



## GEAR LIST – MANUKA

This list is intended as a guide for a 14 day *Manuka* trip during October through April. You will need the cold weather items – even in NZ summer!

### ESSENTIAL PAPERS

- International & domestic air tickets and any other travel documents
- Travel insurance papers & numbers (ACTIVE NZ *highly* recommends purchasing travel insurance)
- Passport - must be valid for *at least* 3 months after arrival into New Zealand
- Visitor Permit – granted on arrival for those with USA, Australian, British, Canadian, most European Passports with at least 3 months validity. If you have another passport type you may need to obtain this permit in advance. Please check with your nearest New Zealand embassy.
- Credit/debit cards, travelers checks, NZ cash
- ACTIVE NZ Trip Summary - containing pick up location & emergency contact numbers
- ACTIVE NZ Brochure & *Manuka* trip itinerary

### REQUIRED ITEMS

- 1 x large duffle bag/suitcase to carry all your gear – preferably soft-sided
- 1 x day pack – large enough to carry your raingear, fleece, camera, water & personal items
- 2 x 1 quart/litre water bottles or similar
- 1 x hiking boots – sturdy, with good ankle support & tread, comfortable & worn in
- 1 x walking shoes, sandals or similar – for casual wear
- 1 x rain jacket – medium weight with a hood (e.g. Gortex, PreCip)
- 1 x rain pants – light/medium weight (e.g. Gortex, PreCip, polyester), optional but highly recommended
- 1 x hiking gaiters – (e.g. Gortex) – to help protect your legs & keep water out during river crossings, optional but recommended (especially if you don't have rain pants)
- 1 x medium-weight fleece/jacket
- 2 x light-weight fleeces/sweaters
- 1 x set of long thermal underwear – top & bottom (e.g. polypropylene, capilene)
- 2 x shorts
- 2 x long pants
- 4 x t-shirts
- 2 x long-sleeve shirts
- 1 x warm hat (e.g. wool/fleece ski hat)
- 1 x warm gloves (e.g. wool/fleece gloves)
- 4-5 x pair underwear
- 4-5 x pair warm hiking socks
- 1 x pyjamas/nightwear
- 1 x sun hat (e.g. baseball cap)
- 1 x sunglasses
- 1 x camera, film/memory cards & batteries/charger (240V with NZ plug adapter)
- 1 x insect repellent – for sandflies and mosquitoes
- 1 x sunblock – SPF 15-30 recommended at all times of year in NZ
- 1 x flashlight/headlamp
- 1 x toiletries bag – you'll need your own shampoo/conditioner, soap, toothbrush/paste, prescription medications/lenses, razors, feminine hygiene products etc.

**FABRIC NOTE:** If possible, we recommend pants, shorts & t-shirts made from quick-drying, non-cotton fabrics for all the activities on our trips. This is because cotton clothing tends to retain water when wet (due to rain, humidity or perspiration) which usually results in making you cold and uncomfortable - the last thing we want you to be! If you don't already own some, at least one or two quick-dry t-shirts would be a worthwhile purchase for this trip.

### OPTIONAL ITEMS

- Personal first aid kit (e.g. second skin, if you are prone to blisters)
- 1-2 trekking poles, extendable – very useful, but not essential
- Money belt/pouch for valuables (For transit only, NZ is generally a very safe country)
- Reading material, pocket knife, alarm clock, binoculars etc.
- Nice jeans/khakis/skirt (for Auckland, Christchurch, Queenstown etc.)
- Hairdryer (240V with NZ/Australian plug adapter)

### SUPPLIED/UNREQUIRED ITEMS (ACTIVE NZ will provide where needed)

- Water purification equipment/chemicals – you can drink straight from most NZ streams
- Plates/cutlery/cooking equipment
- Laundry detergent
- First aid equipment
- Navigational equipment

### MILFORD TRACK GUIDED WALK OPTION

At your pre-track briefing the night before you start the track, you'll be provided with a medium-sized backpack (40L) and a storage sack (20L) free of charge, as well as a sleep sheet (for those in dorm-share rooms). If you have a pack that you know will work well by all means bring it along, otherwise we'll always have one available for you. That evening you'll divide your gear into three parts: Milford Track gear, Milford Sound gear & Queenstown gear. Your Milford Track gear will consist of a medium-sized backpack, hiking boots, socks, hiking shorts/pants, hiking shirt, warm fleece, warm hat, warm gloves, rain gear, a change of clothes for the evenings, sleepwear, sleeping sheet (if applicable), camera, flashlight & minimal toiletries. Shampoo, conditioner, soap, washing machines and excellent drying rooms are provided at each lodge which allow you to keep your backpack to a minimum. Your Milford Lodge gear will consist of a storage sack and a change of clothes for the last night of the Track, the Milford Sound cruise & journey back to Queenstown. This sack will be transported to Mitre Peak Lodge, Milford Sound to await your arrival at the end of the Track. Your Queenstown gear will remain in your duffle/suitcase and stored securely for you in Queenstown until you return.

### HOLLYFORD TRACK GUIDED WALK OPTION

At your pre-track briefing the night before you start the track, you'll be provided with a medium-sized backpack (40L) and a storage sack (20L) free of charge, as well as a sleep sheet (for those in dorm-share rooms). If you have a pack that you know will work well by all means bring it along, otherwise we'll always have one available for you. That evening you'll divide your gear into two parts: Hollyford Track gear & excess gear. Your Hollyford Track gear will consist of a medium-sized backpack, hiking boots, socks, hiking shorts/pants, hiking shirt, warm fleece, warm hat, warm gloves, rain jacket & pants, a change of clothes for the evenings, sleepwear, sleeping sheet (if applicable), camera, flashlight & minimal toiletries. Shampoo, conditioner, soap, washing machines and excellent drying rooms are provided at each lodge which allow you to keep your backpack to a minimum. Your excess gear will remain in your duffle/suitcase and stored securely for you in Queenstown until you return.

### PACKING FOR THIS TRIP

The gear described above is intended as a guide for a 14 day *Manuka* trip. You'll be able to do laundry at east twice during the trip so that may help you plan for this trip. Layering clothing works very well in New Zealand as the weather can sometimes change quite considerably throughout the day.

CLIMATE	AVERAGE	AUCKLAND		CHRISTCHURCH		QUEENSTOWN	
		°F	°C	°F	°C	°F	°C
<b>SPRING</b> Sep/Oct/Nov	Max Temp	61	16	63	17	65	18
	Min Temp	41	5	45	7	52	11
	Rain Days	9		7		12	
<b>SUMMER</b> Dec/Jan/Feb	Max Temp	72	22	72	22	75	24
	Min Temp	50	10	54	12	54	12
	Rain Days	8		7		8	
<b>FALL</b> Mar/Apr/May	Max Temp	61	16	65	18	68	20
	Min Temp	43	6	46	8	55	13
	Rain Days	8		7		11	
<b>WINTER</b> Jun/Jul/Aug	Max Temp	50	10	54	13	59	15
	Min Temp	34	1	37	3	48	9
	Rain Days	7		7		15	

If you have any further questions about your trip, please see the following link:

**Further Questions:** <http://www.activenewzealand.com/questions.php>

If you still can't find the answers you're looking for please email Sophie in Client Services [sophie@activenewzealand.com](mailto:sophie@activenewzealand.com) - she'd be happy to help you out!