

INDIVIDUAL GEAR LIST FOR OVERNIGHT EXPEDITIONS (Minimum required)

Please note: This list is yours to keep as a reference when packing.
Underlined is gear that Whenua Iti can provide if you do not have it.

Remember NO Mobile phones

Minimum Clothes

- 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
- Socks for the week (ideally some are wool or thermal)
- Underwear for the week
- T-shirts (synthetic / fast drying)
- Running shoes or trainers for river crossing
- Light footwear for around camp
- Wool/Fleece Gloves
- Wool/Fleece Hat

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)

Personal Overnight Gear

- Tramping back-pack 70 litre
- Pack Liner (waterproof)
- Worn in walking boots or sturdy sneakers
- Sleeping Bag
- Sleeping mat
- Day Pack
- Snacks (energy food)
- Water bottle
- Mug, bowl, knife, fork and spoon
- 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.