

WHAT TO BRING

For Self-Guided Trips

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

FOOTWEAR

1. Good sports/hiking shoes.



2. Shoes for tidal crossings, 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

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).

Other essentials:

1. Personal First Aid Kit with plasters, blister prevention and antiseptic.
2. Cellphone in case of emergency but be aware of limited reception.
3. **Download the Wilsons Abel Tasman App to your phone.** Go to the [Google Play Store](#) or the [Apple Store](#). Then download your chosen trip so maps and information are available within the national park without Wifi reception.
4. NZ Met Service is also a useful App for weather updates www.metservice.com/.
5. Re-usable water bottle to be filled at our office and Lodges. Recommended 2 litres.
6. Insect repellent, sunscreen, sunhat, sunglasses.
7. Hand sanitizer. Please no tissues or hand wipes. They add to litter in the Park.
8. Camera with charger and memory card.
9. 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 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.
- 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.

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

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/>