

# Mountaineers 2017 New Zealand Backpack Adventure

## Gear/Packing List

### To wear or carry with you on our hut treks:

Light, comfortable 40-60L backpack (be sure to try it out with 25 lbs on a day hike or two before the trip!!)	
Large trash compactor bag as a waterproof pack liner, or a light pack cover (pack cover needs a clip to hold it securely to your pack!)	
Summer-weight sleeping bag –light, compressible 32-40 degree bag, able to fit into a 6-10L compression sack.	
Sleeping bag liner – nice to protect your bag and give you something to sleep in if it's too hot to sleep in your bag	
Inflatable pack pillow – optional; you can also use a stuffsack with your clothing in it as a pillow	
2 1-liter water bottles or 2L hydration bladder (I use lightweight 1L plastic water or Powerade bottles)	
Water filtration or treatment method for use between the huts – pump, squeeze or gravity filter; steri-pen; or chemical treatment drops/tablets (Iodine, AquaMira). (I use the AquaMira chlorine dioxide drops.)	
Lightweight aluminum or titanium cooking pot – 500ml is usually sufficient for one person – with lid and handle or gripper to pick up when hot.	
Lightweight plastic or titanium Mug – at least 2C, with handle that can be picked up when hot.	
Cooking/eating utensils. I usually bring a lightweight folding knife and a long-handled plastic spoon. If you don't like to eat directly out of your mug or pot, bring a lightweight folding bowl or small Tupperware bowl to eat out of.	
Headlamp or small but bright flashlight with extra batteries.	
Lightweight absorbent pack towel – medium to large	
Optional lightweight cord or bungee and small plastic clothespins, to dry clothing in the huts.	
Lightweight stuff sack for your food.	
Sunglasses –with a neck cord and a sturdy case.	
Sunhat with wide brim and string or cord to hold it on if we're on a windy ridge	
Optional lightweight water shoes or sandals with a sturdy sole for stream crossings and to wear in the evenings.	
Clothing	
) Lightweight, waterproof, breathable rain shell with a good hood (Fiordland can be quite rainy even in the summer!) This can also serve as an insulating outerlayer for cold nights and mornings.	
) Lightweight, waterproof rain pants, roomy enough to fit over your hiking pants/shorts. Side zips are handy.	
) 3 pairs of hiking socks (preferably smartwool or similar quick-drying, low odor fabric) – one can be drying while you wear the other and keep the third in reserve (If you wear liners and outer socks, bring 3 full sets).	
) Non-cotton, fast-drying convertible pants (zip-off legs) or shorts, preferably with non-elastic waistband that won't chafe or slide down under your pack strap. You only need one pair of these.	
) Non-cotton, fast drying lightweight short-sleeve shirt (for hiking in on warm days). Bring an extra if you sweat heavily.	
) Non-cotton, fast drying lightweight pullover or button shirt (for hiking when it's cooler, or for sun protection).	
) Light to midweight thermal baselayer – long sleeve top and full length bottoms (Smartwool, Capilene and Polypropylene are examples). You will likely wear these in the huts in the evenings and mornings and can sleep in them as well.	
) Insulating mid-layer, such as a down or synthetic sweater (a lightweight fleece would also do the trick). Synthetic is better for wet weather or if you tend to sweat a lot.	
) Warm cap or beanie that covers your ears	
) Lightweight gloves (sufficient to keep your hands warm in mornings and evenings in the high 40s) – I recommend you bring 2 pairs so that one can be drying while you wear the other	
) Underwear – minimum 2 pair so that you can wear one while you wash and dry the other.	
) Dry sack to hold the clothes you won't be wearing during the day and keep them dry	
Sturdy boots or light hikers, well broken in (do NOT break in new boots on the trip!)	
Lightweight waterproof short gaiters – to keep water and debris from dropping into your boots	
Trekking poles – optional (you will need the telescoping or folding kind to fit into your checked bag)	
Optional lightweight travel umbrella	
Zip-loc or travel wallet (stored securely in pocket of your pack or around your neck) containing your passport, health insurance info including special medical conditions/allergies, emergency contact numbers, credit card(s) and cash.	
Sunscreen and plenty of insect repellent and strong anti-itch cream like Lanacaine	
Earplugs and nice dark eye mask to help you sleep in the dorm-style hut accommodations (Mack's silicone earplugs are my tried-and-true favorites – you can get them at <a href="http://www.amazon.com/Macks-Silicone-Earplugs-White-pair/dp/B000067NMJ">http://www.amazon.com/Macks-Silicone-Earplugs-White-pair/dp/B000067NMJ</a> . The eye-mask I really like is <a href="http://www.amazon.com/Dream-Essentials-Dreams-Contoured-Earplugs/dp/B000CCI4YU/ref=sr_1_cc_1?s=aps&amp;ie=UTF8&amp;qid=1380578000&amp;sr=1-1-catcorr&amp;keywords=travel+sleep+mask">http://www.amazon.com/Dream-Essentials-Dreams-Contoured-Earplugs/dp/B000CCI4YU/ref=sr_1_cc_1?s=aps&amp;ie=UTF8&amp;qid=1380578000&amp;sr=1-1-catcorr&amp;keywords=travel+sleep+mask</a> .)	

Personal toiletries kit – in its own zip-loc	
) Travel toothbrush and toothpaste	
) Travel-size dental floss	
) Washcloth and soap	
) Wet Ones or other pre-moistened towelettes, in a zip loc	
) Toilet paper in zip-loc or in a plastic travel case (or use Wet Ones for this purpose also)	
) Travel-size bottle of hand sanitizer	
) Travel-size deodorant	
) Personal medications in their own labeled plastic bottle	
) Any appropriate feminine hygiene products	
Travel alarm clock (if your phone or watch don't have this function)	
Maps <sup>1</sup> and compass	
<b>First Aid:</b> Each person should bring a small zip-loc with following first aid items. (I will carry additional group items .)	
) Band-aids - including large (3"x4") and finger/knuckle bandages	
) Sani-hands and/or antiseptic pads -4-6	
) Anti-inflammatory and pain meds: Advil/Aleve, Tylenol	
) Antihistamine: benedryl	
) Anti-diarrheal: Immodium (or generic equivalents)	
) Stomach upset/heartburn treatment: Pepto Bismol or equivalent, Tums	
) 3" elastic bandage - self-stick or with hooks	
) 4-6 butterfly bandages or steri-strips	
) 1" adhesive medical tape roll	
) 2nd skin or other blister treatment - several	
) Any personal meds, epi-pen if severe allergies, or oral glucose if diabetic	
) 1 roll, 2" x 4.1 yards gauze	
) Antibiotic (tube, pump spray, packets)	
) 2x2" or 2x3" gauze pads – 3 or 4	
) Anti-itch ointment (the strongest you can find!)	
Optional repair kit: 2' length of duct tape, quantity of safety pins of various sizes, needle and thread	
Optional camera with battery and memory card	
Optional reading materials for evenings in the huts (I bring a kindle in a neoprene case – handy for guidebooks also!)	
Optional journal and pen or pencil, in zip loc	
Optional deck of cards, small chess/checkers set, etc. for entertainment in the afternoon at the huts if it's ugly outside.	

### Additional gear for Abel Tasman Backpackers (camping trek)

Lightweight, compressible sleeping pad (like ThermaRest or Z-Rest)	
Lightweight backpack stove and lighter or matches (we will purchase canisters in New Zealand). We can share these!	
Lightweight backpack tent – double-wall, with room in vestibules or inside for your pack (also possible to share or rent).	
Stuff sack or UrSack for food – you do not need to bring a bear can or paracord to hang food	
1.5L camp water bag. (example Nalgene-Wide-Mouth-Cantene or Platypus bag)	

<sup>1</sup> See Letter 3 for suggested maps and GPS downloads.

**Recommended “Town Gear” (to be stored securely while we’re on-trail)**

Small lightweight rolling duffel or suitcase for your 'town gear, with TSA-approved lock and labeled inside and out	
Two extra color xerox copies of the first two pages of your passport and all your emergency contact info.	
One set of washable, wrinkle-resistant clothing and comfortable shoes for casual restaurants and walking around town.	
Swimsuit – some of our hotels are located on the shore of a fabulous lake; or you may decide to go on a whitewater rafting or kayaking adventure on one of our free days.	
Waterproof bag to hold your dirty and possibly wet clothes between laundry days.	
Travel-size bottles of your favorite shampoo, conditioner, lotion (or you can easily purchase these in town).	
Maps and trip info for other parts of the trip.	
Chargers for camera and other personal electronics, and/or extra batteries and memory card(s).	
Cell phone, iPad, etc. for following the news and communicating with loved ones while in town, along with associated AC chargers. Bring a sturdy protective case for each device.	
Required: plug adapter for New Zealand outlets; I recommend the one with a ground:  <a href="http://www.amazon.com/CVID-BA-16AN-Grounded-Universal-Australia/dp/B008E0X2XK/ref=sr_1_8?ie=UTF8&amp;qid=1348586280&amp;sr=8-8&amp;keywords=new+zealand+power+plug">www.amazon.com/CVID-BA-16AN-Grounded-Universal-Australia/dp/B008E0X2XK/ref=sr_1_8?ie=UTF8&amp;qid=1348586280&amp;sr=8-8&amp;keywords=new+zealand+power+plug</a>	
Optional portable electric razor.	
Optional hair dryer - these will be provided in some hotels but not all.	
Power converter for small appliances <sup>2</sup> (see footnote).	

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<sup>2</sup> Electricity in New Zealand is supplied at 230 Volts and 50 Hertz. Visitors from the US or Canada will often find that their hair dryer, curling iron or razor doesn’t accept 230 Volts, you’ll need a voltage converter or transformer as well as the different plug. However not all your appliances need converters or transformers before you can use them. Some appliances are dual-voltage, which means they can be used with more than just one voltage level. To check if that’s the case, look for something like this *100-240 Volt ~ 50/60 Hertz* on the nameplate of your appliance. Many plugs and chargers for personal electronics are built to accommodate dual voltage.