



# Xtreme Rimu 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 hikes 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>)
- Large trekking backpack:** required for the 2-overnight backpacking sections of the trip. Must be at least 60L/4,000 inches<sup>3</sup>, with well fitting shoulder & waist straps. If you're bringing your own backpack, it can double as your main piece of luggage [*Rental backpacks: US\$45/item + tax, waterproof pack liners provided free of charge for everyone*]
- Lightweight sleeping bag:** required for the overnight hikes. Must be rated to at least ~0°C/32°F/3-4 seasons. [*Rental sleeping bags: US\$45 + tax, includes freshly washed inner sheet*]
- Hiking boots:** required for the hiking sections 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 running shoes:** required for when you're trail running, or on the bus or at night
- Water sandals/flip-flops:** or similar. Good for sea kayaking 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 definitely not suitable!
- Waterproof rain pants:** for keeping dry and active on rainy days
- Hiking gaiters:** essential for this trip to keep mud & water out!
- Lightweight down jacket:** something nice and warm for those cold days/nights and when
- Lightweight sweater/fleece:** 1-2 medium-weight tops to wear while being active
- Lightweight shirts/t-shirts:** 3-4, some cotton, some quick-dry
- Lightweight long-sleeve shirts:** 1-2, some cotton, some quick-dry, some for insect protection
- Lightweight shorts:** 2-3 pairs, some cotton, some quick-dry
- Lightweight trousers:** 1-2 pairs, for cooler nights and higher elevations & insect protection! At least one quick-dry pair is recommended
- Mountain biking gear:** we recommend that you bring cycling shorts and gloves for maximum comfort. You're welcome to bring your own helmet, SPD cycling shoes and pedals too
- Thermal underwear:** 2 top and bottom sets of thermal/polypropylene underwear - you'll be using them a lot!  
**NOTE:** In NZ the locals wear long thermal underwear underneath shorts while hiking – you might like to do the same!
- Underwear:** a weeks worth!
- Socks:** 4-5 pairs. Some good quality hiking socks, some warm, some casual
- Pajamas/nightwear:** or similar
- Swim suit:** for kayaking, and also for any swimming opportunities.
- Travel towel:** towels are provided at most of the places we stay, 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:** 2 x 1 litre volume or similar
- Torch/flashlight/headlamp:** required for the overnight hikes
- 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!



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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 air tickets
- Travel insurance:** your policy with emergency contact numbers
- Xtreme Rimu Trip Summary:** print this out and bring it with you. It includes where to meet your group, any extra hotel information, and emergency numbers
- Xtreme Rimu Trip Itinerary:** bring it with you to read on your trip

## Optional Items

- Hiking poles:** are 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*]
- 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**
- Reading materials**
- Spare shoe & bootlaces**

**FABRIC NOTE!** We recommend bring lots of quick-drying, lightweight gear for this trip. Wicking fabrics such as Patagonia capilene, Icebreaker merino, or other specially designed fabrics are great – the lighter the better. If you're not sure what a quick-dry fabric is, ask at your nearest outdoor store. It's the best stuff, as it's easy to dry out and there's not too many opportunities for washing your clothes on this trip!  
**We recommend 3-5 sets of quick-dry gear per person**

**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!