



GEAR LIST – GUIDES CHOICE

This list is intended as a guide for the 14 day *Guides Choice XTREME* trip.
You will need the cold weather items – even in NZ summer!

ESSENTIAL PAPERS

- International and domestic air tickets and any other travel documents
- Travel insurance papers and numbers (ACTIVE NZ *highly* recommends purchasing travel insurance)
- Passport - must be valid for *at least* 3 months after arrival into New Zealand
- Visitor Permit – granted on arrival for those with USA, Australian, British, Canadian, most European Passports with at least 3 months validity. If you have another passport type you may need to obtain this permit in advance. Please check with your nearest New Zealand embassy.
- Credit/debit cards, travelers checks, New Zealand cash
- ACTIVE NZ Trip Summary - containing pick up location and emergency contact numbers
- ACTIVE NZ Brochure and *Guides Choice* trip itinerary

REQUIRED ITEMS

- 1 x large duffle bag/suitcase or similar to carry all your gear – preferably soft-sided
- 1 x backpack – approx 3500ci-4500ci /60-70 litres (for the over night treks)
- 1 x day pack - large enough to carry your raingear, fleece, camera, water, lunch and personal items
- 1 x warm sleeping bag (lightweight down fibre is recommended)
- 1 x hiking boots – sturdy, with good ankle support and tread, comfortable and worn in
- 1 x casual shoes - walking shoes, sports sandals or similar – for casual wear in evenings
- 1 x rain jacket – light/medium weight with a hood (e.g. Gortex, PreCip)
- 1 x rain pants – light/medium weight (e.g. Gortex, PreCip, polyester)
- 1 x medium-weight fleece/jacket – must be warm!
- 2 x light-weight fleeces/sweaters
- 2 x set of long thermal underwear – top and bottom (e.g. polypropylene, capilene, smartwool)
- 3 x shorts - 2xpair for hiking, 1xpair for casual
- 3 x long pants - 2xpair for hiking, 1xpair for casual
- 5 x t-shirts (see Fabric Note below)
- 2 x long-sleeve shirts
- 2 x warm hat (e.g. wool/fleece ski hat)
- 2 x gloves (light weight but warm – eg Windstopper, Powerstretch)
- underwear
- 6 x pair warm hiking socks – 3xpair for hiking, 3xpair for casual
- 1 x pyjamas/nightwear
- 1 x swimwear
- 1 x sun hat (e.g. baseball cap)
- 1 x sunglasses
- 1 x camera, film/memory cards and batteries/charger (240V with NZ plug adapter)
- 1 x insect repellent – for sandflies and mosquitoes
- 1 x sunblock – SPF 15-30 recommended at all times of year in NZ
- 2 x 1 quart/litre water bottle or hydration system (e.g. CamelBack)
- 1 x torch/flashlight – headlamp type are ideal
- 1 x quickdry/camping towel
- 1 x toiletries bag – you'll need your own shampoo/conditioner, soap, toothbrush/paste, prescription medications/lenses, razors, feminine hygiene products, alarm clock, ear-plugs, etc

FABRIC NOTE: If possible, we recommend pants, shorts and t-shirts made from quick-drying, non-cotton fabrics for all the activities on our trips. This is because cotton clothing tends to retain water when wet (due to rain, humidity or perspiration) which usually results in making you cold and uncomfortable - the last thing we want you to be! If you don't already own some, at least one or two quick-dry t-shirts would be a worthwhile purchase for this trip.

ACTIVE NEW ZEALAND – ACTIVE AUSTRALIA – ACTIVE SOUTH AMERICA

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OPTIONAL ITEMS

- 1-2 trekking poles, extendable – optional but ideal for exposed areas on trek – highly recommended
- 1 x hiking gaiters – (e.g. Gortex) – to help protect your legs and keep mud out
- Personal first aid kit (e.g. second skin, if you are prone to blisters)
- Money belt/pouch for valuables (For transit only, NZ is generally a very safe country)
- Reading material, pocket knife, binoculars etc.
- Nice jeans/khakis/skirt (for Auckland, Christchurch, Queenstown etc.)
- Hairdryer (240V with NZ/Australian plug adapter)
- Cycling shorts (padded if you have them)
- Cycling gloves
- Trail running shoes

SUPPLIED/UNREQUIRED ITEMS (ACTIVE NZ will provide where needed)

- Water purification equipment/chemicals – you can drink straight from most NZ streams
- Plates/cutlery/cooking equipment
- Laundry detergent
- First aid equipment
- Navigational equipment

PACKING FOR THIS TRIP

The gear described above is intended as a guide for a 14 day *Guides Choice 07* trip. You'll be able to do laundry at least twice during the trip so that may help you plan for this trip. Layering clothing works very well in New Zealand as the weather can sometimes change quite considerably throughout the day.

Special note for the overnight options: We recommend where possible clothing made from lightweight but warm fibres as you will need to carry quite a substantial pack on the overnight trips.

CLIMATE	AVERAGE	AUCKLAND		CHRISTCHURCH		QUEENSTOWN	
		°F	°C	°F	°C	°F	°C
SPRING Sep/Oct/Nov	Max Temp	61	16	63	17	65	18
	Min Temp	41	5	45	7	52	11
	Rain Days	9		7		12	
SUMMER Dec/Jan/Feb	Max Temp	72	22	72	22	75	24
	Min Temp	50	10	54	12	54	12
	Rain Days	8		7		8	
FALL Mar/Apr/May	Max Temp	61	16	65	18	68	20
	Min Temp	43	6	46	8	55	13
	Rain Days	8		7		11	
WINTER Jun/Jul/Aug	Max Temp	50	10	54	13	59	15
	Min Temp	34	1	37	3	48	9
	Rain Days	7		7		15	

If you have any further questions about your trip, please see the following link:

Further Questions: <http://www.activenewzealand.com/questions.php>

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