

# Packing List

Getting ready for your New Zealand adventure

## For walking

- A good waterproof rain jacket and pants (Gore-tex or similar)
- 1 – 2 warm layers (fleece, merino jacket, polartek, down jacket)
- 1 pair of long johns/thermal underwear (polyprop, merino, polyester or nylon)
- 3 – 4 thermal tops (polyprop, merino, polyester or nylon) – at least one of these should be long sleeve
- 1 pair hiking boots or strong walking shoes (with good ankle support)
- 3 pairs thick walking socks
- Warm hat and gloves – wool or fleece is recommended
- Sunhat / cap
- 1 – 2 pairs of lightweight, quick dry long pants or shorts. NOT jeans
- 1 Day pack between 15 – 25 L with chest and hip straps
- Water bottle or camelback – minimum 1 litre; 2 litres for those on a Sweet North Trip (this can be over 2 bottles).
- Optional – Dry bag for clothes valuables: *we recommend a dry bag that fits the larger pocket of your day bag to store your spare clothes on day hikes and electronic equipment. These are available in most outdoor supply stores.*
- Optional – Walking pole: *Your guides will have 1 walking pole per person available for you. If you prefer to use 2 poles or have your own gear that you like to use, please do bring it along with you.*

## General Clothing

- 1 set of comfortable travel clothes
- 1 set of sleepwear
- 1 light sweat shirt
- 1 set of swimwear
- Underwear
- Extra socks for non-hiking days
- 1 pair of “sight-seeing shoes” to wear when you are off the trails
- 1 change of smart casual clothing for restaurant dining\*

- 1 pair sport sandals (like Tevas) or water shoes for kayaking: not required on the Short South. These can also be your “sight seeing shoes”
- Optional – 1 pair cycle shorts: not required for Sweet North

## Documentation

- Passport – please remember to check your passport is valid for at least 3 months after your **departure** from NZ.
- Visa – if required
- Travel Insurance Certificate & emergency contact list
- Travel Documents – flight tickets and itinerary
- A small amount of NZD in cash – *It is good to have a small amount on arrival to New Zealand and on the trip should you wish to purchase any smaller items where card is not available. You can exchange money in New Zealand if preferred.*

## Other Items

- Phone and charger
- Camera, memory cards and charger
- Current converter and outlet adapter
- Travel alarm clock or watch/phone with alarm
- Headtorch/Headlamp
- Insect repellent (with Deet)
- Medications in their original packaging and copies of prescriptions
- Optional – Motion sickness tablets: highly recommended for boat based activities
- Sunscreen (SPF 30 & above recommended) and lip balm
- Toiletries
- Sunglasses
- Optional – Binoculars

## Laundry:

Great news! We have laundry facilities at most of our accommodation on your trip. Generally our guests do three washes during their tour at different locations, and your guides can help you plan the best times to get laundry done for your specific trip. The laundry facilities are either free or charge a small fee.

## Best Way to Keep Warm:

We visit alpine regions on our walking tours and can encounter cold weather any time of the year. The best way to beat the cold and the heat is to use the Layering System:

### Base Layer

- Foundation layer to keep the skin dry.
- Lightweight and quick drying.
- Options: Merino wool, polyester, silk and polypropylene. (Not cotton)

### Insulating Layer

- The warmth layer/s. Works by trapping air in-between the layers.
- Wicks the moisture away from the base layer.
- Can be multiple items, depending on the temperature and conditions. More than one insulating layer gives you increased flexibility.
- Options: Fleece, down and synthetic fibre variants such as Primaloft and Polarguard.

### Outer Layer

- Protection from the elements.
- Generally waterproof garments, that are quick drying, durable and breathable.

## \*Evening Attire:

Whether relaxing around the dinner table at our accommodation or eating out at a local restaurant, tidy and comfortable clothes are fine (you don't need your ballgown). Most of our guests wear jeans or slacks and a shirt or nice top to dinners. There is no need to dress up.



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