

## INDIVIDUAL GEAR LIST - FOR EACH WEEK (Minimum required)

**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.

### Minimum Clothes (December – March):

- Waterproof Raincoat
- 1x Wool/polypro top (thermal layer)
- 1x Wool/ polypro long johns
- 1x 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
- Light footwear for around camp

### Additional Clothes (April - November):

- Windproof / Rainproof over-trousers
- 1x Wool/polypro top (thermal layer)
- 1x Wool/ polypro long johns
- 1x Wool/ Fleece jersey (mid layer)
- Wool/ Fleece hat
- Wool/Fleece Gloves

### Personal Overnight Gear

- Pack or large bag 70L +
- Sleeping Bag
- Sleeping mat
- Day Pack
- 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
- 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.

**Programmes with Water Activities**

- Wet-suit
- Wet-suit booties or jandals/sandals
- Rash top
- Swimwear

**Programmes with Mountain Biking**

- Bike shorts
- Bike gloves

**Programmes with Caving**

- Gumboots
- Overalls
- Spare set of clothes that may get dirty
- Spare set of shoes that may get wet

**Programmes with overnight tramping**

- Tramping back-pack 70 litre
- Pack Liner (waterproof)
- Worn in walking boots or sturdy sneakers

**Remember - NO Mobile phones.**

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