

INDIVIDUAL GEAR LIST

Please note: This list is yours to keep as a reference when packing.

Underlined is gear that Whenua Iti Outdoors can provide if you do not have it.

Only ONE GEAR BAG per person, no loose items everything must fit in your gear bag.

Minimum Clothes (December – March):

- Waterproof Raincoat
- 1x Wool/polypro top (thermal layer)
- 1x Wool/ polypro long johns
- 1x Wool/ Fleece jersey (mid layer)
- Spare socks (ideally wool or thermal)
- 1x Running shoes or trainers
- Sunhat/Sunscreen/Sunglasses
- Spare underwear
- Day time casual clothes (clean and tidy). Enough for 4 days.
- A set of smart-casual clothes for meetings with tourism operators.
- Sleep clothes (PJs)(Onesie)
- Swim wear (for weeks in summer)

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 (turn page over)

- Pack or large bag (with all your gear in it)
- Sleeping Bag
- Sleeping mat
- Day Pack
- Mug, bowl, knife, fork and spoon
- Personal Water bottle
- Toilet kit (soap, hand sanitiser and toilet paper)
- Toothbrush and small toothpaste
- Torch
- Towel
- Pillow
- Personal medication - to be handed in to tutors on first day
- Spare plastic bags –these will come in very handy!
- Camera – Optional Item.
- Snacks (food is supplied but you may want your own)

Remember - NO Mobile phones or Music devices

