

GEAR LIST

Te Ara Whakatipu is a wilderness based programme which includes more than 22km of walking, in unpredictable weather. **Proper gear is essential for this hīkoi**, so please ensure you bring suitable gear including compulsory quick drying shorts/pants and wool/polypropylene/fleece layers.

All your clothing (apart from your travelling clothes) for the five day hīkoi will need to fit into one backpack. You will be carrying this pack for up to six hours so it is important that you only bring what you need: i.e. one set clothes to hike in, one set comfy clothes for the lodge, one very warm and cosy top. Rakatahi will be provided with a waterproof jacket if required. In an outdoor setting **cotton = rotten, so please don't bring cotton** (unless it is for sleeping in or wearing around the lodge in the evening)

Travelling to and from Manapouri

- One set of comfortable clothes that will be left at the lodge, and not taken into Whakatipu Waitai/The Hollyford Valley
- Packed lunch, or lunch/snack money, for the 10 hour drive to Manapouri
- Lunch / snack money, for the 10 hour return drive from Manapouri to Christchurch

One set of clothes to hike in

- 1x Base layer – merino wool or polypropylene thermal long sleeve and long leg.
- 1x First layer – wool or micro fleece long sleeve
- 1x Mid layer – warm jumper or jacket (essential that this is wool/fleece and windproof)
- 1x Outer layer – 100% waterproof rain jacket is provided
- 1x Trouser – quick dry hiking trousers (or quick dry shorts worn with thermals)
- Footwear – Hiking boots, no exception, must be sturdy and suitable for 6+ hours of walking in the wilderness.
- 3x Socks – wool or thermal blend
- 2x Hats – wool / fleece for when cold & peaked / brimmed for when hot
- 1x Daypack, with hip straps and pack liner/rubbish bag, that is big enough to fit all your clothes

One set of comfortable clothes for wearing at the lodge in the evenings

- 1x First layer – shirt or t-shirt
- 1x Mid layer – jersey, jumper or sweater
- 1x Trouser – lightweight trousers or track pants (no jeans)
- 1x Sandals or jandals for the lodge

Other necessary gear

- Sleeping Bag
- Sleepwear
- Towel
- Water bottle – 750ml (bottles that can be filled up from streams are recommended)
- Sunscreen – SPF 30+
- Underwear
- Insect repellent (we also recommend anti-histamines if you react badly to bites)
- Blister pack – 'Second Skin' or other blister protection
- Toiletries – toothbrush, toothpaste, deodorant, (conditioner, shampoo, soap are provided)
- Medications
- Sanitary products
- Head torch/Torch

Other / Optional Items

- Gloves – wool or fleece
- Waterproof trousers
- Walking poles
- Camera – with memory card / spare film and charger / batteries

Te Ara Whakatipu is a strictly alcohol, drugs, smoke and cellphone FREE kaupapa