

## INDIVIDUAL GEAR LIST

**Please note:** This is a comprehensive list of 'must have' gear.

However, Whenua Iti Outdoors can provide those items underlined if you cannot source them yourself.

### Minimum Clothes:

- Waterproof Raincoat
- 2x Wool/polypro tops (thermal layer)
- 1x Wool/ polypro long johns
- 2x Wool/ Fleece jerseys (mid layer)
- 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

### Additional Clothes (April - November):

- 1x Wool/ polypro long johns
- Wool/ Fleece hat
- Wool/Fleece Gloves

### 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 - 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)

### 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**

