



Manuka Gear List

Essential Gear

- **Main piece of luggage:** a sports bag with wheels, a suitcase, a backpack or similar (~60L/4,000 inches³)
- **Daypack:** used for day trips and on the bus. Must be well fitting with supportive shoulder straps and a waist-strap. Should be large enough for your water bottle, packed lunch, raincoat, fleece, camera & wallet (~30L/2,000 inches³)
- **Hiking boots:** required for most days of the trip. Sturdy boots with good ankle support & solid tread are required. They should be comfortable, worn-in and waterproofed.
NOTE: NZ Customs are very strict so make sure your boots are clean, dry & packed at the top of your luggage ready for inspection on arrival into NZ
- **Trail runners/running shoes:** required for casual wear, and to wear when your boots are wet!
- **Sandals/flip-flops:** or similar. Good for the bus and to wear in huts at night
- **Waterproof rain jacket/shell:** a breathable, unpadded shell jacket with a hood which keeps you dry when active is recommended. Ponchos are unsuitable!
- **Waterproof rain pants:** for keeping dry and active on rainy days
- **Fleece/down jacket/wool sweater:** 1-2 something nice and warm for those cold days/nights
- **Shirts/T-shirts:** 2-3, some cotton, some quick-dry
- **Long-sleeve shirts:** 1-2, some cotton, some quick-dry, some insect protection
- **Lightweight trousers:** 1-2 pairs, for cooler nights and higher elevations & insect protection! At least one quick-dry pair is recommended
- **Shorts:** 1-2 pairs, some cotton, some quick-dry
- **Underwear:** a weeks worth!
- **Thermal underwear:** 2 top and bottom sets of thermal/polypropylene underwear - you'll be using them a lot!
NOTE: In New Zealand the locals wear long thermal underwear underneath shorts while hiking when it's cold – you might like to do the same!
- **Pajamas/nightwear:** or something similar.
- **Socks:** 3-4 pairs. Some good quality hiking socks, some warm, some casual
- **Swim suit/shorts:** for any swimming opportunities
- **Travel towel:** bathrooms towels are provided at all of the places we stay. You might like to bring a good sized travel towel for swimming/hot tubs
- **Warm hat:** wool/fleece ski hat, or similar
- **Sun hat:** baseball cap, or similar
- **Sunglasses:** with a retainer strap if you have one
- **Warm gloves:** wool/fleece gloves
- **Water bottle/bladder:** 2 x 1 litre volume or similar
- **Torch/flashlight/headlamp:** required for the overnight hikes – no power available at night
- **Camera:** memory cards & batteries/charger (240V capable with plug adapter for NZ)
- **Toiletries:** shampoo, conditioner, toothbrush, toothpaste, soap, facecloth, prescription medications, glasses/lenses, shaving gear, feminine hygiene products, wet wipes etc.
[Some accommodations provide some but some don't – so it's best to bring your own].
- **Personal First Aid Kit:** for any essential items that you know you'll need e.g. blister treatment if you are prone to blisters
[Your guides also carry a group first-aid kit]
- **Sun-block:** SPF 15 UVA/UVB broad spectrum recommended all year in NZ
- **Insect repellent:** if in doubt bring more rather than less – it won't go astray!

FABRIC NOTE! We recommend quick-drying, wicking fabrics such as Patagonia capilene, Icebreaker merino, or other specially designed fabrics for this trip. If you're not sure what a quick-dry fabric is, ask at your nearest outdoor store. While you can bring some cotton, denim & other non-wicking fabrics on this trip, be aware that they won't be easy to wash or dry. **We suggest 2-3 sets of quick-dry gear per person.**



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Essential Documents and Items

- Passport:** stored in a waterproof wallet
- Money:** NZ\$ cash, credit/debit cards with a pin number for cash withdrawals
- Air tickets and itinerary:** your international and domestic itinerary and tickets
- Travel insurance document:** your policy & emergency contact numbers
- Manuka Trip Summary:** print this out and bring it with you. It includes where to meet your group, any extra hotel information, and emergency numbers
- Manuka Trip Itinerary:** bring it with you to read on your trip

Optional Items

- Hiking poles:** not essential, but we highly recommend bringing one or two poles with you to support your knees during the hikes [*Rental poles: US\$35/pair + tax*]
- Hiking gaiters:** not essential, but great for this trip to keep mud out!
[A favourite piece of gear for many clients - if in doubt, bring them along!]
- Sleep sheet:** You will be provided with a cotton sleep sheet during your multi-day hiking option. If you have a lightweight/silk version that you would prefer to use, bring it along!
- Ear plugs:** recommended for light sleepers, and for use in public-use huts on the overnight hikes.
- Alarm clock:** useful for those mornings you'll need to get up early!
- Adapter plug:** depends on your home country!
- Energy snacks and drinks:** while snacks will be provided you may like to bring some along too, especially if you have a preferred brand or special dietary needs
- Casual clothes:** if you'd like bring a nice skirt/shirt to wear out to dinner, please do!
- Binoculars**
- Pocketknife**
- Hairdryer**
- iPod/mp3 player**
- Spare shoe/bootlaces**
- Reading materials**

GEAR NOTE! If you're not sure what any of these things are, please ask at your nearest outdoor store, or ask us. We want you to be as well prepared as possible for your trip! The quantities are an indication only – feel free to bring more or less if you wish!