

OVERNIGHT TRIPS WHAT TO BRING

Our Beachfront Lodges within the National Park host you with twin/double ensuite rooms (hot showers). We generate our own electricity, providing power for small appliances including hair dryers, sleep apnoea machines, battery chargers. After you leave Motueka, there are no shops or pharmacies in the National Park.

Cellphone reception: varies depending on your service provider. **Wifi Hotspots** at Marahau, Anchorage, Torrent Bay, Bark Bay, Awaroa and Totaranui. [See our website](#) for more details.

Please do not bring valuable items of jewellery, or travel documents. Leave them in the safe in our Motueka Office.

FOOTWEAR



1. Good sports/hiking shoes. Heavy hiking boots are not necessary but wear them if you prefer. Light footwear is recommended for kayaking but bare feet are OK. Walking shoes must be carried in case kayaking is cancelled due to bad weather.
2. For tidal crossings, bring sandals, water socks or sports sandals. **THEY WILL GET WET.**



Jandals (flip-flops, scuffs, thongs etc) are not recommended for soft sand and mud.

3. Light shoes or slippers to wear in the Lodges

CLOTHING for walking or kayaking

We recommend quick-dry and thermal fibres. **Avoid cotton**, especially denim (very heavy and cold when wet, and takes a long time to dry).

- Layers are the key to comfort: i) thermal layer close to your skin, ii) quick-dry shorts and T-shirt, iii) warm wool or polar fleece layer, iv) light waterproof layer (disposable rain coats are for sale at our offices)
- Kayakers should bring a spare set of hiking clothes. Spray jackets are warm but not waterproof and clothes might get wet as you enter and exit your kayak.
- In the cooler months (Apr - Oct) extra thermal layers and socks will ensure your comfort.

Other essentials:

- Re-usable water bottle to be filled at our office and Lodges. Please reduce plastic waste.
- Insect repellent, sunscreen, sunhat, sunglasses
- Camera, battery charger and memory card.
- Swim wear and beach towel optional.

**** Any essential personal medication must be carried with you each day ****

OVERNIGHT GEAR

- Underwear, including socks and sleepwear
- Casual evening clothes and light footwear
- Personal toiletries
- Flashlight/torch (on rare occasions, our generated electricity can fail)

INCLUDED

- All meals, snacks and fresh fruit, from your first lunch to lunch on your last day: cooked or continental breakfasts, picnic lunches, 3-course dinners, morning/afternoon teas.
- Linen, bedding and bathroom towels (bring a beach towel if you want to swim).
- Shampoo, conditioner and soap.
- Drying rooms at each Lodge (washing facilities limited to hand washing).
- 40 Litre Sports bag to be transported to Lodges by boat. This is yours to keep.
- Plastic liners to protect your gear inside the lodge luggage bag.
- 30 litre day packs are available to borrow. Bring your own if you prefer.

Kayak inclusions

- All technical and safety equipment: stable double kayaks, water resistant paddling tops, buoyancy vests and dry bags that are waterproof but we cannot guarantee to keep sensitive electronic cameras or equipment dry.
- Your daypack is stored in a hold in your kayak