

## INDIVIDUAL GEAR LIST (Minimum Required)

**Please note:** This is a comprehensive gear list of “must have” items - keep this list as a reference when packing. Underlined is gear that Whenua Iti can provide if you do not have it. Students are encouraged to source their own gear in the first instance. Due to limited availability of some items, please let your School Trades Coordinator know of any gear you need to borrow from WIO, so that this can be organized before your programme starts.

### Minimum Clothes:

- Waterproof Raincoat
- 2x Wool/polypro tops (thermal layer)
- 1x Wool/ polypro long Johns
- 2x Wool/ Fleece jerseys (mid layer)
- Wool/ Fleece hat
- Wool/Fleece Gloves
- Running shorts (synthetic / fast drying)
- T-shirts (synthetic / fast drying)
- Running shoes or trainers
- Long trousers - lightweight & nylon is best
- Sunhat/Sunscreen/Sunglasses
- Socks (ideally some thin for running and some thicker - wool or thermal)
- Spare underwear
- Light footwear for around camp (jandals/crocs)
- Wet-suit booties or spare set of shoes (enclosed) that will get wet
- Swimwear
- Towel
- Old set of clothes that may get wet/dirty
- Face mask

### Personal Overnight Gear

- Pack or large bag 70L +
- Sleeping Bag
- Sleeping mat
- Day Pack
- Mug, bowl
- Personal Water bottle
- Knife, fork and spoon
- Toilet kit (soap, hand sanitiser and toilet paper)
- Toothbrush and small toothpaste
- Torch (Essential! - Small is good)** and new/spare batteries!
- Personal First Aid Kit e.g.: plasters.
- Personal medication - If you require assistance, please let your tutors know on day 1.
- Spare plastic bags –these will come in very handy!
- Camera – Optional Item.
- Snacks (food is supplied but you may want your own)

### Programmes with overnight tramping

- Tramping pack (70 litre volume minimum)
- Pack Liner (waterproof)
- Windproof / Rainproof over-trousers
- Walking boots (worn in) or sturdy sneakers

**Remember - NO Mobile phones or Music devices**