

What to take

on a **GREAT WALK**



It is essential to have suitable equipment, clothing and food for a safe and enjoyable Great Walks experience.

Great Walks season guide only

Personal equipment

- Backpack (40–60 litre size for multi-day hiking)
- Waterproof/plastic pack liner
- Sleeping bag (3–4 season)
- First aid kit (including insect repellent, sunscreen, blister kit, personal medication e.g. antihistamine for allergy to wasp stings)
- Survival kit (survival blanket, whistle, paper, pencil, high energy snack food)
- Safety equipment relevant to the track and time of year (e.g. map, compass, tide timetable)
- Drink bottle (1-2 litre capacity)
You need to drink regularly during the day
- Eating and cooking utensils (knife, fork, spoon, plate, cup, pot/pan/billy, cleaning kit, tea towel)
- Matches or lighter in waterproof container
- Toiletries
Do not wash or use soap in lakes or streams
- Torch/flashlight and spare batteries
- Rubbish bag
All rubbish must be taken out with you
- Tickets and ID
- Portable stove and fuel*
- Candles*
- Toilet paper*

Optional

- Camera
- Ear plugs for communal bunkrooms

* Required only on the following Great Walks: Rakiura Track, Lake Waikaremoana, Abel Tasman Coast Track, and Heaphy Track (Brown Hut and Goulund Downs Hut). These huts do not provide gas cooking facilities, lighting or toilet paper.

Clothing

For multi-day hiking you will need at least one set of clothes to hike in and another dry set to change into at night.

- Hiking boots or firm footwear (should be comfortable and well broken in)
- Socks (wool or polypropylene)
- Shorts (quick dry material)
- Shirt (wool or polypropylene)
- Under layers, top and bottom (wool or polypropylene)
- Mid-layers (wool or polar fleece)
- Raincoat (waterproof, windproof with hood)
- Overtrousers (wind and water proof)
- Warm hat and gloves
- Sunhat and sunglasses
- Extra socks, underwear, shirt/lightweight jersey

Food

You are not able to buy food on the track.

Bring food that is lightweight, fast cooking and high in energy value. For example:

- Breakfast: cereal/porridge/oats, firm bread, honey or other spreads
- Lunch: cracker biscuits, cheese, salami, jam/jelly, fruit
- Dinner: instant soup, pasta or rice, dried vegetables or fruit, cheese or dehydrated (freeze-dried) meals.

You will also need water, snacks, biscuits, muesli bars, tea or coffee, powdered fruit drinks and emergency food in case of any delays on the track.



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Optional clothing

- Gaiters
- Lightweight shoes for inside the huts

For coastal tracks and river journeys

- Swimwear
- Sandals or aqua shoes for walking in water

Important note: It is not possible to dry clothes in the huts. Cotton clothing such as jeans, T-shirts and sweatshirts are not suitable.

If you are camping ...

- Tent
- Ground sheet
- Portable stove and fuel

Note: Camping is not permitted on the Milford Track.

Extra things for the Whanganui Journey

- Life-jacket
- Kayak or Canadian canoe
- Paddle/s (include a spare)
- Plastic drums (or equivalent) for storing food, dry clothes and personal equipment
- Dry bags
- A copy of the New Zealand Canoe Association's 'Guide to the Whanganui River' (optional)

These items can be hired as a package from local suppliers.

! Great Walks seasons and equipment

For safety reasons the Tongariro Northern Circuit, Milford Track, Routeburn Track, Kepler Track and Whanganui Journey **do not operate as Great Walks/Easier** tramping tracks during the winter months (season dates change slightly each year).

If attempting these tracks outside of the Great Walks season you **will** need additional equipment.

For more information see:

doc.govt.nz/greatwalks_winter

Follow the Outdoor Safety Code:

1. Plan your trip
2. Tell someone
3. Be aware of the weather
4. Know your limits
5. Take sufficient supplies

Tell someone your plans

Tell someone your plans and leave a date to raise the alarm if you haven't returned. See the Outdoors Intentions process at:

adventuresmart.org.nz

Further information and bookings

Visit the Great Walks website or contact your nearest DOC Visitor Centre.

Phone: 0800 NZ GREATWALKS (0800 694 732)

Email: greatwalks@doc.govt.nz

Book online: greatwalks.co.nz

