

## WHAT TO BRING For Multiday Trips

\*\*After leaving Motueka,  
there are no shops or pharmacies  
in the National Park.

### FOOTWEAR

1. Good sports/hiking shoes. Kayakers must carry walking shoes in case of emergency.



2. Shoes for tidal crossings or kayaking, fixed at the heel.



3. Light shoes or slippers to wear at the Lodges

**Walking poles** are recommended for stability on uphill and downhill sections (not supplied or available to hire at our office).

### CLOTHING for walking or kayaking

Quick-dry and thermal fibres. **Avoid cotton.** Layers are the key to comfort:

1. Thermal layer close to your skin. In the cooler months (Apr - Oct) extra thermal layers and socks will ensure your comfort.
2. Quick-dry shorts and T-shirt.
3. Warm wool or polar fleece layer.
4. Waterproof jacket with hood (disposable rain coats are for sale at our offices).
5. Kayakers need an extra set of hiking clothes in case you get wet.

### Other essentials:

6. Re-usable water bottle to be filled at our office and Lodges. 2 litres recommended.
7. Insect repellent, sunscreen, sunhat, sunglasses.
8. Hand sanitizer. Please no tissues or hand wipes. They add to litter in the Park.
9. Camera with charger and memory card.
10. Swim wear and beach towel optional.

**\*\* Essential personal medication must be carried with you each day \*\***

### OVERNIGHT GEAR

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

### INCLUDED

- All meals, snacks and fresh fruit, from lunch on your first day to lunch on your last day.
- Linen, bedding and bathroom towels.
- Shampoo, conditioner, soap and moisturiser. Hairdryers available on request.
- Drying rooms at each Lodge (washing facilities limited to hand washing).
- 40 Litre Sports bag with plastic liner to be transported to Lodges by boat.
- Free WiFi at lodges.
- 30 litre day packs are available to borrow. Bring your own if you prefer.
- Secure storage for valuable items at our office, for passports, jewellery etc.

### 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.

**Electricity:** we generate our own, providing power for small appliances including hair dryers, sleep apnoea machines, and battery charges.

**Cellphone reception** varies depending on your service provider. Please see our webpage [Wifi, Cellphone Access](#) for details.

**Wilson's Abel Tasman App:** Essential for self-guided walkers, download from [Apple Store](#) or [Google Play Store](#).

More background information in the **Project Janszoon App**, download from <https://www.janszoon.org/our-work/abel-tasman-phone-app/>.