

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
- 1x Wool/polypro tops (thermal layer)
- 1x Wool/ polypro long johns
- 1x Wool/ Fleece jerseys (mid layer)
- Wool/ Fleece hat
- 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):

- Windproof / Rainproof over-trousers
- 1x Wool/polypro top (thermal layer)
- 1x Wool/ polypro long johns
- 1x Wool/ Fleece jersey (mid layer)
- Wool/Fleece Gloves

Personal Overnight Gear

- Pack or large bag
- 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