

# GEAR LIST

## For Day Programmes



### Please note:

1. This is a comprehensive gear list of 'must have' items. Whenua Iti Outdoors can provide those items underlined if you do not have them.
2. The actual clothing you choose to wear/bring on the day will depend on two main factors:
  - a. the weather (e.g. hot/cold, dry/wet), and;
  - b. the activity e.g. beach day (swim gear), caving (old shoes), etc.

### Personal Gear

- Day Pack
- Lunch, Snacks (energy food)
- Personal Water bottle
- Personal medication

### Minimum Clothes (Warm and dry):

- Synthetic fast drying shorts/trousers
- T-shirts (synthetic / fast drying)
- Running shoes or trainers
- Sunhat/Sunscreen/Sunglasses

### Additional Clothes (cold and/or wet):

- Waterproof Raincoat
- Windproof / Rainproof over-trousers
- 1x Wool/polypro top (thermal layer)
- 1x Wool/ polypro long johns
- 1x Wool/ Fleece jersey (mid layer)
- Long trousers - lightweight & nylon is best
- Wool/ Fleece hat
- Wool/Fleece Gloves

### Programmes with Water Activities

- Swimwear
- Towel

### Programmes with Caving

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

**Remember - NO Mobile phone.**