

# Adventure Bible School Course Equipment List

## ***You will need to arrive at ABS with:***

1. Light Weight Bible and notebook (a bigger Bible can be brought for use at the school)
2. Sleeping Bag & liner (compact) - **3 season - comfortable to 0°C; (4 season comfortable to -5°C for the April / May course)**
3. Sleeping Mat (compact)
4. Good hiking boots with ankle support and wool socks (**not day hikers; if they are new, please**
5. 2 pairs of thermal underwear top & pants (**Polypropylene or merino. These are base layer, NOT under armour, lululemon or cotton blends**)
6. Quick drying pants and shirt for hiking (**not cotton**)
7. Backpack for hiking, top loading, not a travel pack (**reasonable size – 65 litres minimum**)
8. Day Pack
9. Wool or fleece hat (not acrylic) **Highly recommended**
10. Water bottle/s (**minimum 2.0 litre total capacity**) Water shoes
11. Running shoes & clothes for running Padded bike shorts
12. Raincoat – waterproof & seam sealed e.g. gortex material, as we can get heavy rain – (**not a snowboard jacket or poncho**) **Optional extras**
13. **2 Wool or fleece** jersey/sweaters (**NOT COTTON**) Personal climbing gear
14. Swim wear and Quick Drying Shorts (**no bikinis please**) Waterproof pants
15. Other warm clothes Warm gloves
16. Headlamp and **spare batteries** Wet suit
17. 4 garbage bags or dry bags to keep personal gear dry. Sandals  
- Zip lock bags for smaller items Mosquito net for head
19. Sun hat and sunglasses – uv rated Blister protection e.g. Compeed
20. Sun block – purchase on arrival in NZ.

## ***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 3 Kms without stopping.***

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