



## PACKING LIST

### What to bring for overnight hikes & camping trips

*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
- Treking pants/trousers
- Tops/ shirts – quick drying sports or hiking tops are best.  
*Avoid cotton as although cool in the summer, it can be cold when wet or sweaty*
- Thermals – long sleeved top and long johns (quick drying)  
*The kiwi way is to wear them under shorts and they can double up as sleep wear/pajamas*
- Socks – 2-3 pairs  
*Good pair of walking socks and a warm pair to wear in the evening round camp*
- Underwear
- Warm hat, beanie or balaclava  
*Even in summer the weather can turn cooler in the evenings*
- Warm gloves or mittens
- Mid layer pullovers: fleece tops or polartec type are ideal (light and quick drying)  
*Cotton hoodies are not as warm and heavy when wet*
- Shorts
- Pack – with a waterproof liner such as the yellow “NZ Mountain Safety Council” pack liner.  
*Pack should be light, strong, comfortable, 60-90 litres for overnight trips where you are carrying your own gear and able to carry up to one quarter of your weight.*
- Sleeping bag – good quality down or synthetic fibre.
- Sleeping Mat – closed cell foam, or a self-inflating airbed.
- Torch – small with spare bulb & batteries.
- Drink Bottle  
*We can normally fill up along the way in streams so 1 litre is normally sufficient*
- Toiletries/wash kit, toilet roll and any personal medication if required
- Insect repellent
- Sunscreen, lip balm and sunhat

### OPTIONAL SUGGESTIONS

- Gaiters or Puttees – to keep out water and gravel
- Over trousers – waterproof and windproof, essential if you get cold quickly
- Comfortable lightweight shoes to wear round camp in the evenings
- Sunglasses
- Binoculars
- Earplugs for light sleepers
- Watch/ alarm clock
- Travel wipes/ tissues
- Swimwear

*The rivers/lakes are great to cool off in although spare underwear is often substituted*

- Blister plasters/band-aid or tape

*Although we do carry a first aid kit too*

- Camera, spare batteries and spare memory card