



Suggested packing list for New Zealand

The following list contains items that previous students have recommended to bring with you on our programs. This is not an exhaustive list, and there may be other personal items you wish/need to bring.

Mandatory

One (1) large bag (duffel-bag with wheels, backpack, or suitcase). Maximum weight of 44lbs. Two bags will not be permitted.

Medium-sized day-pack (water-resistant and big enough for an overnight stay but small enough for a day hike). Use this as your carry-on bag.

Flashlight or headlight (e.g. Petzel) with extra set of batteries (you may only use this a few times)

Notebook and clipboard for taking notes in class and the field; pens, pencils (be prepared to take notes rain or shine, field or classroom). Students recommend a waterproof enclosed clipboard and a small notepad for quick note-taking.

Accommodations contact list (it's in the Course Reading Packet). Leave a copy with family, and pack a copy in your carry-on bag.

Water bottle (Nalgene or similarly tough-type recommended)

Small first aid kit (see "staying healthy" section), including Dramamine or similar fix for motion sickness (especially for Antarctica) (each program will have group first aid kits)

Sun protection (sunscreen, sunglasses, brimmed hat, chapstick, etc)

Insect repellent with DEET

Walking shoes (a walking/hiking/trail/running/around-town combo shoe will work - go for comfort, support, tread/grip, and water-resistance).

Rain jacket (must be waterproof)

1-2 pairs hiking shorts or pants, suitable for rainy weather (zip-off travel pants come highly recommended by former students). Recommend fast-drying fabrics as they may get wet.

Not jeans.

1-2 pairs of nice pants (jeans or khakis) for city wear (and/or skirts for females)

1-2 nice shirts for city wear



1 pair of nice shoes for city wear

Swimwear

Underwear and socks (7 pairs, enough for 1 week between laundry opportunities)

3-4 shirts (or t-shirts) for field (think layering for colder days) (polypro for cool climates and quick-dry t-shirts for warm climates are recommended)

Warm jacket (such as a polar fleece to go under your rain jacket, which needs to be extra warm in May/June)

1-2 pairs of polypropylene or merino long underwear

Gloves, wool hat, wool hiking socks

Nightwear (you are sharing a room!) And remember that if coming in May or June, it is winter in New Zealand and your rooms may be cold.

Large travel towel (microfiber travel towel is recommended)

Toiletries

Hand sanitizer

Plastic ziplock bags (for snacks, etc.)

A few plastic trash bags (for dirty laundry, hiking shoes, etc.)

Full supply of all medications in prescribed containers, and copy of prescriptions

Extra set of eye-glasses/contacts (solution is available in-country)

Travel adapter plug, to fit sockets like these:



ATM/Check cards, a credit card is mandatory, insurance cards, student ID card, driver's license, passport



Photocopies of important documents (i.e., ATM/Check cards, credit cards, insurance cards, student ID card, driver's license, passport, airplane ticket, emergency contact information). Leave one copy of this with your emergency contact person and bring one copy in your carry-on bag. Alternatively, take digital photos of these documents and attach the photos to an e-mail you send to yourself. These can then be stored/accessed via your webmail.

Inventory list of items packed in checked luggage (keep in carry-on luggage)

Identification tags with your contact details (on outside and inside of checked luggage, and on carry-on luggage)

The Program Handbook

The required Course Reading Packet (not available in-country)

Optional items that you may find useful:

Camera (perhaps waterproof) and extra batteries/charger/memory cards/USB key drive

Guidebook, e.g. Lonely Planet, Footprint, Moon, etc.

Pocket-knife/Swiss Army knife (do not pack in your carry-on!)

Small sewing kit/safety pins

Earplugs

Travel pillow

Combination locks for your luggage (airport TSA-compliant for checked luggage)

Collapsible walking stick/trekking pole for negotiating uneven ground

Flip-flops (for showers and inside wear)

Small purse or bag for city

Wash cloth (in ziplock bag)

Small, portable, fold-up umbrella

Journal or diary