

GEAR LIST

For Overnight Courses 2021



Please note: This is a comprehensive gear list of 'must have' items. Whenua Iti Outdoors can provide those items underlined 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
- Long trousers - lightweight & nylon is best
- Sunhat/Sunscreen/Sunglasses
- Spare socks (ideally some are wool or thermal)
- Spare underwear
- T-shirts (synthetic / fast drying)
- Running shoes or trainers
- Swimwear
- Wool/ Fleece hat
- Wool/Fleece Gloves
- Spare set of shoes that may get wet/dirty

Personal Overnight Gear:

- Pack or large bag 70L +
- Pack Liner (waterproof)
- Sleeping Bag
- Sleeping mat
- Day Pack
- Worn in walking boots or sturdy sneakers
- Mug, bowl, knife, fork and spoon
- Snacks (energy food)
- Personal Water bottle
- 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 phone.

Be prepared to hand them over to a WIO tutor on day one of each week