



# Weka Cycling Gear List

## Essential Gear

- Main piece of luggage:** a sports bag with wheels, a suitcase, a backpack or similar (~60L/4,000 inches<sup>3</sup>)
- 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 inches<sup>3</sup>)
- Cycling shorts:** 2-3 pairs, 1 to wear while the others are in the wash
- Cycling gloves:** 1-2 pairs, 1 windproof
- Waterproof cycling jacket/shell:** a breathable, unpadded shell jacket with a hood which keeps you dry when active is recommended. Ponchos are unsuitable!
- Hiking shoes/trail runners:** required for the occasional hike. Solid tread is required and they should be comfortable, worn-in.  
**NOTE:** NZ Customs are very strict so make sure your shoes are clean, dry & packed at the top of your luggage ready for inspection on arrival into NZ.
- Running shoes/sports sandals:** required for casual wear, when you're not cycling
- 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 pair quick-dry
- Thermal underwear:** 1-2 top and bottom sets of thermal/polypropylene underwear
- Underwear:** a weeks worth!
- Socks:** 1-2 pairs of waterproof cycling sock (eg. seal skins), 2-3 pairs of good quality cycling socks, some casual
- Pajamas/nightwear**
- Swim suit:** for any swimming opportunities
- Towel:** towels are provided at most of the accommodations we stay at, but you'll need to bring a good sized travel towel for places where they're not
- 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:** 1 x 1 litre volume or similar – 1 x bottle is provided by us
- Torch/flashlight/headlamp:** required for a glow worm hike
- 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 year round 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 cycling 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 & 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 air tickets
- Travel insurance:** your policy with emergency contact numbers
- Weka Cycling Trip Summary:** print this out and bring it with you. It includes where to meet your group, any extra hotel information, and emergency numbers
- Weka Cycling Trip Itinerary:** bring it with you to read on your trip

## Optional Items

- Cycling gear:** you can bring your own bike, helmet, seat, SPD cycling shoes and pedals too – let us know on your online booking page
- Rain pants:** not essential, but if you use them at home, bring them along!
- Ear plugs:** recommended for light sleepers, or if you're sharing a room
- Alarm clock:** useful for those mornings you'll need to get up early!
- Adapter plug:** depends on your home country
- Energy snacks and electrolytes:** while snacks will be provided you may like to bring some along too, especially if you have a preferred brand or special dietary requirements
- Casual clothes:** if you'd like bring a nice skirt/shirt to wear out to dinner, please do!
- iPod/mp3 player**
- Pocketknife**
- Hairdryer**
- 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!