

YOU WILL NEED TO BRING:

The weather in Fiordland is unpredictable and can change rapidly. For our excursions into the outdoors it is important that you are prepared with the appropriate equipment and clothing.

We don't recommend walking in cotton, silk or denim garments as these are unsuitable for Fiordland conditions. Waitai Lodge has a drying room and lightweight, quickdrying clothing has

a better chance of drying overnight if it does get wet.

Fiordland is also known for its sandfly population so insect repellent is essential and long sleeves are recommended.

CHECKLIST

Walking Gear

(please ensure you are dressed in walking attire when we meet you on Day One)

- ☐ **First layer** – wool or micro fleece long sleeve
- ☐ **Mid layer** – warm jersey or jacket (wool or fleece, preferably windproof)
- ☐ **Outer layer** – 100% waterproof rain jacket with hood (we can provide if you don't have one)
- ☐ **Trouser** – quick dry hiking trousers (zip offs give a good shorts option)
- ☐ **Hiking shoes/ boots**
- ☐ **Socks** – wool or thermal blend
- ☐ **Hat** – wool / fleece for cold & peaked /brimmed for when hot
- ☐ **Gloves** – wool or fleece

Small Backpack Checklist

- ☐ **Water bottle**
- ☐ **Sunscreen** – SPF 30+
- ☐ **Insect repellent** – (we also recommend anti-histamines if you react badly to bites)
- ☐ **Medications**
- ☐ **Other** – Any additional walking gear that you may need e.g. rain jacket if you aren't already wearing it.

Overnight Backpack Checklist

- ☐ **Water bottle**
- ☐ **First layer** – shirt or t-shirt
- ☐ **Mid layer** – jersey or sweater
- ☐ **Trouser** – lightweight trousers or track pants
- ☐ **Night wear** – whatever you like to sleep in
- ☐ **Underwear / Socks**
- ☐ **Additional footwear** – light shoes, sandals or jandals for the lodges
- ☐ **Toiletries** – toothbrush, toothpaste, deodorant
- ☐ **Medications**
- ☐ **Phone charger**
- ☐ **Money** – debit or credit card (AMEX not accepted)
- ☐ **Swimwear** – for hot tubs at Waitai Lodge and on the track.

Other

- ☐ **Travel insurance** – we strongly recommend all guests, both N.Z. residents and visitors have this.