



PACKING LIST – Day hike

What to wear and bring for a day hike

MINIMUM REQUIREMENTS – For comfort and safety all clients MUST bring the equipment below.

- Jacket/Coat – wind and waterproof with hood
- Boots – sturdy, good fit, protected with dressing/polish
- Trekking pants/trousers
- Top/ shirt – quick drying sports or hiking tops are best.
Avoid cotton as although cool in the summer, it can be cold when wet or sweaty
- Walking socks
- Warm hat, beanie or balaclava and gloves or mittens
Even in summer the weather can turn cooler in the evenings
- Mid layer pullover: fleece tops or polartec type are ideal (light and quick drying)
Cotton hoodies are not as warm and heavy when wet
- Shorts
- Day pack – ideally with a waterproof liner
Pack should be light, strong and comfortable approx. 20-40 litres to carry your water bottle, sunscreen, insect repellent, camera, snacks and extra clothing/ waterproof
- Drink Bottle
We can normally fill up along the way in streams so 1 litre is normally sufficient
- Personal medication if required
- Insect repellent
- Sunscreen, lip balm and sunhat

OPTIONAL SUGGESTIONS

- Gaiters or Puttees – to keep out water and gravel
- Thermals – long sleeved top and long johns (quick drying)
The kiwi way is to wear them under shorts and t shirts
- Over trousers – waterproof and windproof, essential if you get cold quickly
- Sunglasses
- Binoculars
- Blister plasters/band-aid or tape
Although we do carry a first aid kit too
- Camera, spare batteries and spare memory card