

## Food information and General Gear List for all Year One Students

### 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 \$400 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) but not all this will be confirmed in your timetable.

### Clothing and equipment requirements

NMIT supplies all technical equipment at year 1, All students will require the following minimum 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 course, so they can learn to use them properly. The Coordinating Tutor can be contacted for information and advice regarding suitable gear.

- Lap top or desk top computer with internet access.
- Sunglasses
- Sunhat
- Sunscreen
- Water bottle 1 litre min
- Good headlamp and spare batteries
- Personal first aid kit
- Toiletries kit
- Waterproof raincoat with a hood (preferably breathable that fit over clothing)
- Waterproof over trousers that must fit over outer layers (preferably breathable)
- Thermal clothing, 2 full sets minimum (**includes bottom layers x 2, and tops layers x2**)
- Insulating clothing layer (**fleece tops x2, down/synthetic jacket or 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
- Whistle (**Fox 40 or similar pea-less type**)
- Bush knife (**BAHCO/Svord peasant, good cheap knives**)
- Emergency Fire lighting kit
- Compass (Silva or Suunto type only, no other!)
- Waterproof wrist watch (not a cell phone)
- Tramping boots (not gym or skate shoes)
- Gaiters/ putties for tramping
- Gloves (1 set waterproof for ski/boarding, 1 set thermal polypro)
- 65 - 80 litre backpack and pack liner
- Dry bags, size 20 litres or smaller (*at least 4 bags, provide as many as you need to keep your gear dry on sea kayak and raft trips*)
- Large tote or duffle type dive bag – for gear storage
- Tent (one you may need to carry in a pack, 3 to 4 seasons lightweight 2 man tent, aim for < 2kg)
- Tramping cook pots and stove (what you buy you must be able to carry in your pack)
- Cup, plate, fork, knife, spoon
- Paddle jacket (splash jacket, semi-dry or dry top for rafting, river and sea kayaking)
- Well-fitting personal wetsuit (*must be full-length, minimum 4 mm on body*)
- River shoes (for rafting, river kayaking and sea kayaking trainers with a pair of neoprene socks are best option, no “slip on” water shoes. for rafting, river kayaking and sea kayaking)
- Neoprene socks (*minimum 4 mm*)
- Rock climbing shoes
- Book - Wildlife of New Zealand By Julian Fitter ISBN-139781988538624
- Ski or snowboard pants (required by July)
- Ski or snowboard jacket (required by July)
- Ski or snowboard boots (required by July)
- Ski or snowboard goggles (required by July)
- Ski or snowboard gloves (required by July)

We understand that this is a comprehensive gear list and that outdoor gear is not cheap. Please talk to the Course Co-ordinator regarding advice on equipment purchasing and discounts on available from local retailers.

Kayak HQ in Nelson stock a great range of water based specific equipment. They know who we are and what you will need and offer great discounts to AVT Students. Give Chris West a call and he will hook you up– 03 539 4181 and [shop@kayakhq.co.nz](mailto:shop@kayakhq.co.nz).

[Gearshop.co.nz](http://Gearshop.co.nz) have very good prices on most items.