

PACKING LIST – NEW ZEALAND

PACK YOUR BAGS!

The AdventureWomen team has curated this list for your New Zealand adventure. It is meant to provide packing guidelines, but please also think about how you travel and what works for you as individuals. If you have any questions, please don't hesitate to ask! It's what we are here for.

Dress for the Weather

Be prepared for a range of weather, and dress in layers. New Zealand's weather is very changeable and cold weather can be experienced at any time of year, especially in the mountains. We recommend wearing lightweight and breathable fabrics while hiking. Merino or polypropylene underwear is great in cold weather and will still keep you warm when it gets wet, unlike cotton. You'll want to bring sturdy hiking boots that are broken in and hiking poles are highly recommended.

Luggage Restrictions

Your larger 60-70L bag should be soft-sided. Wheels are OK. Please try to pack lightly as you'll be staying in many different accommodations.

PACKING CHECKLIST

Clothing & Gear

- Daypack (25-30L) – we recommend one comfortable and large enough to carry your extra layers, rain gear, water, camera, snacks, sunscreen
- Daypack cover or liner (a simple plastic garbage bag works great!)
- Large backpack or duffel (60-70L) – this should be soft-sided; wheels OK
- 1 pair of telescopic trekking poles
- 1 pair of hiking boots with ankle support (make sure these are broken in!)
- Spare lightweight shoes or sandals
- 1 medium-weight fleece, sweater, or down jacket
- 1 lightweight fleece, sweater, or down jacket
- 1 waterproof/breathable rain jacket (GoreTex suggested)
- Rain pants
- Bathing Suit
- 2-3 short sleeve shirts (quick-dry recommended)
- 1-2 long sleeve shirts (quick-dry recommended)
- 2-3 pairs of pants (quick-dry recommended for hiking) / Pro tip: zip-off pants that can turn into shorts are a great option!
- 1 pair of shorts (quick-dry recommended)
- 3-5 pairs of good wool socks
- Optional sock liners
- Thermal Underwear (top and bottom, wool or polypropylene)
- Gloves or mittens (wool or fleece)
- Hat for sun protection
- Sunglasses with UV protection
- Underwear & bras
- Optional pair of slippers or comfortable footwear for the evening
- Sleepwear
- Water bottle(s) or bladder – 2 to 4L capacity
- Travel towel
- Clothing for evenings and restaurant dining

PACKING LIST – NEW ZEALAND

AdventureWomen Essentials

- Travel documents (passport, airline tickets/itinerary, travel insurance policy number) and money
- 2 spare passport photos (in case of lost passport)
- Optional locks for your luggage
- Optional travel alarm clock with spare batteries
- Optional Headlamp with spare batteries
- Optional camera, memory cards, battery charger
- Plug adapter(s) – an international adapter is best
- Power bank (optional)
- Optional spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Sunscreen and lip balm with SPF
- Insect Repellent
- Hand wipes/hand sanitizer
- Toiletries: soap, shampoo, and conditioner; toothbrush, toothpaste; small packet of tissues; tampons and panty liners (avoid plastic applicators)
- Earplugs – we recommend silicone earplugs
- Optional assorted stuff sacks and dry bags – consider bringing nylon or silicone bags to reduce the use of disposable plastics
- Reading material/journal and pens

- Prescription medicine you usually take (in original containers)
- Personal epi pen – if you need one, don't forget to pack it!
- Seasick/airsick medication (if prone to sea sickness)
- Motion sickness medication
- Bandages, gauze, ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets – helpful to rehydrate at higher altitudes
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

Please note you'll be taking different modes of transportation that could cause motion sickness, and you'll be tasting many different foods. Please be sure to consult a travel doctor if you have any concerns and bring prescription and over-the-counter medicine you feel YOU will need for this trip.

Personal First Aid Kit