

NZ MOUNTAIN SAFETY COUNCIL ISSUES REMINDER TO CHECK YOUR TRAMPING EQUIPMENT NOW.

With summer round the corner, now is the time to check the condition of your tramping and camping equipment – before you need to use it.

The Mountain Safety Council reminds people to check the condition of their equipment well in advance of heading into the great outdoors so that worn or missing equipment can be repaired or replaced. Any repairs should be done by the manufacturer or certified agent.

PLAN YOUR TRIP: Use the following equipment checklist to make sure you are well-prepared for an enjoyable tramping holiday:

BOOTS

Ensure your boots are in good condition. Check your laces are in good order, and carry a spare pair. Leather boots should be supple and clean as a result of being wax or oiled after your last tramp. Blisters are a curse, so a walk to the shops and back or around the block to soften up your foot wear prior to your first tramp may help.

BE AWARE OF THE WEATHER: WET WEATHER GEAR

Check the care instructions first, but depending on the material a good wash will generally restore waterproofing and breathability.

PACK

Inspect your pack. Check stitching, buckles, domes, and zips for serviceability and that the shoulder straps are secure.

TENT

Check your tent. Pitch it and check for any tears or other weakness. Poles, pegs, zips, guy ropes and tent floors will need checking as well.

STOVE

Inspect your stove. Ensure it is in working order and that fuel canisters are rust free and seal correctly from any possible leaks.

TAKE SUFFICIENT SUPPLIES: OTHER EQUIPMENT

Take an appropriate means of communication. Check your compass, trekking poles, puttees, survival kit, first aid kit and pocket survival bag.

NEW TOPO50 MAP

Have you got a new Topo50 map for the area you intend to visit? The new Topo50 maps have the latest mapping coordinates used by emergency rescue services.

CLOTHING

Check your tramping gear/clothing for wear and tear and replace as necessary. Pay particular attention to your socks and thermal layer for wear points, replace if necessary to ensure comfort.

KNOW YOUR LIMITS: GETTING BACK THE PRE-WINTER FITNESS

Slow and steady is the key to regaining your fitness after a winter of cold wet days. Start with short distances and work up from there.

For more information and resources, go to the Mountain Safety Council website www.mountainsafety.org.nz.

ENDS

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