

Equipment List

1+ DAYS **Hiking Day Trips**

Summer weather is usually quite warm however, you will be in a remote alpine location and winter type conditions can happen any time of year in New Zealand. Required clothing can vary somewhat according to the time of year or the current weather.

Our day trips offer the opportunity to explore some of the region's incredible landscapes, travelling by vehicle or helicopter to a beautiful walking location. Expect up to 4–6 hours of walking, with plenty of opportunities to take in the scenery along the way. We recommend bringing a 30 litre backpack to comfortably carry your personal essentials, including lunch and water, extra layers, sunscreen and any personal medications. Many of our walks involve some elevation gain, so walking poles can also be a handy addition, although they're entirely optional.

PERSONAL EQUIPMENT REQUIRED

*Available for loan as part of trip cost

BODY
- ❑ Mid layer top (fleece or windproof)
- ❑ Insulating jacket (fleece or synthetic fill)
- ❑ Waterproof jacket (eg Gore Tex® or similar)
- ❑ Lightweight, quick drying shorts or trousers
- ❑ Light collared hiking shirt or short sleeve t-shirt

FEET
- ❑ Sturdy, worn in hiking boots or hiking shoes with ankle support
- ❑ Gaiters (recommended)*
- ❑ Hiking socks

HEAD/FACE
- ❑ Sunhat - cap
- ❑ Warm hat & neck gaiter (eg Buff®)
- ❑ Sunglasses

HANDS
- ❑ Light gloves

ACCESSORIES
- ❑ Backpack (30+ litres)*
- ❑ Insect repellent - for sandflies
- ❑ Sun cream and lip cream
- ❑ Water bottle (at least 1-2 litres)
- ❑ Personal blister kit and medication
- ❑ Camera
- ❑ Headtorch

OPTIONAL - Personal preference Items
- ❑ Collapsible hiking poles (recommended)*

Please bring all your equipment to the scheduled pre-trip meeting. If you have any equipment questions prior to your trip, please feel free to contact our team at info@aspiringguides.com