



Equipment & Gear Checklist

For your safety and comfort while hiking, you must wear fabrics that are warm and quick drying such as merino wool, polypropylene, thermal, micro fleece and polar fleece. Cotton, silk, lycra and denim is not recommended for physical activity as when it gets wet, the fabric retains the moisture next to your skin which will make you cold and expose you to the risk of hypothermia.

Required to Walk

- Walking boots or sturdy hiking shoes
- Base layer – wool, polypropylene, or thermal (top and bottom)
- Fleece or merino wool jacket
- Waterproof raincoat (we can provide – see below)
- Long-sleeved wool or polypropylene top
- T-shirt – wool or polypropylene (avoid cotton)
- Sun hat (with peak or brim) and wool/fleece hat
- Warm gloves – wool or polypropylene
- Shorts/walking trousers (not jeans or lycra/cotton leggings)
- Three pairs of hiking socks – merino wool or thermal
- Sunscreen, insect repellent
- Water bottle or bladder (1 litre capacity, can be filled along the way in streams & waterfalls)
- Reusable lunchbox or plastic container

In the Lodge

- Shirt or long sleeved top
- Sweater/jersey
- Lightweight trousers
- Lightweight shoes – with a hard sole (flip flops or slides)
- Nightwear
- Personal toiletries (body wash, shampoo and conditioner are provided)
- Change of underwear

Optional but Recommended

- Walking poles – highly recommended (you can rent a pair for NZD\$25 from the UHC)
- Waterproof over trousers
- Gaiters
- Swimwear & lightweight towel
- Spare laces
- Sealable plastic bags for electronic items

Extras / Useful Items

- Credit/debit card (for purchases in Te Anau and to settle bar bills at the end of your walk)
- Foot fleece/second skin (blister preventative)
- Strapping tape
- Lip balm
- Electrolytes
- Personal medication, including pain killers

You Can Collect from Us

- 40L Backpack & Liner (weighs approx 2kg empty)
- PVC Waterproof raincoat with hood (weighs approx 1kg, adult XXL one size fits all)
- Sleep sheets are provided in shared rooms in the lodges

