

# EXAMPLE GEAR LIST

## For Overnight Courses

**Please note:** This is an example of a gear list, a specific gear list for the appropriate programme will be sent out as part of the enrolment process. Items underlined Whenua Iti Outdoors can provide if you do not have them.

### Clothes:

- Waterproof Raincoat
- 2x Wool/polypro top (thermal layer)
- 2x Wool/ polypro long johns
- 2x Wool/ Fleece jersey (mid layer)
- Synthetic fast drying shorts/trousers
- Wool/ Fleece hat
- Wool/Fleece Gloves
- Sunhat/Sunscreen/Sunglasses
- Spare socks (ideally some are wool or thermal)
- Spare underwear
- Windproof / Rainproof over-trousers
- T-shirts (synthetic / fast drying)
- Worn in walking boots or sturdy sneakers
- Running shoes or trainers
- Light footwear for around camp
- Snacks (energy food)
- Water bottle
- Long trousers - lightweight & nylon is best

### Camping Gear

- Pack or large bag 70L +
- Pack Liner (waterproof)
- Sleeping Bag
- Sleeping mat
- Day Pack
- Mug, bowl, knife, fork and spoon
- Toilet kit (soap, hand sanitiser and toilet paper)
- Toothbrush and small toothpaste
- Towel (a small one)
- Torch (is essential!)** and new/spare batteries! (small ones are good)
- Personal First Aid Kit e.g.: plasters.
- Personal medication- to be handed in to tutors on first day
- Spare plastic bags –these will come in very handy!
- Camera – Optional Item.

**Remember - NO Mobile phones.**