

FOR YOUR SAFETY and comfort while hiking, you must wear fabrics that are warm and quick drying such as merino wool, polypropylene, thermal, micro fleece and polar fleece.

Cotton, silk, lycra and denim is not recommended for physical activity as when it gets wet, the fabric retains the moisture next to your skin which will make you cold and expose you to the risk of hypothermia.

Equipment checklist

Required to walk

Walking boots or sturdy hiking shoes

Base layer - wool, polypropylene, or thermal (top and bottom)

Fleece or merino wool jacket
An ideal outer layer in cold weather

Waterproof raincoat
we can provide, see below.

Long-sleeved wool or polypropylene top

T-shirt. wool or polypropylene

Avoid cotton

Sun hat (with peak or brim) and wool/fleece hat

Warm gloves - wool or polypropylene

Shorts/walking trousers
(not jeans or lycra/cotton leggings)

Three pairs of hiking socks - merino wool or thermal

Sunscreen, insect repellent

Water bottle or bladder (1 litre capacity, can be filled along the way in streams & waterfalls)

Optional but recommended

Walking poles – highly recommended
(you can rent a pair for \$25 from the UHC)

Waterproof over trousers

Gaiters

Swimwear & lightweight towel

Spare laces. Just in case

Sealable plastic bags for electronic items

Reusable lunchbox or plastic container (help us be more sustainable on track by reducing single use plastic)

Essential equipment you need to bring on your multiday guided walk.

In the lodge

Shirt or long sleeved top

Sweater/jersey

Lightweight trousers

Lightweight shoes – with a hard sole
(flip flops or slides)

Nightwear

Personal toiletries
(body wash, shampoo and conditioner are provided)

Change of underwear

Extras/useful items

Credit/debit card *(for purchases in Te Anau and to settle bar bills at the end of your walk).*

Foot fleece/second skin

Strapping tape

Lip balm

Electrolytes

Personal medication, including pain killers

You can collect from us

40L Backpack & Liner
(weighs approx 2kg empty)

PVC Waterproof raincoat with hood
(weighs approx 1kg, these are adult XXL one size fits all)

Sleep sheets are provided in shared rooms in the lodges *(if you prefer to bring your own a jersey, silk or cotton sheet, sleeping bag shape is best)*

Many items can be purchased at the Ultimate Hikes Centre.