



Air Temp
21°C (70°F)

Water Temp
17°C (63°F)

2 Nights Camping – 11 Nights Hotel

Milford Track - Hiking

To walk in

We suggest taking one set of clothing to walk in, the more that is taken, the more that must be carried. All of the lodges have hand washing and drying facilities so clothing can be washed and dried overnight.

Fabrics

We suggest you wear fabrics that are lightweight but warm and quick drying such as merino wool, polypropylene, thermal, micro fleece and polar fleece. Most items on the recommended clothing list are available to purchase at the Ultimate Hikes Centre. Cotton is not recommended for physical activity as when it gets wet, the fabric retains the moisture next to your skin and can make you feel cold.

- Walking boots or sturdy shoes. Broken in, preferably with ankle support. Please check your boot condition prior to coming to the pretrack briefing. Look especially at how well your sole is attached to the boot, to see if the glue is not drying out. Please also ensure that they are clean when coming through customs in New Zealand and adhere to all biosecurity notices at the airport. We do not sell walking boots/shoes in our retail outlet.
- Thermal base layer (top and bottom). Fundamental clothing that can be worn either as a base layer or as a single layer.
- Fleece or merino wool jacket. An ideal outer layer in cold weather.
- Long-sleeved top. Lightweight, warm and quickdrying, this is an ideal layer to be worn on top of thermal base layer.
- T-shirt. Ideal for fine weather. Avoid cotton.
- Sunhat, warm hat, gloves. Be prepared for sun and cold.
- Shorts/walking trousers. Fast drying shorts, trousers or zip-off trousers (NOT JEANS),
- Three pairs of merino wool or thermal socks. Main consideration is warmth and comfort.
- Sunscreen, insect repellent
- Water bottle or bladder (1 litre capacity)
- Camera
- Credit card & some cash (we stop in Te Anau)

In the Lodge

A change of clothes is recommended for the lodges and for sleeping in. Remember the more that is taken, the heavier the pack is to carry. The nights may be cold so a warm change of clothing is recommended.

- Shirt or long sleeved top
- Sweater/jersey Lightweight trousers
- Lightweight shoes
- Nightwear
- Personal toiletries (soap, shampoo and conditioner are provided)
- Change of underwear

Optional

The optional list is still highly recommended to include --- particularly walking poles which can be hired on the trip. Other items such as gaiters and rainpants are personal choice items that can be useful.

- Walking poles. We strongly advise all walkers use two walking poles, especially if you have difficulty walking up or down gradients.
- Waterproof over trousers. We strongly advise walkers to carry lightweight over trousers for rain and wind protection.
- Gaiters. For extra foot protection in wet weather
- Swim suit.
- Spare laces. Just in case
- Sealable plastic bags

Extras/useful items

- Foot fleece/second skin
- Strapping tape
- Lip balm
- Ear plugs
- Small torch

We can supply:

The following items can be borrowed and collected on the trip at no extra charge --- though you may wish to bring your own.

- Backpack and liner (weighs approximately 2 kgs empty)
- PVC waterproof raincoat with hood, no pockets. (weighs approximately 500gms)
- Cotton sleep sheet (weighs approximately 500gms). Required for multi share only.

Rafting wear

- A pair of Chacos or Keens. Trainers are also okay. Wetsuits and booties will be provided
- A pair of river shorts or 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.
- 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.

General travel and around town

- Lightweight long trousers.
- Lightweight Long Sleeved shirts.
- Fleece jacket.
- Warm woollen hat
- Polypropylene or capilene thermal quick drying layers (top and bottoms)
- Light down jacket
- Comfortable cross trainers or light hiking boots for wearing around camp and on hikes.
- Nice outfit or two for evening meals at restaurants
- Flip flops or jandals (this is the kiwi word for flip flops)
- Good quality rainwear – jacket and trousers
- Underwear.
- Glasses or Contact lenses. Disposable lenses are ideal.
- Toiletries. Toothbrush, toothpaste, personal items, biodegradable soap, shampoo and conditioner.
- We will provide excellent natural insect repellent (NZ sandflies LOVE tourists)
- Small pack towel.
- Headlamp or head torch and spare batteries.
- Any medication you may be taking.
- Wide brimmed sunhat
- Factor 50 sunscreen and lip balm
- Sunglasses.
- 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
We provide all personal flotation jackets, spray jackets & helmets*