

RECOMMENDED EQUIPMENT LIST

The following is a list of essential equipment that we recommend you bring on your multiday guided walk. Many items can be purchased at reasonable prices from the Ultimate Hikes Centre in Queenstown to reduce the need for you to carry them throughout your holiday.

WHAT TO BRING

To walk

We suggest taking one set of clothing to walk in, the more that is taken, the more that must be carried. All of our lodges have hand washing and drying facilities so clothing can be washed and dried overnight.

Fabrics

We suggest you wear fabrics that are lightweight but warm and quick drying such as merino wool, polypropylene, thermal, micro fleece and polar fleece. Most items on the recommended clothing list are available to purchase at the Ultimate Hikes Centre.

Cotton is not recommended for physical activity as when it gets wet, the fabric retains the moisture next to your skin and can make you feel cold.

- Walking boots or sturdy shoes.** Broken in, preferably with ankle support. Please check your boot condition prior to coming to the pre-track briefing. Look especially at how well your sole is attached to the boot, to see if the glue is not drying out. Please also ensure that they are clean when coming through customs in New Zealand and adhere to all biosecurity notices at the airport. We do not sell walking boots/shoes in our retail outlet.
- Thermal base layer (top and bottom).** Fundamental clothing that can be worn either as a base layer or as a single layer.
- Fleece or merino wool jacket.** An ideal outer layer in cold weather.
- Long-sleeved top.** Lightweight, warm and quick-drying, this is an ideal layer to be worn on top of thermal base layer.
- T-shirt.** Ideal for fine weather. Avoid cotton.
- Sunhat, warm hat, gloves.** Be prepared for sun and cold.
- Shorts/walking trousers.** Fast drying shorts, trousers or zip-off trousers (NOT JEANS),
- Three pairs of merino wool or thermal socks.** Main consideration is warmth and comfort.

- Sunscreen, insect repellent
- Water bottle or bladder (1 litre capacity)
- Camera
- Credit card & some cash
(we stop in Te Anau)

In the lodge

A change of clothes is recommended for the lodges and for sleeping in. Remember the more that is taken, the heavier the pack is to carry. The nights may be cold so a warm change of clothing is recommended.

- Shirt or long sleeved top
- Sweater/jersey
- Lightweight trousers
- Lightweight shoes
- Nightwear
- Personal toiletries (soap, shampoo and conditioner are provided)
- Change of underwear

Optional

- Walking poles.** We strongly advise all walkers use two walking poles, especially if you have difficulty walking up or down gradients. Leki poles are available for hire (\$25 a pair) or purchase from the Ultimate Hikes Centre.
- Waterproof over trousers.** We strongly advise walkers to carry lightweight over trousers for rain and wind protection.
- Gaiters.** For extra foot protection in wet weather
- Swim suit.
- Spare laces. Just in case
- Sealable plastic bags

Extras/useful items

- Foot fleece/second skin
- Strapping tape
- Lip balm
- Ear plugs
- Small torch

We can supply free of charge though you may prefer to bring your own. Items can be collected at the pre-track briefing:

- Back pack & Liner (weighs approx 2kg)
- PVC Waterproof raincoat with hood (weighs approx 500gms)
- Cotton sleep sheet (weighs approx 500 gms) or you may prefer to bring a lighter option of your own. Required for multi share only.