

PENINSULA TRAMPING CLUB (Inc)

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NEW MEMBER GEAR GUIDE

If as well as being new to our club you also have little previous tramping experience as yet, you may appreciate the following.

Thoughts on buying tramping gear

When purchasing major items such as pack, waterproofs, boots, sleeping bag, try not to 'rush in'. You may find your buying decisions would have been different given some experience. Don't hesitate to seek advice from an experienced trumper and even explore buying second hand initially.

Secondly, clothing is all about **layering**, i.e., a light inner layer, short or long sleeve, then an outer layer, usually polyester fleece of a preferred weight. Maybe then a light-weight wind jacket or eventually your waterproof, breathable parka.

DAY TIME GEAR	
Sunhat	With a chin strap, so you don't lose it in the wind.
First layer	Polyester based, or merino. Your preference. Merino is more expensive and a little bit of luxury, but wears out more quickly. Short sleeve for summer.
Second layer polyester fleece	These come in a range of weights. For walking try a lighter weight with zip neck collar.
Wind jacket	Light weight that can be zipped over the first layer(s) in windy conditions.
Hooded waterproof parka	Endless options on the market and one of your most expensive decisions. Should be a 'breathable' fabric. Fit is going to be a decider, including the hood and length, i.e., how well does it cover your shorts?
Tramping shorts *	Quick drying fabric for river crossing. It's good if they have a secure zipped inner pocket.
"Long johns"	For under your shorts out of the warmer seasons, or snow climbs. Again, polyester is cheapest for walking, but merino or fleece are good for the hut or campsite at night.
Light weight over trousers	Usually nylon, they don't need to be waterproof. It's preferable if they can be put on without taking your boots off.
Boots	This is a really important decision, but again, fit is the ultimate decider. Choose a boot style to suit the level of tramping you plan to do. Basically the more rigid the easier rock hopping and sidling is. Expect to have a Vibram sole on any level of boot.

* We normally **tramp in shorts** - even in winter, albeit with long-johns or merino base layer long pants underneath. Don't tramp in cotton based fabrics such as jeans -they are slow drying, when wet they cling, restrict your movement and chill your legs. Wet legs dry much faster than wet jeans.

IN THE HUT OR AT THE CAMPSITE AT NIGHT

Warm jacket	You can be comfortable in a hut at night just wearing your fleece layer, but down jackets have been a revolution in both tramping and street wear more recently, particularly for wind protection. Lots of options, many with low collars. Consider a hooded option if camping out. But, like a sleeping bag, balance warmth versus the volume and weight in your pack.
Down sleeping bag	Again endless options. The weight of down you choose should suit your level of tramping. Balance warmth versus the volume and weight in your pack.
Carry mat	We used to sleep on closed cell foam. Cheap, rolled up and strapped to the outside of our packs. Then the Therm-A-Rest self-inflating mat caused a revolution and massive step up in comfort - and cost. Since then the airbed such as Neo-Air, has been a similar revolution. Reduced weight and pack volume along with another comfort step up - and increased price of course.

More points for safe and enjoyable tramping

- **Water supply.** We expect to top up from streams, hut tanks, etc. But watch that this is likely. You may need to carry enough water for the full day's tramp. This may be critical on a hot summer's day.
- Make sure that your footwear is suitable for the terrain being covered. Often our tramping is away from formed tracks. We leave boots on for river crossings.
- **Blisters** should be treated as soon as they are noticed. Do not let them develop.
- When travelling on a steep slope, if you dislodge a rock, warn those below by loudly shouting "**ROCK!**"