

## What to Bring for Walking Day Trip

The Coastal Track is well formed and mostly shaded by native forest. The track comes down onto golden-sand beaches fringed by lush forest and protected azure waters – ideal for swimming. Light, comfortable walking shoes are suitable to walk the track. If you have hiking boots, wear them if you prefer but they are not necessary. Cool, light, comfortable foot wear is recommended. Not recommended: any shoes with no heel attachment, eg. jandals, flip flops, scuffs, slides etc.



**Walking poles are recommended** for uphill and downhill sections.

Depending on tides and conditions, you can usually keep your feet dry. On rare occasions, you might have to remove your shoes and roll up long trousers when you are embarking or disembarking from our boats. Please wear suitable clothing and footwear to allow for this. There will be time to rinse feet and put shoes back on when necessary.

Cotton clothing (especially denim) is not recommended. It is very heavy and cold if it gets wet, and takes a long time to dry. Thermal, quick-dry fabrics are recommended eg. Polypropylene, polar fleece, wool.

We do enjoy glorious weather, summer and winter. Temperatures can be crisp in the mornings and cool in late afternoon with summer sea breezes. Bring a warm layer of wool or polar fleece and a light rain jacket to ensure your comfort.

## What to Bring:

- Light, comfortable walking shoes
- Small day pack
- Waterproof jacket with hood
- Towel
- Swimming costume (swimming is optional)
- Insect repellent
- Sunglasses, sunhat and sunscreen. Abel Tasman National Park enjoys the highest number of sunshine hours in the country. Our clear skies, with no pollution result in a very high risk of sunburn
- Drinking water
- Check that lunch has been ordered for you or bring your own lunch