)
- River shoes (or wetsuit socks with sturdy outdoor sandals/soft shoes)
- Whistle (Fox 40 is by far the best)
- Neoprene socks
- Large tote or duffle type dive bag

Rock climbing and canyoning equipment (gear is NOT to be shared with rafting kit):

- Canyoning foot wear
- Neoprene socks
- Climbing/canyon helmet
- Harness (with gear loops)
- Personal safety
- Two narrow screw gate carabiners (that fit through chain for personal safety)
- Two screw gate carabiners (for anchors, any size)
- Figure 8 type canyon decent device
- Guide belay device
- 6 large locking HMS / pear shape carabiner
- Chalk bag
- Rock climbing shoes
- Two 6 mm prusik loops (30 cm and 120 cm when looped and tied)
- Two 120 cm sewn Dyneema slings
- 70 - 80 litre backpack and pack liner (big enough to carry personal gear, plus fair share of bulky group gear)

Skiing and/or snowboarding equipment:

- 2 pairs ski or snowboarding gloves
- Sunscreen
- Goggles
- Warm hat and/or balaclava (fleece or wool; not acrylic)
- Ski or snowboard helmet
- Thermal clothing, 2 full sets minimum (includes bottom layers x 2, fleece tops)
- Outer layer ski or snowboard pants and jacket (waterproof)
- Ski socks
- Ski and/or snowboard and bindings
- Ski and/or snowboard boots
- Ptex, wax, (year 1's have priority on tuning gear, so optional to get your own files/buffers)
- Time telling device
- 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 food cards provided
- Drink bottle or thermos bottle
- Bed sheet to use at Waddington Accommodation

Sea kayaking equipment:

- Personal PFD, with releasable rescue belt and cow tail
- Towline minimum 12 metres of 4-5 mm floating rope
- Stirrup (webbing 3m Cam strap)
- Paddle carabiner

- River knife that is able to be attached to PFD
- Whistle attached to PFD (Fox 40 is by far the best)
- Paddle jacket
- River shoes (wetsuit booties with sturdy grip or wetsuit socks with sturdy outdoor sandals/soft shoes)
- 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)