



CHALLENGE NEW ZEALAND 2020 KIT LIST

RUCKSACKS AND BAGS

Day Pack

- Day Pack – approx. 30L and comfortable.
- Pack Liner – waterproof bag(s) for clothes to go inside in case of rain.

Overnight Bag

- Duffel bag (suitcase not appropriate) – please only bring the bare minimum.

Dry Bags

- Individual dry bags for packing – waterproof in case of rain (optional).

SLEEPING

Sleeping Bag

- For this trip a mid-weight bag -5°C (23F) will be sufficient. If you feel the cold maybe, consider going slightly warmer -10°C (14F). Ideally your sleeping bag will have a weather resistant outer.
- Silk sleeping liner can make sleeping more comfortable (optional).

Sleeping Mat/Pad

- Inflatable insulated mattresses (Thermarest) are best, usually combined with an (optional) closed cell foam mat underneath.

FOOTWEAR

Hiking Boots

- Waterproof (Goretex) hiking boots with ankle protection – there are river crossings and boggy sections en route. Please ensure your footwear is well worn in.

Ankle Gaitors

- Ankle Gaitors play a fundamental role in keeping you dry during river crossings (there are a couple of crossings en route). They are also helpful for keeping stones and prickles out of your socks.

Casual Shoes

- Lightweight trainers / sneakers for around camp in the evening.
- Pair of light weight sandals / thongs for around camp.

CLOTHING

Waterproof Jacket and Trousers

- These will be needed if the weather gets cold and/or wind starts to blow. Jacket and trousers should be light weight without any excessive features, mesh or insulating lining which will be hot and heavy.



Soft Shell Jacket

- Provides warmth and weather resistance in cold and damp conditions.

PrimaLoft Jacket

- Provides lightweight warmth and retains heat when wet (optional).

Hiking Trousers

- Trousers should be lightweight and made from quick drying synthetic or light softshell material (not cotton).

Mid Layer Top

- This is a lightweight polar fleece / wool / wind resistant type material top to help insulate and maintain warmth.

Base Layer Top

- High zip neck, long sleeve synthetic or merino (wool) base layer top.

Base Layer Underwear

- Quick drying or wicking sports underwear are most comfortable and preferable to cotton.

Gloves

- Good quality, lightweight wind proof and insulated. Can get cold at elevation in March.

Sun Hat

- Something to keep the sun off your face – ideally a wide brim type, however cap is also fine.

Warm Hat

- Essential at all times in the mountains of New Zealand. Wool or fleece.

Neck Gaiter

- A fleece or Buff are useful for keeping warm especially if you feel the cold (optional).

Socks

- Sock thickness depends on boot size. Socks should be ideally thin and woollen (not cotton).

Swimwear

- A swimming costume is optional, and swimming will be pending weather conditions.

Casual Clothes

- Casual clothes for around camp in the evenings.

Smart Clothes

- Something smarter for the end of Challenge party!



GENERAL TREKKING EQUIPMENT

- LED head torch (plus spare batteries)
- Walking Poles (optional)
- Water bladder/bottles (3-4L)
- Sunglasses
- Sunscreen
- High energy snacks (tracker bars, dried fruit, chocolate, nuts etc. – optional)
- Image capture (camera/phone)

SMALL FIRST AID KIT

- Ibuprofen tablets
- Panadol tablets
- Antihistamine tablets
- Indigestion/heartburn tablets
- Strapping tape
- Plasters
- Compeed blister packs
- Antiseptic wipes
- Rehydration sachets (electrolytes)
- Cramp stop spray
- Chaffing cream (e.g. Gurney Goo)

TOILETRIES

Personal Medication

- Please ensure you bring any personal medication in its correctly labelled container, as issued by the pharmacist.

Personal Items

- Personal toiletries
- Travel towel
- Insect repellent
- Tissue/toilet paper
- Ear plugs
- Gaffer tape
- Antibacterial handwash

DOCUMENTS

- Passport
- Visa if required
- Photocopy of passport
- Cash in NZD
- Debit/Credit card
- Travel insurance information / copy