

# Equipment Checklist

The following is a list of essential equipment that we recommend you bring on your multiday guided walk. Many items can be purchased at the Ultimate Hikes Centre.

## To walk

- Walking boots or sturdy shoes
- Base layer (top and bottom)
- Fleece or merino wool jacket. An ideal outer layer in cold weather
- Long-sleeved top
- T-shirt. Avoid cotton
- Sunhat, warm hat, gloves
- Shorts/walking trousers (no jeans)
- Three pairs of merino wool or thermal socks
- Sunscreen, insect repellent
- Water bottle or bladder (1 litre capacity)
- Credit card & some cash (bring on the bus as we stop in Te Anau)

## In the lodge

- 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
- Waterproof over trousers
- Gaiters
- Swim suit
- Spare laces. Just in case
- Sealable plastic bags

## Extras/useful items

- Foot fleece/second skin
- Strapping tape
- Lip balm
- Reusable face covering
- Reusable lunchbox

## You can collect from us

- Back pack & Liner (weighs approx 2kg)
- PVC Waterproof raincoat with hood (weighs approx 500gms)