

PARTICIPANT GEAR LIST

(10-12 day program)

Personal Gear Items

	Clothing	No.
	Synthetic shorts	2
	Synthetic hiking long pants	2
	Synthetic Short Sleeve Shirts	3
	Synthetic Long Sleeve Shirts	2
	Long Thermal Underwear (Top & Bottom)	2
	Fleece Jacket	1
	Down Jacket	1
	Fleece / Down Vest	optional
	Fleece / Warm Pants	1
	Rain Gear (Jacket & Pants)	1
	Wool / Fleece Hat	1
	Baseball Hat or other sun hat	1
	Wool / Fleece gloves	1
	Athletic bathing suit	1
	Underwear	6-12
	Sweatshirt/Sweatpants	optional

	Footwear	No.
	Hiking shoes / boots	1
	Water shoes	optional
	Casual shoes for campsite	1
	Hiking Socks (wool / thermal)	4
	Regular Cotton Socks	2

	Accessories	No.
	Towel	1
	Stuff Sack / Laundry Bag	2
	Headlamp	1
	Extra batteries or charger for headlamp	1
	Mug, Bowl, Spoon, Fork, Knife	1
	Sunscreen SPF 30+	1
	Chapstick / Lip Balm SPF 25+	1
	Sunglasses	1
	Bandana	optional
	Water Bottle (1L+)	2
	Watch	1
	Personal Toilet Kit	1
	Personal First Aid Kit (see overleaf)	1
	Camera	Optional

	Sleeping	No.
	Sleeping Bag (suitable to season*)	1
	Sleeping Bag Liner	1
	Pillow (Inflatable)	1
	Sleeping mat	1

	Luggage	No.
	Hiking backpack or duffel (70L)	1
	Day backpack	1

*Nelson / Motueka Average Season Temperatures:

Season	NZ Months	Average Temperatures
Summer	December – February	12-24 C / 54-75 F
Autumn / Fall	March – May	05-18 C / 41-64 F
Winter	June – August	-01-12 C / 30-54 F **
Spring	September- November	07-20 C / 45-68 F

**Expect lower than average temperatures in alpine environments (e.g. Nelson Lakes National Park)

Recommended Personal First Aid Items

Pain & Fever:

- Ibuprofen (Advil)
- Acetaminophen (Tylenol)

Insect Repellent

- Insect Repellent
- Anti-itch medication

Sinus/Cold/Allergy:

- Nasal decongestant
- Throat/Cough/Cold medicine
- Lozenges
- Benadryl

Gastro-intestinal:

- Fibre packs
- Antidiarrheal
- Antacid

Other Items, if applicable:

- Personal Medication
- Motion sickness medication
- Tampons/pads
- Contact lens cleaner
- Topical Antibiotic
- Electrolyte packets
- Probiotic packets

First-aid supplies:

- Adhesive bandages
- Moleskin bandages
- Cotton swabs
- Tissues
- Wet wipes
- Iodine/alcohol prep pads
- Hand sanitizer