



# Packing List

## New Zealand Trip

All items are essential unless stated otherwise

WE SUPPLY (for days 2-7 only)
Emergency first aid kit + PLB
Plates, cutlery, mugs, pots, etc.
Backpack liner (plastic bag) Please bring a dry bag if you own one
Safety equipment
Maps
Tents
Spare sleeping mats if needed
Spare sleeping bags if needed

PACKING LIST	✓
All items are essential unless stated otherwise	
Backpack (at least 60 litres capacity)	
Small daypack	
Hiking boots	
Sleeping bag (3 season)	
Flashlight/headlamp	
2L water bottle OR bladder	
Sunscreen, hat and sunglasses	
Insect repellent	
Personal toiletries, medication and first aid	
Walking Poles (optional)	
Gaiters (optional)	
Antihistamine tablets for sand flies	
Blister pack including your own bandaids	
Panadol	

### CLOTHING

One set for walking, one set for evenings. All items are essential. Having the correct gear is a safety issue. Please ensure you read this list carefully!

#### WALKING CLOTHES

New Zealand's weather is changeable and we can experience extremely cold weather at any time of year, especially in the mountains. Our huts/camps vary in altitude from sea level to over 1000 metres. It is necessary to have warm clothing. Jeans are not suitable for hiking and you **MUST** pack everything on this list.

Raincoat (Goretex or similar) Must be waterproof	
Hiking boots (or hiking shoes)	
Spare lightweight shoes or sandals	
Spare joggers or other shoes	
Shorts or lightweight trousers (preferably quick-dry)	
Waterproof hiking long pants	
Short-sleeved shirt x 2 (quick-dry, polypropylene or merino wool)	
Warm fleece/wool jersey (not cotton) x 1	
Socks (we suggest 3 pairs of merino)	
Togs (swimming costume for the keen!)	
Thermal tops x 2 long sleeve	
Thermal long bottoms	
Waterproof long hiking pants	
Warm beanie (best to get a wool merino beanie)	
Head scarf for wind protection around your neck	
Warm gloves/ preferably waterproof	
Towel (lightweight travel towel)	
Thongs	
Pyjamas	

#### SPARE CLOTHING

Comfortable clothes for non-hiking days. Spare clothing can be left in the secure trailer when we are away on the hikes, so don't worry about the extra weight – ensure you have enough warm items. Note: there are only limited opportunities to do laundry during a tour, so quick drying clothing is an advantage. Weather can change rapidly in the locations we hike so layers of clothing is ideal.



# New Zealand Trip

## FITNESS FOR THE TRIP

The hikes into Green Lake Hut and Mt Aspiring Hut are Graded D+. This means they have uneven terrain, you may need to walk in puddles, tussock and up inclines. Women attending must be in good physical fitness to complete these hikes. If we end up with women our guide thinks are unable to complete the hike they would need to be accommodated at their own cost.

If you walk 2-3 times per week at home and are confident for walking for period over 4-5 hours you are suitable for this trip. With two leaders, we can cater for varying fitness levels. What helps the most, is knowing you may be walking in the rain or wind. It's an adventure and a great one!

## FOOD ON THE TRIP

**BREAKFAST OPTIONS:** Includes, toast, porridge, yogurt, gluten free bread and muesli, eggs, tea + coffee and fruit. We have options for soy, along and rice milk + herbal tea.

**LUNCH OPTIONS:** We make wraps and sandwiches to bring with us in kayaks or our overnight packs. These are a mixture of salad wraps with falafel, ham or chicken. Gluten free wraps available.

**DINNER OPTIONS:** Dinners range from curries, pasta and veggies, risotto and vegetarian meals. We make sure we cater for everyone and include as many vegetables as possible.

**SNACKS:** We provide nut bars, mixed nut options, seeds, lollies, chocolate, biscuits for tea and more. Each day you will be provided with zip lock bags to top up your snack bag! We also hand around apples and other fruits to carry.

**WINE:** Women Want Wine... it's optional to bring wine and we don't provide this on the trip. We do make stops at the supermarket and you are welcome to bring some with you.

**NOTE:** \*we cater for vegetarians, lactose and gluten free. You won't go hungry on this trip. We do advise, if you have personal snacks you prefer that you bring these from home.

## FAQS

**How old do I need to be to attend this trip?** Women Want Adventure Trips are for women only and over the age of 18 years. Most ladies who attend are between 25-65 years old.

**What is the weather like in November?** Mid 12-20 during the day and cold at night. It can still snow at this time of year and you **MUST** pack your thermals, Merino clothing and wet weather gear to keep you warm and prepare you for all walking conditions.

**What if I get sick while on the trip?** If you are not feeling well on one of the walking days. You are able to stay in the accommodation, shuttle or a base we set for out. If in emergency, we have a satellite phone, to either call an ambulance or helicopter.

**I have a gluten free diet, do you cater for me?** You are required to inform us of your dietary requirements prior to departure. We will then be able to cater for you.

**What is the average age of women attending?** Women in their 30's - late 60's

**What kind of food will we be eating?** We are staying in huts and accommodation. It will be very simple foods. High protein & carbohydrates. Oats and hot beans for breakfast, fruit and bars for snacks, wraps for lunch and stir-fry's for dinner. We will also be going out and will choose the best location on the night.

**Can I bring my own snacks?** Yes. We will stop via the shops to pick up supplies if you prefer your own.

**Are our Guides male or female?** Female Guides only who are experienced and qualified.

**I don't have hiking boots. Do I have to get some?** We highly recommend purchasing hiking boots. The terrain is uneven and we want you to support your feet.

**How many ladies will be on the trip with me?** 10 ladies + your female Guides.

**Is there transport pick up from Queenstown Airport on the 23rd?** Transport is not included from the airport. Roughly \$23.

**What if I book and then I can't attend?** Please read our Terms and Conditions upon booking and notify us in writing as soon as possible. Cancellation fees will apply and deposit is non-refundable.

**Is there a Facebook Female group for this trip?** Yes. All our trips include a friendly private Facebook group to connect women before they leave. You will be added to this group after a deposit is paid.

**Who can I contact who is organising this event for additional questions?** Please make sure you read carefully the itinerary and FAQ. You can contact Trip Leader Monique Farmer via email at [womenwantadventure@outlook.com](mailto:womenwantadventure@outlook.com)