















New Zealand Venture Equipment List


A visit to your local REI (or similar) store will solve most any gear issue.


Consider all this equipment mandatory. New Zealand has a highly variable climate - it is not unusual to experience 4 seasons in one day. Layering is a key thermoregulation skill and good quality gear is important.



Item	Bring	Description	Example
Insulating Base Layer Top	3	Lightweight, fast drying polypropylene or Capilene™ with high thermal value. NOT DriFit™ as this material has no thermal value. Absolutely no Cotton.	
Insulating Base Layer Bottom	2	Lightweight, fast drying polypropylene or Capilene™ with high thermal value. NOT DriFit™ as this material has no thermal value. Absolutely no Cotton.	
Insulating Mid Layer Top	2	Mid weight fleece garment that can be taken on and off easily to help thermoregulation.	
Insulating Outer Layer Top	1	A down or synthetic "puffer jacket style" garment that will be worn mainly in camp during evenings. Hood (although shown) is not required.	
Weatherproof Layer Top	1	Gore Tex or equivalent rainwear, with a hood. Go for trusted brands like Patagonia/Marmut/Outdoor Research...	
Weatherproof Layer Bottom	1	Gore tex not required for this layer but is preferred. Side Zips allow best thermoregulation.	
Trekking Boots	1	3/4 cut as a minimum, running shoes are not suitable. Goretex and/or leather are good. Sturdy and comfortable is best. Don't make your first day on expedition your first day in your boots!	
Trekking Socks	4	Woolen or wool/polypropylene blend is good. Cotton is not suitable.	
Trekking Pants	1	Long pants are not required although many people prefer them as they provide protection from occasional biting insects. Quick drying shorts, particularly when worn over a lightweight insulating layer, is the preferred option of the guides.	
Gaiters	1pr	Lower leg protection and warmth.	
Insulating Hat	1	Woolen or Fleece.	


Insulating Gloves	1pr	Lightweight fleece gloves, not ski gloves.	
Underwear to suit	4pr	Go for thermal value here again as cotton next to your skin will chill you when it gets wet (and it will get wet!)	

Headtorch	1	plus spare batteries	
Trekking Poles	1pr	Collapsible.	
Backpack	1	60-70 litre depending on your size. DO NOT buy something that is bigger than you! More pockets/zips/clips is NOT better. Osprey is a great US Brand. You will be supplied with a heavy duty waterproof liner for your backpack so an outer liner is not necessary.	
Daypack	1	25-30litre, preferably with 1.5-2 litre hydration system	


Sleeping Bag	1	Synthetic (warm if wet) or Down (better warmth to weight ratio), 3 season minimum - it has snowed on every NZ Venture to date. Guides all use down and protect in waterproof stuffsack.	
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Sleeping Pad	1	Inflatable, full length preferable. Thermarest Brand or similar. (Don't skimp on this item - you sleep well warm - or not.	
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Personal Insect Screen	1	Buy the tightest weave you can find because the NZ sandfly is smaller (and more resourceful) than the US Mosquito.	 
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Personal Gear stuff sacks	2 or 3	For sorting and keeping your clothing dry should your pack become drenched (it happens).	
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Camp shoes	1pr	Crocs are great. Running shoes are OK.	
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Eating Utensils		Knife/Fork/Spoon/Bowl/Cup/Water Bottle	
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Small Absorbent Towel	1	very useful, fits in easily	
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Personal Toiletries		As minimum you need toothpaste and brush (and potentially contact lense stuff) - consider everything else as optional while on expedition.	
Personal First Aid		As required personal medications and any first aid equipment you are comfortable with. The guides will have full first aid kits at all times.	
Notebook and Pen/Pencil	1	For reflective time.	
Sun Protection		The UV in NZ is particularly strong - you will need a brimmed hat, glasses and SPF 5000 Lotion. You have been warned.	