

WHAT TO BRING FOR OVERNIGHT TRIPS

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 eg: hair dryers, sleep apnoea machines, battery chargers. After you leave Motueka, there are no shops or pharmacies in the National Park. Cellphone reception is intermittent (text messaging available, except at Awaroa.) **Please do not bring** valuable items of jewellery, or travel documents (leave in the safe in our Motueka Office).

FOOTWEAR

1. Good sports/hiking shoes.



The trail is well-formed. Heavy hiking boots are not necessary but wear them if you prefer. Kayakers must carry light walking shoes as kayaking might be cancelled due to weather.

2. For tidal crossings you need sandals, water socks or sports sandals. THEY WILL GET WET. Footwear in the kayaks is optional.



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 thermal fibres such as polar fleece or wool. **Avoid cotton** fibre, 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)
- Thermal underwear (even in summer) is highly recommended.
- Kayakers should bring a spare set of hiking clothes. Spray jackets are warm but clothes might get wet as you enter and exit your kayak.

Other essentials: insect repellent, sunscreen, sunhat, sunglasses, camera with spare batteries 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 with light shoes or slippers
- Personal toiletries
- Flashlight/torch (on rare occasions, our generated electricity can fail for a few minutes)

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.
- 750 ml water bottle (can be refilled at our Lodges).
- Linen, bedding and bathroom towels (bring a beach towel if you want to swim).
- Shampoo, conditioner and soap.
- Drying rooms at each Lodge (clothes washing facilities are limited).
- Sports bag (47x35x25cm) to be transported to the Lodge by boat. This is yours to keep.
- Plastic liners for your lodge luggage bag. (This goes inside the bag, not on the outside.)
- 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 watertight hold in your kayak