

YOUR ULTIMATE DAY & NIGHT HIKING CHECKLIST!

The weather in New Zealand changes very quickly. It can get very cold and wet at any time of the year even in summer. It is important to be prepared for all types of weather conditions both mentally and physically as well as being prepared by checking the weather conditions before you head off. Use this list as a guide for what to pack on your hiking adventure at any time of the year.

OVER NIGHT HIKING:

- | | |
|---|--|
| <input type="checkbox"/> Plenty of food | <input type="checkbox"/> Pots/ pan |
| <input type="checkbox"/> Hiking pack (35L+) | <input type="checkbox"/> Spork |
| <input type="checkbox"/> Pack liner | <input type="checkbox"/> Knife/ multi-tool |
| <input type="checkbox"/> Hiking boots | <input type="checkbox"/> Cards |
| <input type="checkbox"/> Hiking poles | <input type="checkbox"/> Hoodie/jersey |
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Plenty of water |
| <input type="checkbox"/> Rainjacket | <input type="checkbox"/> T-shirts |
| <input type="checkbox"/> Undies, sports bra | <input type="checkbox"/> Clothes to sleep in |
| <input type="checkbox"/> Socks | <input type="checkbox"/> Rubbish bag |
| <input type="checkbox"/> Waterproof pants | <input type="checkbox"/> Sleeping bag |
| <input type="checkbox"/> Shorts | <input type="checkbox"/> Puffer jacket |
| <input type="checkbox"/> Hut shoes / jandals | <input type="checkbox"/> Bandana/buff |
| <input type="checkbox"/> Bug spray | <input type="checkbox"/> Head torch |
| <input type="checkbox"/> Purification tablets | <input type="checkbox"/> Lip balm |
| <input type="checkbox"/> Bowl, plate, cup | <input type="checkbox"/> Gaiters |

OVER NIGHT HIKING CONTINUED:

- First aid kit
- Hat
- Beanie
- Toiletries
- Gas + cooker
- Toilet paper
- Hand sanitiser
- Newspaper for fire
- Lighter/matches
- Cellphone
- Map
- Sunglasses
- Camera
- PLB
- Radio
- Tent + mattress

NOTES:

DAY HIKING:

- Water
- Food
- Day pack (25L or smaller)
- Hiking boots or shoes
- Hiking poles
- Sunscreen
- Raincoat
- Spare socks
- Bug spray
- Thermal
- Sunglasses
- Lip balm
- First aid kit
- Hat
- Camera
- Cellphone
- Map
- Purification tablets
- PLB
- Radio
- Cellphone
- Knife or multi-tool
- Head torch
- Bandana/ buff
- Gaiters (optional)

NOTES: