

PACKING LIST – NEW ZEALAND’S WILD WONDERS

FOOTWEAR

- 1 pair lightweight waterproof hiking boots with solid tread.
Note: *New Zealand customs are very strict so make sure your boots are clean, dry and packed at the top of your luggage for inspection.*
- 1 pair comfortable athletic shoes for cycling, casual wear, and to wear if your boots get wet.
- 1 pair of sandals for kayaking, bus or to wear in lodging i.e. Keens, or Tevas/Chacos
- 3-4 pair socks: wool or synthetic equivalent (Thorlo, Smartwool, Ultrex, or Teko)

CLOTHING

- 1-2 pair comfortable, lightweight, comfortable hiking pants, at least one pair should be quick drying
- 1-2 pair shorts or 3/4 pants (lightweight and quick drying) or hiking shirt
- 1-2 lightweight, long-sleeved shirts
- 1 lightweight long underwear top and bottom – In New Zealand, the locals wear long thermal underwear underneath shorts while hiking when it's cold
- 2-3 T-shirts or sleeveless shirts; one can be cotton
- 1 medium weight layer such as fleece pullover or wool sweater

- 1 wide-brimmed hat, visor, or baseball cap for sun
- Underwear / Pajamas or whatever you like to sleep in
- Rain jacket and pants (Must be completely waterproof- Ponchos are not suitable)
- 2-3 changes of comfortable clothes, casual evening wear for after day's activities
- Swimsuit – for kayaking and swimming opportunities
- Warm Hat and gloves

EQUIPMENT/ESSENTIALS

- 1 backpack for overnight hikes and a daypack for other hikes
- Pair of Trekking Poles
- Passport and a photocopy of your passport - **valid for at least 3-months beyond date of departure**
- Reef safe sunscreen and lip block with SPF of at least 30 - the sun in New Zealand can be quite harsh!
- Travel alarm/watch with alarm or watch
- Sunglasses (100% UV blocking) and retention strap
- Headlamp/small flashlight
- 2 liters water carrying capacity (water bottle or hydration system)
- Plug adaptor, New Zealand style. (VCT VP 103)
- Travel towel – bathroom towels are provided at most lodges. Can be used for kayaking or swimming.

TOILETRIES (small everything)

- Toothbrush, small toothpaste, shampoo, moist towelettes, sanitary supplies and a zip- lock plastic bag, contact lens paraphernalia, hand-sanitizer, sun-block, insect repellent
- Personal “patch kit”/ medications. (See ‘notes on packing list’ for recommendations)
Individuals allergic to insect stings must bring an epi-pen.

OPTIONAL (not required, personal preference)

- Small journal and pen
- Camera and film/memory card
- Favorite snack(s)

- Ear plugs (for a good night's sleep)
- Batteries/charger
- Shower shoes (like flip flops)
- Bandanna/Buff/Neck scarf - To wear over your ears on windy or cold days, or to cover your neck and protect from the sun
- 1 lightweight vest
- Wash cloth (typically New Zealand linens do not include a washcloth)
- Short gaiters
- Compact binoculars
- Down/Puffer jacket - Either real down or synthetic - warm, comfortable and lightweight for stops during cooler days and evenings
- Keepcup/reusable cup - If you like to drink hot drinks, tea and coffee etc, you might like to bring a keep cup for those occasions where we can buy a take-away drink, avoiding the need to use and throw away paper cups
- Insect Repellent
- Dry bags - Small, lightweight waterproof bags to keep your gear compact and dry inside your day pack

NOTES ON PACKING

Adventures in Good Company's packing list includes items to help you be prepared for the various activities and conditions. It is not personalized, so please add the items that you require to travel safely and comfortably but remember – less is better! You may not use everything you bring; however, you need to come prepared for all possible weather. At the same time, you must be able to carry your own luggage, sometimes up and downstairs. Bringing a duffel bag or soft-sided suitcase with wheels, rather than a hard-sided suitcase, is easier for packing into the vans that will be transporting our luggage. **As space for luggage on our trips is limited, please do not overpack!**

Daypacks: Your daypack should be large enough to hold the following items: 1 – 2 liters of water, rain gear, lunch/snacks (for the day), sun screen, warm layer (fleece pullover or vest), personal first aid kit, lightweight gloves, warm hat and personal items such as camera, etc. We recommend a daypack with a capacity of between 1800 and 2400 cubic inches with a hip belt, padded shoulder straps, and 'lifters'. Line your daypack with a durable plastic bag to keep your belongings dry, or have an elasticized pack cover that fits snugly over it. Before you leave home check to be sure that it is comfortable to wear all day and has sufficient space for all of your items. Note: Fanny-packs and hydration packs are not large enough to hold all of the items you will need for the day.

Footwear: Well-fitting, sturdy boots or trail shoes are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes *before* your trip. For general trekking, lightweight cordura or leather boots work well. Leather boots may be waterproofed in various simple ways, and cordura boots will be waterproof if they are lined with Gore-Tex. If you have weak ankles or are recovering from an ankle injury, get good quality boots that come above the ankle– you'll find that this will give you more support in uneven or slippery terrain.

Personal First Aid Kit: Small first aid kit with familiar medicine you might need for personal use, ESPECIALLY blister or foot remedies like moleskin (not molefoam), gelskin, blister bandages or similar. The amount and kind you bring will depend on your tendency to blister but many people get blisters on hiking tours. Other suggestions: remedies for respiratory ailments? Stomach ailments? Sore muscles or joints? We will have a first aid kit too, but if you already know what works for you it's better to have it! We are unable to supply/administer anti-inflammatory or anti-histamine medication so this is not carried in our guide first aid kits. It is essential that if you feel you may need anti-inflammatories such as Paracetamol or Ibuprofen, or anti-histamines, you bring a small supply of your own, in addition to any other medication you regularly take. Please ensure you inform your guides if you are taking medication not already listed on your medical form, so that we can support your wellbeing. Check [here](#) if your medication requires any special documentation at the border.

Clothing: Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity. You can use long underwear as your base layer, your mid-weight top or vest as your second layer, and your fleece jacket as a third layer. You use your rain gear as your outer layer, and warm hat and/or gloves as needed.

Rain Gear: You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. **Be sure it keeps water out.** Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Lastly, the wind/rain pants. They should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots.

Hydration: It is very important to your safety and enjoyment to have an *independent* ability for accessing your water. As you are hiking you will need water to be accessible in order to drink frequently. One method is to have a water bottle attached to your waist strap. Another option is to use a **HYDRATION SYSTEM** such as CamelBak, Platypus, and MSR bladder bags, which are simply a collapsible water bag with a hose attachment that you drink from. These fit inside your pack with the hose positioned over your shoulder where you can access your water without the use of your hands. Some models are designed to attach to the outside of your pack. Bladder bags can hold 40-100oz. of water.

Trekking Poles: Trekking poles are strongly recommended for this trip. Trekking poles contribute to your safety by improving your balance and stability, and to your health by saving stress on your hips and knees. If you are not familiar with trekking poles, [click here to read this blog post](#) that addresses the most commonly asked questions.

If you will be purchasing trekking poles for your trip please make sure they meet the following guidelines:

1. Height of the poles can be adjusted
2. They have an upright (as opposed to cane-like) handle
3. Have wrist straps that can be adjusted.

- For a detailed description of considerations when purchasing a pair of trekking poles [please click here to read our blog.](#)

Important note regarding luggage: Please follow the packing list closely to avoid excessive luggage. We recommend packing in a medium-size suitcase or duffel with wheels. You must be able to easily handle your own luggage keeping in mind that some hotels may not have elevators and negotiating stairs may be necessary.