

EQUIPMENT LIST

You will need to arrive at ABS with:

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| <ol style="list-style-type: none"> 1. Light Weight Bible and notebook (a bigger Bible can be brought for use at the school) 2. Sleeping Bag - April suitable to - 5°C, other - 0°C 3. Sleeping Mat (compact) 4. Good hiking boots (if they are new, please break them in) with ankle support and wool socks (not day hikers) 5. 2 pairs of thermal underwear top and pants (i.e. Helly Hansen, LIFA - Polypropylene or merino. These are base layer, NOT under armour, lululemon or cotton blends) 6. Running shoes or Crocs plus an extra pair of running shoes for water activities 7. Backpack for hiking, top loading, not a travel pack (reasonable size – 50 litres minimum) 8. Day Pack – minimum 25l (not a school bag) 9. Wool or fleece hat (toque beanie - not acrylic) 10. Water bottles (2 x 1l) for biking and running, you may bring a Nalgene or hydro flask as a backup (2l Camelbak bladder reservoir) 11. Running shoes and clothes for running 12. Raincoat and rain pants – waterproof and seam sealed e.g. gortex material, as we can get heavy rain - (not a snowboard jacket or poncho) 13. Swim wear (shorts and modest sports swim top - you do need shorts to swim) 14. Quick dry active clothing (shorts especially) 15. Other warm clothes including Polar Fleece Jersey 16. Water resistant headlamp and spare batteries / charging cable and power bank 17. 1 x Dry bags (not garbage bags) to keep personal gear dry - one to fit in your back pack. Minimum of 15l 18. Sun hat and sunglasses – uv rated 50 19. Sun block – purchase on arrival in NZ. 20. Insect repellent – purchase on arrival in NZ. | <p><u>Optional extras</u></p> <p>Neoprene paddling jacket surf top</p> <p>Climbing shoes</p> <p>Gloves</p> <p>Sleeping bag liner</p> <p>Bike shorts</p> |
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This is the bare minimum required for the trips away from the Lodge

When you are at the Lodge you will also require modest casual wear (what you would normally wear around home) and church clothes.

Some personal gear can be bought in NZ, but please arrive on the course with all of it, there is very little opportunity to get it once we have started. If you don't come with the necessary gear, you will be required to purchase it at your expense.

While you will have a (shared) room at school, you will be away on trips for a significant portion of the time.

Some significant exercise is recommended in preparation for the course.

You should be able to run a minimum of 5 Kms without stopping.

We are very much looking forward to meeting you and getting to know God better together.