

# GEAR LIST FOR TE WAI AU TOA



**You are packing for a rafting trip through remote NZ high country.** It can get cold at any time of year, having the correct gear is very important for your safety. If you do not have these items, try borrowing from friends and family, or buying second-hand. Bring your gear in any suitable bag you have, all gear will be repacked into waterproof bags (provided by us) before the rafting begins.

## Essential items:

- Underwear - synthetic or merino is good for getting wet
- 2 t-shirts - quick-dry recommended
- 2 pairs quick-dry shorts suitable for running in (1 can be tights)
- 1 pair warm trousers / synthetic trackpants or fleece
- 1 pair closed-toe shoes with good grip to wear on raft e.g. old running shoes - these will get wet
- 1 pair sturdy walking shoes or tramping boots (personal choice, either is OK) suitable for long day walks in rough terrain
- 1 pair slip-on footwear for camp
- 2 pairs sport socks
- 4 pairs thick, warm wool or thermal socks
- Pyjamas / sleepwear
- Swimwear
- 1 towel - small and quick dry is preferable
- Sunhat / cap
- Sunglasses
- 1 long-sleeved shirt for sunny days
- Down jacket or extra warm layer for around camp
- Drink bottle, ideally with a clip attachment
- Head torch and spare batteries
- Watch - waterproof recommended
- Toiletries
- Chapstick / lip balm
- Moisturiser / hand cream - skin tends to dry out due to silty water
- Sunscreen / zinc
- Insect repellent
- Ear plugs - you will be sleeping in shared spaces
- 5 plastic bags - large enough to hold dirty / wet clothes
- 2 pens or pencils
- Refillable pocket size hand sanitiser
- Sanitary products (as required) - bring extra as exercise can affect your menstrual cycle

## Essential items continued:

Items listed in this shaded box **are essential** but can be borrowed from Outward Bound if needed. **Please bring your own if you have them.** We will email you to ask for which items and sizes you may require.

- 4 thermal long-sleeved tops - 100% polypro or wool
- 3 thermal bottoms - 100% polypro or wool
- 3 warm jerseys - fleece or wool
- 2 pairs gloves - fleece, polypro or wool
- 2 beanies - fleece or wool
- Waterproof raincoat - seam-sealed
- Waterproof over-trousers
- Tramping boots can be borrowed for your sturdy footwear option

- Please mark all your gear and clothing with your name to avoid mix-ups with other peoples' gear.
- Woollen or thermal layers are essential in all seasons. Cotton clothing is unsuitable for most activities.

## Optional items:

- Neoprene gloves and socks
- Camera - waterproof recommended

## Not permitted while on course:

- ✗ Mobile phones, tablets etc.
- ✗ Books and magazines
- ✗ iPods/mp3 players
- ✗ Vapes/cigarettes
- ✗ Speakers
- ✗ Non-prescription drugs & alcohol

## Gear Outward Bound will provide:

- ✓ Sleeping bag, sleeping bag liner
- ✓ Camping equipment such as tents, cookers, sleeping mats
- ✓ Personal journal for writing
- ✓ All specialist equipment such as helmets and life jackets
- ✓ Splash tops and splash pants
- ✓ Drybags (waterproof) for your personal gear - large and small

You may bring these items with you when travelling. Once you arrive, we'll store them away for safekeeping. **Please remember all Outward Bound courses are strictly smoke, vape, drug and alcohol free at all times.**

**If you have any questions, please call us on 0800 688 927**