



Air Temp
23°C (73°F)

Water Temp
18°C (65°F)

8 Nights Camping – 4 Nights Hotel

Kayaking wear

- Helmet
- PFD – Type III, less than 2 years old
- Spray deck
- Paddle
- Drytop or spray jacket
- A pair of Chacos or Keens. Trainers are also okay. Wetsuits and booties will be provided
- A pair of river shorts
- Swimming costume
- Polypropylene or capilene thermal quick drying layers (top and bottoms) This is in addition to the set stated above.
- A baseball cap for under the helmet to keep sun off.
- Sunglasses
- Chums for fastening your sunglasses to your head.
- 2 x 1 litre Nalgene or similar water bottle. (Hydration is **extremely** important)
- Carabiner for fastening water bottle to your boat.
- Waterproof camera such as GoPro for the action shots

Around Camp

- Lightweight long trousers.
- Lightweight Long Sleeved shirts.
- Pair of shorts
- Fleece jacket.
- Polypropylene or capilene thermal quick drying layers (top and bottoms)
- Light down jacket / Rain jacket
- Flip flops or jandals (this is the kiwi word for flip flops)
- Good quality rainwear – jacket and trousers
- Underwear & socks
- Extra clothes for your nights and evening in the Hotels
- We will provide excellent natural insect repellent (NZ sandflies LOVE tourists)
- Wide brimmed sunhat
- Water proof sunscreen and lip balm factor SPF30 Min
- Travel adaptor plug for New Zealand

Personal items

- Glasses or contact lenses. Disposable lenses are ideal
- Toiletries, toothpaste, biodegradable soap and shampoo
- Forget the hairdryer, but we do suggest moisturizer
- Hand wipes and a small bottle of hand sanitiser
- Small pack towel
- Headlamp or head torch with spare batteries
- Any current medication you are currently taking
- Personal first aid kit. (your trip leader will also carry a first aid kit)

You do not need to bring tent, sleeping bags or sleeping mats