

Getting ready for your walking tour



Packing for New Zealand

We know that many of you will be coming to New Zealand for a variety of experiences, so therefore your clothing and equipment needs will vary accordingly. We have compiled this list to try to accommodate those various needs and hope that you can use this information to help you choose the best option for you.

Dress Code: New Zealand is typically an informal place, so bring plenty of comfortable, casual clothes. Most bars and restaurants do have a dress code, but, again, this is commonly just smart casual. Men are generally not expected to wear suits and ties, except in a few of the top formal bars and restaurants in major cities. If you read a sign saying: "No thongs" don't panic - it's another word for flip-flops, jandals, pita-patas etc, depending where you are from.

General guideline: clothing should be lightweight, hard-wearing and easily washed. Almost everyone brings too many clothes, so try to travel as light as possible. If you are travelling in high summer months (January to March) we recommend that you take loose fitting clothing, preferably made of cotton, as this will help you to keep cool. Bear in mind in New Zealand you can experience 4 seasons in 1 day!

On our small group guided walking tours we stay in comfortable accommodation each night and unless we are in a remote lodge you will have access to your suitcase. Having the essentials for each day in your daypack will make for the most comfortable travel so plan to be able to do this.

Please make sure your luggage is insured.



Do not accept bags or similar items from other people to bring to this country. Travellers are often tricked into taking illegal items, especially drugs. Penalties for taking illegal items are severe. If anyone gives you a parcel or gift to take, inspect its contents before leaving. Inspect everything that goes into your luggage personally. Not knowing that an illegal item is in your luggage may not be accepted as an excuse for bringing it here.



Suggested Packing List

For walking

- A good waterproof rain jacket and pants (Gore-tex or similar)
- Polar Tec or similar windproof fleece jacket / sweater
- Non-cotton base layers (top and bottom); choose fabrics such as polypropylene, Capilene or Thermax. We use and recommend Merino wool.
- 1 pair hiking boots or strong walking shoes (waterproof, with ankle support)
- 2 pairs thick walking socks
- Short sleeved shirts
- Long sleeved shirts
- Warm hat and gloves
- Sunhat / cap
- Lightweight, quick dry long pants (or shorts if you prefer)
- Mid sized backpack
- Water bottle or camelback
- Dry bag for clothes / valuables
- Walking poles if you use them - we can supply these for you too.

General Clothing

- 1 pair jeans or other casual trousers
- 2 pairs shorts (or a skirt)
- 3-4 Shirts (think layering for colder days; quick-dry clothes are best)
- 2 button up front long sleeve shirts
- 1 sleep shirt & sleep shorts (or whatever you sleep in)
- 1 light sweat shirt or long-sleeve t-shirt
- 1 swimming suit
- underwear
- 4-5 pairs socks both thin and thick
- 1 pair sport sandals (like Texas)
- 1 or 2 changes of smart casual clothing for restaurant dining

Documentation

- Passport
- Travel Insurance
- Travel documents - flight tickets/vouchers and Itinerary

Other Items

- Motion sickness tablets (if you require them)
- Insect repellent (with Deet)
- Sunglasses
- Medications and copies of prescriptions
- Sunscreen and lip balm
- Toiletries
- Current converter and outlet adapter
- Travel alarm clock or watch with alarm
- Handkerchiefs
- Spare bootlaces
- Camera and spare memory cards
- Binoculars



Keeping Warm: We visit alpine regions on our walking tours and can encounter cold weather any time of the year - the best way to beat the cold is by wearing two or three thin layers of clothing, rather than one thick layer. Air trapped between layers becomes warmed by the body and instant insulation from the effects of cold is created. Keeping dry also plays an important role in beating back the effects of cold. Finally, it is important to have the proper covering for head, hands and feet. As a general rule, wool, silk and synthetic fabrics are recommended as they trap air better than cotton. These items are available in a wide range of clothing articles in soft, stretchy, water- and wind-resistant fabrics. Jerseys, camisoles and underwear help "wick" moisture away from your body and can act as your first layer. For your second layer, you might want a sweater. A third layer, if necessary, may be a cardigan-type jacket made of waterproof synthetic or a lightweight down vest.

The Sun: Just 15 minutes in the New Zealand summer sun can cook you. Temperatures can be low but the ultra-violet rays are vicious due to the hole in the ozone layer. Wear a hat, sunglasses and a high SPF sunscreen.

Footwear: We recommend you bring sturdy walking shoes or hiking boots. If you decide to take hiking boots, it is vital that you wear them in before you travel (one suggested method is to put them on, submerge them in water and then take a brisk 5 mile walk at least twice). You should also bring spare laces. Sport sandals, boating shoes or beach footwear—may be useful in some locations.

Packing: When packing for your holiday, don't pack your bags too full. Not only do over-packed bags place undue stress on locking mechanisms, they are also difficult to re-pack throughout your holiday, not to mention the fact that you'll have nowhere to put any souvenirs that you buy along the way.

Dry Bags: These are really handy and can be a lifesaver if you're caught out in the rain on a hike with your precious camera in your hand. They come in all sizes, we recommend at least one for your spare clothes on day hikes and one for each piece of valuable electronic equipment like phones or cameras. These are available in most outdoor supply stores.

How should I prepare myself physically?

If you are generally active and participate in activities like walking, cycling, golf, tennis or dancing on a regular basis we are sure you will have no problems with the walks and activities in our itinerary.

If you'd like to prepare yourself for your New Zealand walking tour we recommend walks or hikes anywhere from 1 - 4 hours on a regular basis in the 6 weeks leading up to your tour. It helps to wear the shoes and carry the backpack you will bring to New Zealand, this will help you get used to your equipment.

Essentially whatever walking you can fit into your lifestyle will help. Don't overdo it and certainly don't worry about it, we've had people of all ages and abilities on our walking tours and everyone's made it so far!