

New Zealand Trip – Suggestions on What to Bring

(Note: The happiest travelers take the absolute minimum!)

On the plane: Bring a neck pillow, earplugs, reading material, eyeshades, Chapstick, light fleece jacket, passport, airline e-ticket information, all prescription and over-the-counter medicine. (For NZ currency, you may wait and go to an ATM when we arrive.) I use my daypack as a “carry on” to hold these items. I wear hiking pants, a hiking shirt, and hiking shoes on the plane. I also wear compression knee-high stockings on all long flights. I’m going to put my swimsuit in my daypack, so I can dip into the river on our first hike. (The river has hot waterfalls and thermal “Jacuzzi” effects.)

Day Pack with waterproof cover: On all hikes, please carry food and water, warm clothing [fleece jacket or warm shirt, extra socks], sun glasses, Moleskin or blister bandages, handkerchief, Chapstick, sun screen, rain gear, first aid items. If you don’t have a waterproof cover for your pack, bring a plastic trash bag to hold your gear inside your daypack.

1. Extra bag (optional) – I use a small fold-up bag on the bus to hold items that I don’t want to carry on hikes, such as my books, neck pillow, and snacks for after the hike.
2. Your current passport. The expiration date must be at least 6 months after your return flight to the United States.
3. Credit and debit (ATM) cards. Make sure that you have notified your bank about your travel dates.
4. Your Air New Zealand e-ticket.
5. Copies of your passport, e-ticket information, and credit cards. Put these in a different place than your originals.
6. Platypus/Camelback or water bottles (If you don’t have a platypus, carry one water bottle around your waist so you can get to it easily while walking.)
7. 1 or 2 pairs of nylon or synthetic hiking pants. (Cotton hiking pants or jeans are useless in rain and can lead to hypothermia.) I take one long pair and one shorter pair.
8. 1 warm long sleeve shirt or thermal underwear top
9. Rain gear
10. 1 long sleeve and 2-3 short sleeve synthetic T-shirts

11. Hiking shoes and extra shoelaces – (shoes with a heavy tread are required on our hikes)
12. 3 or 4 pairs of hiking socks and (optional) stocking liners
13. Tevas, flip flops, water shoes or other comfortable walking shoes
14. Swimsuit and small size “extra absorbent” towel (for soaking in hot tubs or thermal pools)
15. Sun hat
16. Camera and charger
17. Slant pin outlet plug to charge your camera. You will need a converter if you bring a hair dryer or electrical appliance from the USA. Electricity in NZ is supplied at 240 volts.
18. Binoculars (optional)
19. Toiletries
20. Pajamas and 3 to 5 sets of underwear (You can rinse out synthetic underwear every few nights and it should be dry in the morning.)
21. Powdered laundry soap and a few fabric softener sheets – We’ll have clothes washing facilities at some motels. Detergent isn’t always available.
22. Sandwich bags (for snacks and trail lunches)
23. Travel clock (optional)
24. Prescriptions and other over the counter medications (You might want to bring motion sickness meds if you plan to swim with the dolphins.)
25. Gaiters (optional)
26. Hiking poles (optional)

NOTES:

1. If you intend to use your credit card in New Zealand, notify your credit card provider of your travel plans. Also, ask them about transaction fees.
2. Pack or wear your hiking boots so they are easily accessible. NZ customs will ask us to take them out of your baggage to treat the soles for soil.

3. The dress code in NZ is casual. You may wear hiking pants and shirts to go out to dinner.
4. Please check www.airnz.co for the latest weight and size requirements for check-in and carry-on bags. Because we are changing locations often and will move from bus to ferry to one internal flight, you are required to limit your luggage to your daypack and one check-in bag the size of a carry-on. (You may also take a small fold-up bag to carry on the bus.)
5. If you carry on any liquids on the plane, you must limit the containers to 3 oz. or less and include all of them in a one-quart clear plastic bag.
6. Don't pack or carry any matches on the plane. They are considered hazardous substances.
7. Don't carry a pocket knife, scissors, or nail clippers on the plane.
8. Please wear your hiking clothes and your hiking or walking shoes on the flight. When we get off the plane, we will board our bus and drive to the central part of the North Island. En route, we will be stopping to do some sight seeing and short walks. You will not have an opportunity to get into your luggage or change clothes until we check into our motel later in the afternoon. We will stop so you can go to the ATM to exchange money, and buy water and snacks.
9. It's OK to bring snack bars or wrapped candy bars into New Zealand, but don't bring unpackaged food. Again, check the airline's website for the latest information.
10. I bring a small padlock to place on my luggage that I leave in my room during the trip. Do not lock your bags (unless you have a TSA lock) when you check into the airport. Security personnel sometimes open our bags and look through them before checking them in.
11. See <http://www.airnz.co.nz/default.htm> for more information.