

Packing Checklist

New Zealand Hiking Adventure

Come prepared for all kinds of weather! Choose dual-purpose, lightweight clothing that you can efficiently layer. Merino wool and synthetic fabrics like polar fleece are recommended over anything cotton or denim for their quick-drying and sweat-wicking capabilities.

If you're not sure what any of the items in the packing list are, please ask us or your nearest outdoor outfitter. We want you to be Girl Scout-prepared for your adventure ahead!

Hot tip:

Before your trip, become well-acquainted with your gear—especially your hiking boots, poles (if desired) and backpack. Wear your day pack on training hikes and gradually increase the weight that you are carrying so when you strike off on day one, your pack feels like a part of you!

Required Items

- Main piece of luggage: a sports bag with wheels, a soft-sided suitcase or 30-40 L backpack
- Small daypack (10-20 L). This will be for carrying water, your packed lunch, camera and rain gear. Backpacks with a waist and chest strap are recommended for long days in the hills to alleviate weight from your shoulders.
- Waterproof backpack cover and/or dry bags to waterproof essentials. A budget friendly option? Ziploc bags!
- Hiking boots: these will be required for most days of the trip. They should be as comfortable as your favourite pair of jeans, well worn-in and waterproofed. For hot tips on investing in footwear, check out our blog on “Re-booting.”

- Trail runners or running shoes: for casual wear and to wear if your hiking boots are soggy!
- Sandal or flip flops, whatever fits your style profile! These will be ideal for sea kayaking, the bus and to chill out in at night
- Socks: three or four pairs—merino brands like Smartwool and Darn Tough will be your new BFFs.
- Waterproof jacket and pants: a breathable, shell jacket with a hood + armpit zips, and breathable pants will keep you smiling even when Mother Nature is frowning.
- Fleece/down jacket/wool sweater: one or two, whatever keeps you coziest!
- Shirts/T-shirts: two or three, some cotton, some quick-dry
- Long-sleeve shirts: one or two, some cotton, some quick-dry (for nuisance insects)
- Lightweight pants: one or two pairs, for cooler nights, higher elevations and insect protection. At least one quick-dry pair is recommended.
- Shorts: two or three pairs, some cotton, some quick-dry
- Thermal underwear: two top and bottom sets of thermal/polypropylene underwear - you'll be in and out of these a lot! Base layers by Helly Hansen or Louis Garneau are WWE approved and loved!

💡 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! #trending

- Underwear and bras as desired
- Pajamas/nightwear
- Swimsuit: for kayaking, and also any spontaneous swimming opportunities
- Sun hat or baseball cap
- Warm hat: wool/fleece—a toque for the Canadians!
- Fleece gloves or mitts (these will be appreciated on the boat tour)
- Sunglasses: with a retainer strap ideally, to, well, retain them!

- Water bottles or camelback hydration system—you will carry 2-3 L per day.
- Camera: memory cards and batteries/ charger (240V capable with plug adapter for New Zealand)
- Toiletries: shampoo, conditioner, toothbrush, toothpaste, soap, facecloth (if desired), prescription medications (bring in duplicate and pack separately), glasses/ lenses, feminine hygiene products, wet wipes, hand sanitizer etc.(some accommodations provide some of these and some don't, so it's best to bring your own stash)
- Travel towel: bathrooms towels are provided at most of the places we stay though not all. You might like to bring a quick-dry travel towel for swimming too.
- Sunscreen & insect repellent
- Personal First Aid Kit (Ibuprofen/ASA, Band-aids, adhesive tape, antihistamines, anti-nausea tablets, Polysporin, Imodium, throat lozenges, extra prescription medication you may be taking—pack it separately), blister kit if you're prone (2nd Skin, Compeeds or moleskin).
- Ziploc baggies in various sizes (can be used to carry lunch, snacks, wet bathing suits, dirty boots, etc.). Also good to waterproof items if it rains or when kayaking.
- Earplugs (recommended for shared rooms)
- Alcohol-based sanitizer and face masks (if necessary)
- RAT Antigen kits for self-monitoring during the trip (if necessary)
- Watch or small travel clock with alarm

Optional Items

- Hiking poles: these are not essential, though we highly recommend bringing one or two poles with you for extra stability on the hikes (these must be packed in your checked luggage)
- Hiking gaiters: not essential, though you will appreciate them on this trip to keep the tops of your boots and socks dry—and they provide additional warmth!

- Dress/skirt or your favourite jeans/fancy-casual top (for nightly restaurant dinners and if you extend your stay in New Zealand). Whatever makes you feel like the bee's knees!
- Bandana/Buff
- Small pillow
- Binoculars
- Guide book to NZ birds
- Pencil and notebook/journal
- Pocket knife (be sure to pack this in your checked bag!)
- iPod if you love your tunes
- Reading material (you can always trade paperbacks within the group to save luggage space)
- Energy snacks and drinks: Snacks will be provided but you may wish to bring an emergency "hangry stash" if you have special dietary needs or personal favourites.
- Adapter plug/power converter
- Headlamp/flashlight
- Small eyeglass repair kit

Essential Documents

- Passport: stored in a waterproof wallet/Ziploc bag
- Copies of your passport, medical insurance, air tickets (pack separate from the originals)
- Money: cash in local currency, credit/debit cards with pin number for cash withdrawals
- Air tickets and itinerary

Packing Notes

Luggage Logistics

Prepare for lost or delayed luggage by wearing or carrying on the items that are essential to your expedition (like your hiking boots and fleece!). When packing your carry-on try to include what you would need to be comfortable for your first few days in case your checked baggage is misrouted by the airline (rain gear, medications, itinerary, snacks, change of socks/underwear).

As a general rule, don't bring more than you can carry! This will help ensure smooth-as-pudding transfers in airports, through customs, hotels, and loading vans/trailers/boats. On adventure travel trips it is best to travel with one larger check-in bag and one carry-on bag. Most airlines have reduced the weight maximums for checked bags to 50 lbs (22 kg). Be sure to check with your airline for weight restrictions and carry-on allowances.

We recommend soft-sided luggage or a medium duffle bag or backpack of 30-40 L (your checked bag) and a medium daypack of 10-20 L (your carry-on bag) for most adventures.

Most days, your luggage will be loaded into the minibus and transported along with you. Of course, if you're staying two nights in one place, your luggage stays safely in your room.

Your Daypack Essentials are:

- Insect repellent
- SPF
- Lip balm
- Camera + extra battery

- Binoculars
- Light rain jacket
- Refillable water bottle
- Sunglasses
- Alcoholic hand sanitizer/face mask (if necessary)
- Hat (actually this should probably be on your head)
- Personal medication

Hiking 101

You'll need a reliable, well-loved pair of hiking boots for your trip as you'll be wearing them more often than not!

We'll be hiking over rooty, rocky, uneven terrain so we want you to be prepared with suitable equipment. We'll also be crossing a number of streams where, for safety reasons, we recommend keeping your boots on so it's a good idea to waterproof them.

It would be smart to actually wear your hiking boots on the plane, just in case your luggage is diverted or doesn't arrive. If you choose to pack your hiking boots, be sure to thoroughly scrub any dirt off of them (or your trail runners) before leaving home. Pack them somewhere easy to access for inspection by Biosecurity upon entering New Zealand - they will fine you if they have to clean your dirty shoes, and they won't let muddy boots into New Zealand!

Rain Jacket & Pants 101

You'll need to invest in a waterproof, windproof and breathable rain jacket and pants for your trip. A poncho won't cut the mustard! New Zealand summers gets a fair bit of rain—it wouldn't be the country it is without it, and our activities don't always stop for it. You need a jacket that's not too light (it won't keep you dry properly and you'll get cold), not too heavy (or you'll get too hot while hiking) and with a decent hood. If you don't

already own a waterproof jacket, we recommend chatting to your local outdoor retailer for the best jacket for you, or ask a friend to borrow one!

Resources for Buying Outdoor Gear & Clothing

- Resources for Buying Outdoor Gear & Clothing
- Mountain Equipment Co-op, REI, SAIL, Atmosphere, Sportchek
- Borrow: Why buy when you can borrow from a friend?
- Variety/Value Village, Goodwill, Salvation Army and online swap sites are also great places to find second-hand gear for a fraction of the price. Reduce, Reuse, Recycle, Rewear!