

Intro to Mountaineering

Keen to go further and climb higher? Learn the key skills to move on snow and in the mountains above the bush line in winter conditions!

Overview

The course is for those looking to start exploring the mountains. A moderate level of fitness is needed and experience in the outdoors is helpful.

The course will cover:

- Gear Choice
- Basic Navigation
- Moving on snow
- Walking with an Ice Axe
- Cramponing
- Self-Arresting with and without an ice axe
- Avalanche awareness and an introduction to using avalanche rescue equipment

Time

Fox Lodge on the Friday night at by 8pm for a brief on the following day.

Access

Chains - Chains are NOT Required and we will arrange transport from the lodge to the top of the road each day in a Peel Forest Outdoor Centre Vehicle.

If snow is forecast to be below the lodge - we will be in contact to arrange transport to the lodge from the bridge at the base of the mountain.

Location

Fox Peak – Two Thumb Range Canterbury

Accommodation

Fox Peak Ski Club Lodge – provided – [LINK For More information](#)

Food

Bring food for 2 nights and 2 days. Lots of hearty snacks and a packed lunch for during the day. The lodge has good cooking facilities with an outside cool store.

Age requirements:

Appropriate for ages 16 and up

Gear List

Please inform us of the items you need us to supply before the start of your course.

Compulsory Gear:

- **Boots** - These MUST be a minimum of a 3/4 shank tramping boot - ideally a Full shank boot is best (we cannot provide these unfortunately, but you may be able to rent some from a local outfitter)
- Gaiters
- Hard Shell Jacket (Seam Sealed Rain coat) PVC or Similar is not appropriate due to the sliding hazard
- Hard Shell Pants
- Thermals Polyester, Polypropylene or 200 weigh merino Top and Bottoms
- Fleece top x2
- Fleece or soft-shell pants
- Pack 30L minimum with waist and chest strap
- Thick Wool Socks x2
- Warm hat
- Light Gloves x2 (Niga Freezer work gloves are good)
- Warm Gloves x1 - Pair of wind proof gloves or mittens
- Buff or balaclava
- Sun Hat
- Sunglasses
- Torch and spare batteries
- Water Bottle/s - Ability to hold 2L
- Sleeping Bag
- Food
- Any medication you take

Overnight

- Pillow
- Sleeping bag
- Food

Gear We Will Supply:

(Feel free to bring yours if you own it)

- Ice Axe
- Crampons
- Snowshoes (Only used if required for the conditions)
- Avalanche Transceiver
- Probe
- Shovel
- Helmet

Optional Gear:

- Thermos
- Camera
- Goggles