

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 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.

Equipment checklist

Required to walk

Walking boots or sturdy hiking shoes

Base layer - wool, polypropylene, or thermal (top and bottom)

Fleece or merino wool jacket.
An ideal outer layer in cold weather

Waterproof raincoat
we can provide, see below.

Long-sleeved wool, polypropylene, or thermal top

T-shirt. wool, polypropylene, or thermal. **Avoid cotton**

Sunhat (with peak or brim)
and wool/fleece hat

Warm gloves - wool, 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)

Optional but recommended

Walking poles – highly recommended
(you can rent a pair from the UHC)

Waterproof over trousers

Gaiters

Swimwear & lightweight towel

Spare laces. Just in case

Sealable plastic bags

Reusable lunchbox – we can supply
but more environmentally friendly.

Essential equipment you need to bring
on your multiday guided walk.

In the lodge

Shirt or long sleeved top

Sweater/jersey

Lightweight trousers

Lightweight shoes – with a hard sole.

Nightwear

Personal toiletries
*(soap, shampoo and conditioner
are provided)*

Change of underwear

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

Strapping tape

Lip balm

You can collect from us

Backpack & Liner
(weighs approx 2kg empty)

PVC Waterproof raincoat with hood
(weighs approx 500gms)

Sleep sheet *(for shared rooms only)* –
jersey cotton sleeping bag shape
(weighs approx 350 grams).
*We recommend you bring a light
silk sleeping bag liner that takes up less
room in your pack.*

Many items can be purchased
at the Ultimate Hikes Centre.