

# Gear List

## Essential Clothing

- **Waterproof rain jacket/shell:** a breathable, unpadded shell jacket with a hood which keeps you dry when active. Ponchos are not suitable.
- **Waterproof rain pants:** for keeping dry and active on rainy days.
- **Fleece/down jacket/wool sweater:** one or two something nice and warm for cold days and nights.
- **Shirts/T-shirts:** two or three, some cotton, some quick-dry.
- **Long-sleeve shirts:** one or two, some cotton, some quick-dry, and for insect protection.
- **Lightweight trousers:** one or two pairs, for cooler nights, higher elevations and insect protection. At least one quick-dry pair is recommended.
- **Shorts:** one or two pairs, some cotton, some quick-dry.
- **Thermal underwear:** one set of top and bottom thermal/ polypropylene underwear.  
**NOTE:** In New Zealand, the locals wear long thermal underwear underneath shorts while hiking when it's cold – you might like to do the same!
- **Socks:** three or four pairs. Some good quality hiking socks, some warm, some casual.

## Essential Luggage

- **Main piece of luggage:** a sports bag with wheels, a suitcase, a backpack or similar. It should ideally be soft-sided with total dimensions of up to 158 centimetres (62 inches) length + width + height.
- **Daypack:** used for day trips and on the bus. Must be well fitting with supportive shoulder straps, a rain cover and a waist-strap. Should be large enough for your water bottle, packed lunch, raincoat, fleece, camera and personal items. Size 30 litres (2000 cubic inches).

## Essential Footwear

- **Hiking boots:** required for most days of the trip. Sturdy boots with good ankle support and solid tread are required. They should be comfortable, well worn-in and waterproofed.  
**NOTE: New Zealand customs are very strict so make sure your boots are clean, dry and packed at the top of your luggage ready for inspection on arrival into New Zealand.**
- **Trail runners/running shoes:** for casual wear, and to wear when your boots are wet!
- **Jandals/light sandals:** or similar. Good for on the bus.

## Essential Accessories

- **Warm hat:** wool/fleece ski hat, or similar.
- **Sun hat:** baseball cap, or similar.
- **Sunglasses:** with a retainer strap if you have one.
- **Warm gloves:** wool/fleece gloves.
- **Water bottle/bladder:** two litre volume.

**GEAR NOTE:** if you're not sure what any of these things are, please ask at your nearest outdoor store, or ask us. We want you to be as well prepared as possible for your trip