

Suggested Packing List for New Zealand

The following list contains items that previous students have recommended to bring with you on our programs. Please read your itinerary in advance as this is not an exhaustive list, and there may be other personal items you would like or need to bring. Take into consideration the locations on your itinerary and the time of year you will be in New Zealand. You may like to check the average seasonal temperatures.

Mandatory

- 1 large bag—duffel-bag with wheels, backpack, or suitcase. Maximum weight of 44lb (20kg). 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 but please remember that airlines typically have a 15lb (7kg) weight limit for flights within the South Pacific.
- Flashlight or headlamp with extra set of batteries
- Waterproof notebook, pens, pencils—be prepared to take notes rain or shine, field or classroom.
- Information about your first accommodation (hotel, hostel, etc.) in your destination country.
- 2 large water bottles—Nalgene or similarly durable bottle
- Small first aid kit—this should include any relevant over-the-counter medications and personal prescriptions. It is important to bring prescription documentation and check that all medications are allowable in the countries you will pass through. Your faculty leader will also carry a group first aid kit.



January (summer) walk on the Routeburn Track on a rare hot day



- Motion sickness medication (either for sea or bus travel—please talk with your doctor or pharmacist about the best preventive options for you).
- Sun protection—sunscreen, sunglasses, brimmed hat, Chapstick with SPF, etc. Note that the sun is more intense in New Zealand.
- Insect repellent—DEET is most effective

Clothing and Footwear

- Sturdy walking shoes/boots—a walking/hiking/running/around-town combo shoe will work. Go for comfort, support, tread/grip, and water-resistance.
- Waterproof rain jacket
- 1-2 pairs hiking shorts or pants, fast-drying fabrics as they may get wet depending on weather (**not** jeans)
- 1-2 pairs of nice pants—jeans, khakis, skirts, dresses for city wear
- 1-2 nice shirts for city wear
- 1 pair of nice shoes for city wear
- Swimwear
- Underwear and socks—about 7 pairs, enough for 1 week between laundry opportunities
- 3-4 shirts—t-shirts and long-sleeves. Quick dry t-shirts are recommended for warm weather.
- Warm layers—winter coat, fleece jacket, wool sweaters, fleece lined leggings
- 1-2 pairs of long underwear—wool or synthetic base layers work well
- Gloves, wool hat, wool hiking socks
- Nightwear—remember you are sharing a room! If you are coming in May or June, it is winter in New Zealand and your rooms may be cold; you may also want slippers to keep your feet cosy!
- Large travel towel—microfiber recommended

Other Essentials

- Toiletries
- Hand sanitizer



- Reusable containers for snacks, etc.
- 1-2 different sized dry bags for dirty laundry, hiking shoes, swimwear, etc.
- A packable reusable shopping bag. You can buy these at most supermarkets in New Zealand.
- Full supply of all medications in prescribed containers and copy of prescriptions
- Extra set of eyeglasses/contacts (solution is available in-country)
- Universal travel adapter plug, to fit New Zealand sockets like these:



- Debit/credit cards and identification: a debit or credit card is mandatory (but a back-up option for accessing funds is recommended too), insurance cards, student ID card, driver's license, and passport. Remember to set a travel alert with your accounts
- Photocopies of important documents—leave one copy with your emergency contact and bring one copy in your carry-on. Alternatively, take digital photos of these documents and store them in a secure cloud service.



Sheep farm visit

- Inventory list of items packed in checked luggage (keep in carry-on luggage).
- Luggage tags with your contact details



- An electronic copy of the AUIP Program Handbook
- The Course Reading Packet if your course has one of these. Your faculty will advise you about this.



June (winter) walk on Banks Peninsula, near Christchurch

Optional items

- Camera
- Earplugs and eye mask for shared accommodation
- 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
- Small purse or bag for city
- Small fold-up umbrella
- Journal

What Not to Bring

Valuable jewellery or other precious items

Appliances—in the U.S., you use 110-volt alternating current (AC); however, other countries use a different system of 220 volts. If you try to use an American shaver, straightener or hair dryer, the appliance may overheat.