

Pacific Discovery – New Zealand Australia Semester – Packing List

Traveling light is the 'ideal'. Everything including your backpack needs to fit into a large duffel. Try to bring only what is on the list below. Refer to 'Gear Tips' on next pages for more background to the gear list. Fall Semester is spring in Australia and New Zealand (not summer), so please ensure you bring enough warm clothes for cool weather.

Outdoor Clothing

This is clothing that you will use for outdoor activities

- Comfortable 'worn-in' sturdy hiking boots
- Hiking shoes or trail runners
- Hiking woolen/warm socks x 3 pairs
- Chaco or Teva type sport sandals
- Quick-dry hiking shorts (sports shorts ideal)
- Fleece pants / fleece tights
- Fleece top
- Fleece jacket
- Insulating thermal underwear – 2 x long top and 1 x pants, (Wool or Capilene. Not silk, cotton or lycra)
- Waterproof rain jacket and rain pants
- Fleece or woolen/warm gloves
- Warm/woolen hat (ski hat)
- Sun hat or cap and sunglasses – (essential)
- Cycling gloves or similar, for canoeing – to prevent blisters (optional)

Work Clothing

Make sure this is clothing that is comfortable, practical and that you are happy to get it dirty.

- Work/gardening gloves
- Work pants/sweat pants x 1
- Work shorts x 1
- Work shirts x 2 (t-shirts or similar)
- Fleece top/sweatshirt

Regular/Casual Clothing

- 2 x Swimsuits
- 1 x flip flops/thongs
- 2 x Pants/leggings/shorts/skirts/dress
- 1 x warm top
- 2-3 x socks
- 3 x cotton T-shirt/shirt/tank tops
- Underwear x 5-7, bras x 5 including 2-3 sports bras
- 2 x pack-towel or lightweight bath towel
- 1 x tidy clothes for city evening wear (optional)
- Boxers and t-shirt for sleeping in

Equipment

- 1 medium/large backpack with internal frame for backpacking
- 1 large duffel with no or soft frame
- 1 daypack to use for day-hikes
- Compact but warm 3-4 season sleeping bag
- Sleeping pad – inflatable or foam
- Sleeping sheet (see gear tips)
- Water filter bottle (essential – see gear tips), and 1L Nalgene (or similar)

Accessories

- Reusable shopping bag (eg. LOQI bag)
- Stuff sacks or packing cells to pack/organize your gear
- A travel mug, plate, bowl, cutlery
- Headlamp (compact)
- Alarm to wake you up – watch, phone etc.
- Camera and charger and memory cards (or use phone)
- One good book to share
- Electrical outlet adaptor
- WiFi compatible device e.g. phone (optional)
- Travel pillow (optional)
- Pocket knife/multi-tool (optional)
- 10L Roll-top dry-bag (optional)

Paperwork etc

- *Passport & photocopy of same
 - *Air ticket & photocopy of same
 - *Travel Insurance policy card / details
- Must also leave copy of above 3 items* with family member for easy reference if needed
- Australia eVisa print-out – carry with passport
 - Copies of prescription for any important medications in case these are lost or damaged during program.
 - Proof of certification if you are scuba certified
 - Debit/credit/prepaid cards, cash
 - Travel journal
 - Course outline etc. (if taking academic credit)

Toiletries (compact & biodegradable)

- General toiletries (toothbrush, tooth paste, soap, small shampoo, sanitary needs etc.)
- Contact lenses and solution and/or glasses – if needed
- Sunscreen & lip balm
- Effective insect repellent

Your required personal first aid kit (should contain)

- Any prescribed medications to last duration of program (including birth control).
- Blister tape/moleskin for feet
- Pain relief (Tylenol, Ibuprofen etc)
- Antihistamine (for hay fever, bites, allergies)
- Eye drops – for dust/irritation
- Spray or cream (for insect bites)
- Tweezers & scissors
- Band-aids
- Strapping tape
- Throat lozenges
- Antiseptic solution
- Non-adhesive dressing
- Motion sickness pills (non-drowsy)

Do not bring: hairdryer; electric razor; expensive or irreplaceable electronic items or jewelry; tent – Pacific Discovery provides 3-person hiking tents.

Gear Tips

Clothing tips...

For your and your groupmates' safety in the outdoors on this program it is important that you carefully read and understand the following clothing information. Please contact us if you have any questions.

Firstly, the New Zealand outdoors can be an unforgiving environment and it is important to be well prepared. New Zealand has a maritime climate where the weather changes quickly. A sunny warm day can quickly turn to cold driving rain. In addition, a lot of the activity you'll do is not simply hiking on flat, well-formed trails. Instead you'll be scrambling, pushing through vegetation and going from chilled to overheated and back again. In the New Zealand outdoors, assume that you'll be wet, either from your own perspiration or from rain that has wicked through your rainwear. You need to be clothed so that you'll stay warm if wet.

Clothing Layering: Staying comfortable outside is a matter of dressing to outwit Mother Nature. It's a balancing act between the climate, your activity level, exposure time and tolerance to heat and cold. Choosing the right clothing and layering it properly can make the difference between a pleasant outdoor experience and an uncomfortable (or even dangerous) situation.

1. Layering clothing is the best way to ensure comfort in the outdoors; it allows you to make quick adjustments based on your activity and the weather.
2. Each layer has a function: the innermost layer (against your skin) manages moisture; the middle layer/s insulate you from the cold; the outer layer shields you from wind and precipitation.
3. Fabrics that retain warmth when wet are essential in New Zealand.

There are three basic stages in layering: an inner, moisture-management and insulation layer, insulating middle layer/s and a weatherproof outer layer. You make adjustments depending on the degree of exertion and the outside conditions. The ability to peel off layers as you heat up and add them when you cool off is the key to this system.

1st layer (thermal underwear)

More than any other, this layer influences how comfortable you'll be in the New Zealand outdoors. It seems that no matter how good your rain jacket is, you'll still get wet with perspiration or rain wicking through. Have you ever worn a cotton T-shirt under your raincoat while you hiked or walked briskly? Even though you weren't getting wet from rain, you probably felt wet and cold. Trapped inside your clothing, perspiration can leave you chilled, no matter how well your outer shell fends off rain and snow. On this program, in the outdoors, your next-to-skin layer **must not** be cotton, silk, lycra or CoolMax®. Instead, you want wool or synthetic fabrics such as Capilene® and Polartec® polyester, which work to transport perspiration from the skin and will insulate you even when wet.



Underwear: You also need 2 pairs of underwear that are not cotton or silk/satin. Moisture wicking sports underwear is more suitable and allows your thermal underwear to do its job.

Insulating layer/s

The insulating layer/s helps you retain heat by trapping air next to your body. Polyester fleece vests, jackets and tights are good examples of insulation suitable for outdoor activities. They not only trap air but are also made with moisture-wicking fibers. Fleece is a favorite insulation material because it's lightweight, breathable and insulates even when wet. Plus, it dries faster and has a higher warmth-to-weight ratio than wool.

Shell or outer layer

The shell layer (jacket and pants) protects you from wind, rain or snow. If wind or water is allowed to penetrate to the inner layers, you begin to cool off. The shell layer should also be roomy enough to fit easily over other layers and not restrict your movement. Some outer shells have a layer of insulation built in, making them suitable for cold conditions, but these are not good for this program as they are not as versatile for layering in a variety of temperatures and are too heavy to carry backpacking. Please make sure you

bring good rainwear, made from waterproof fabric. Inexpensive Plastic/PVC type rainwear is easily torn and will not stand up to the rigors of the program.

Examples of insulating and shell layers >



Footwear

Although you don't want to bring too much footwear with you, you will need footwear for the following situations: Day hikes, multi-day backpacking, water sports (canoeing, beaches) and casual wear. We recommend the following:

Hiking Boots...Leather or soft hiking/backpacking boots are fantastic for backpacking and the volunteer work, providing good ankle support. Ankle support is important when carrying a full backpack, as it is easy to roll your ankle, which is why we encourage hiking boots rather than shoes. However, they can be expensive. If you already have some, bring them. Good hiking shoes or trail runners will get you through the trip but you increase the risk of twisting an ankle and we don't encourage it.



Sports sandals... For water sports and to wear casually. They need to stay firmly on your feet. Chaco's or Teva sandals are good. We love Chaco's at Pacific Discovery. However we prefer the Z1 model pictured here. The loop for the big toe on the Z2 model is annoying. (we get lots of feedback that chaco's are not attractive enough for females...you are welcome to bring something that you feel is practical and fits the bill ☺).

Running shoes...Runners or trail runners are good to bring for most activities that don't involve backpacking. Also means you can exercise during the trip if you are so inclined.

Hiking Shorts: Nylon running or soccer shorts are ideal. Longer is better, you can get chaffing during hiking if shorts are too short.

Work Clothing: No-one is going to care what you look like during the volunteer work. This needs to be clothing that you don't mind getting very dirty/roughed up/paint splashes. Please don't bring your brand new \$300 jacket to work in. Make sure that you can comfortably squat and reach in the work clothing you bring.

Casual Clothing: This is what you'll wear when we're not working or in the outdoors. Anything you want to wear is OK. Try not to bring too much. Previous groups have suggested you bring one nice outfit.

Swimsuit: It's a good idea to bring two swimsuits as you'll be using them a lot. Guys can swim in their hiking shorts and bring another pair of board shorts for swimming.

Pack Towel: Pack-towels are supposedly quick-drying and compact which is why we recommend them. However, a regular light-weight beach or bath towel is fine and dries just as fast. Make sure your towel is large enough to wrap around so you can get changed under it. For the backpacking expeditions, you'll probably not take a towel at all because of weight considerations, and just drip-dry when you go swimming.

Toiletries: Make sure your toiletries are not too bulky/heavy. You will be able to buy more as you go. Be aware that you may not be able to get the same brands as at home.

Washing/Laundry: You will be able to wash and dry clothes regularly, except on two of the volunteer projects and the multi-day expeditions. Because of this you don't need to bring a month's supply of clothing. You will get sick of wearing the same clothes all the time but don't worry because everyone else will be doing the same and it is much better if all of our bags actually fit into our transport.

Buying clothing and gear: Outdoor stores like REI and LL Bean are perfect as you can try stuff on and compare different brands. However the best deals can usually be found online. We can personally recommend: (www.backcountry.com) and (www.rei.com) – their online outlet stores offer incredible bargains. You can also find deals on (www.sierratradingpost.com) and (www.amazon.com)

Buying clothing and gear abroad: Please bring the gear you need with you (i.e. everything on the gear list). Clothing in New Zealand and Australia is more expensive than at home so don't assume that you can pick up a wardrobe of outdoor clothing on arrival because you will be put off by the prices.

Other gear tips...

Backpack

For this program you need a medium – large sized pack e.g. 65 – 80 liters, or 4000 - 5000cu.in. You will want to buy/borrow a pack with an internal frame. Not only are internal frame packs more comfortable to carry, but they survive airlines much, much better than external.

Choosing a backpack: Smaller bodied people should make sure the pack and harness you buy or borrow is not too big for you. If borrowing one, try to borrow from a similar height/sized person.

The most important thing when selecting a pack is the **harness**. It should fit comfortably and be sized and adjusted to your body. Most manufacturers make each pack model with small, medium and large harnesses. The best way to check whether the pack fits properly is have someone in the store, or someone who has been backpacking help you fit the pack with weight in it. **Shoulder straps** should sit comfortably on the shoulders. This is especially important if you have narrow shoulders as you will have to look for a pack that fits your shoulder width. **Hip belt** should sit comfortably on your hips - not on your waist or thighs! The **sternum strap** should be adjustable up or down and is important as it helps keep your shoulder straps sitting snugly on your shoulders and not riding out towards the edges.

Simple is good. The more bells and whistles a pack has, the more things there are that can break and the more the pack will weigh before you put anything into it. Weight is also something to consider when choosing a pack. Why carry 2lbs more weight because of extra features, when you don't need to. The pack you choose, should cinch down well when it's only half full. Look for side and top compression straps.

Some packs have a single compartment while others have a zipped sleeping bag compartment at the bottom. If you are looking at a pack with a separate sleeping bag compartment, check that the divider between the compartments is removable. If it is not removable the pack will sag in that area and be less comfortable to carry, unless totally full.

Here's an example of a great backpack...

Osprey Aether 70 Pack. Note: Women's backpack equivalent is the Osprey Xena 70
Weight 4 lbs. 12 oz

\$289 (but last year's model may be available cheaper)

Great value backpack with excellent harness and a great zip under the flap on front which makes the pack very easy to load/unload. Internal sleeping bag compartment with removable divider. An excellent pack. Good pack manufacturers with packs readily available in the USA are: Arcteryx, Osprey, North Face, Lowe Alpine, Gregory, REI.

We also recommend the Osprey Volt 75L or Gregory Baltoro 75L. For small-medium build individuals we recommend 65-70L pack; medium-large build 70-85L.



Daypack/small backpack: Similar to a backpacking pack but smaller. Must have two shoulder straps and have plenty of room for rain jacket, camera, sunscreen, sunglasses, water bottle, diary etc. You'll use this round town, on day hikes, volunteer days etc.

Duffel bag: A duffel bag that is large enough to fit everything you need to bring including your back pack flat in the bottom. A duffel of 100-130L (6-8,000 cu) is ideal. Your duffel will be stored securely during expeditions, so you don't need to carry it further than into and out of accommodation during the program. >
(For examples refer: <http://ow.ly/n8ma301v5Lp> and <http://ow.ly/H2Br301v5RI>)



Sleeping Bag: You will use your sleeping bag on roughly half the nights of the trip. A compact 3-4 season sleeping bag is best. If buying a new sleeping bag, a 'down-filled' bag is recommended as it will be more compact (warmth for weight) than polyester/synthetic/hollow-fill.

Sleeping pad: Either compact foam or compact Thermarest type. Oversize inflatable ones are not good because they are heavy to hike with and get punctured easily if they have to be strapped to the outside of your pack. If you have an inflatable camping mat and it does not fit inside your pack, don't bring it, instead bring an inexpensive foam sleeping mat.

Sleeping sheet: (For example refer: www.rei.com/product/850235/) Like a roomy sleeping bag made out of light weight cotton, silk, or alternative fabric. If you don't already own one, you can just get an old single summer sheet, fold it in half and sew it into a sleeping bag. This protects your sleeping bag from your sweat and dirt and you can use it in Australia at times where it is too hot for your sleeping bag >



Camp mug, plate, bowl. Tips: We find that lightweight plastic or modern rubbery plates, bowls and mugs are better than aluminum or steel ones. Metal conducts heat, so hot drinks go cold straight away. Please avoid the aluminum or steel camp-sets with folding handles – they are more difficult to clean. Make sure your cup/mug is big enough to be nice to drink your morning coffee or evening hot chocolate out of, as some camping cups are too small.

Water Filter Bottle: You are required to bring your own water filter bottle, so that you have access to safe drinking water during expeditions and service projects. Also bring an additional water bottle (1L Nalgene or similar), for carrying extra water.

We recommend a Camelbak All Clear Water Purification bottle (\$79): <http://ow.ly/TRaf3005gCc>
A more expensive choice but the #1 student recommended water filter bottle from our instructor and alumni feedback.

Or, Seychelle Water Filter bottle (\$25) with advanced filter for back-country use: <http://ow.ly/UYz83005gTg>
This does the job fine.



WiFi/internet access: Most hostels we stay in have free WiFi. So having a device that you can go online with is great. If you decide to bring a device you need to be careful that you don't break it over the course of the program through crushing, wetting, overheating in the sun, getting sand or dust into it.

Cellphone: Having a phone is good from a safety perspective – you can easily contact your program instructor when you're out and about. You can setup your phone to use in New Zealand and Australia through your provider, or bring an unlocked handset and buy a local SIM card in each country. If you arrange a roaming plan with your provider, check the cost to make and receive calls from abroad (you don't want to return home to a \$1000 phone bill!).

Music: If you play a (compact) musical instrument you might like to bring it with you – fun for hanging out around a campfire.

Electrical Items: If you plan to bring an electrical item, look at the label on the item or its charger for the voltage information. If it says 100-240V it can be used in New Zealand and Australia. If it says 110V it will blow-up! You will also need to bring an outlet adaptor, as New Zealand and Australia have three prong outlets. You can buy one from most outdoor/travel stores and upon your arrival.

Camera: Bring the best one you own or can afford. Bring the battery charger and a couple of spare memory cards. If photography is not a passion, you can use your phone for photos.

Dry bag: Consider bringing a small roll-top dry bag to keep your camera and other valuables dry from the rain, or when doing water activities.

Remember that on the Fall semester program it is not yet summer – it is still spring, and the weather can get very cold, so make sure you bring enough warm layers, especially for the outdoor expeditions and volunteer weeks.

Bring what is on the packing list and nothing else 😊. In most cases on international flights you'll only be allowed to check one bag at max 23kg, so your luggage has to be within this limit.