

## Suggested Packing List for New Zealand

The following list contains items that previous students have recommended packing. This is not an exhaustive list, and there may be other personal items you would like or need to bring. Remember, you don't need to bring as much as you think you do!

### Mandatory

- ☐ 1 large bag—duffel-bag with wheels, backpack, or suitcase. Check the airline baggage size and weight limits for your flights.
- ☐ 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
- ☐ 2 large water bottles—Nalgene or similarly durable bottle
- ☐ Medications and 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.



*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.
- ☐ Sunscreen and Chapstick with minimum 50 SPF. Just 15 minutes in the New Zealand summer sun is enough to cause sunburn. Even in winter when temperatures are low the ultra-violet rays can cause sunburn in a short time.



- ☐ Brimmed sun hat
- ☐ Gloves and wool hat
- ☐ Polarized sunglasses with 100% UV protection
- ☐ Insect repellent—with up to 30% DEET

## Clothing and Footwear

Famously New Zealand can experience 4 seasons in 1 day! The climate in a North Island summer (December to February) is very different to a Southern Alps winter (June to August). Take into consideration the locations on your itinerary and the time of year you will be in New Zealand. Checking the average seasonal temperatures is recommended. Please be aware that many places will not have air conditioning. Also, it may be cooler indoors during winter than you are used to.

- ☐ 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).
- ☐ 3-4 shirts—t-shirts and long-sleeves. Quick dry t-shirts are recommended for warmer months and outdoor activities.
- ☐ Warm layers—winter coat, fleece jacket, wool sweaters, fleece lined leggings
- ☐ 1-2 pairs of long underwear/thermals—wool or synthetic base layers work well
- ☐ 1-2 pairs of nice pants—jeans, khakis, skirts, dresses for city wear
- ☐ 1-3 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. Socks that go above the ankle are helpful for additional insect protection. Wool socks are recommended for hiking.

- ☐ Nightwear—remember you are sharing a room! Please bear in mind that in summer your room may not be air conditioned and in winter it will likely be cooler than you are used to. Summer or winter weight nightwear and slippers is recommended.

## Other Essentials

- ☐ Plug in phone charger. You may also consider a portable power bank but ensure to comply with TSA regulations.



- ☐ Universal travel adapter plug, to fit angled New Zealand sockets like these:



- ☐ Large travel towel—microfiber recommended
- ☐ Toiletries including feminine hygiene products as necessary
- ☐ Extra set of eyeglasses/contacts (solution is available in-country)
- ☐ Hand sanitizer
- ☐ Woolite/laundry soap if you plan to do any hand laundry
- ☐ 1-2 dry bags for dirty laundry, hiking shoes, swimwear, etc.
- ☐ Packable reusable shopping bag. Or, you can buy these at most supermarkets in New Zealand.
- ☐ Reusable cutlery and containers for packed lunches and/or snacks
- ☐ 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*





- ☐ Luggage tags with your contact details
- ☐ An electronic copy of the AUIP Program Handbook and your itinerary
- ☐ Academic materials, such as a Course Reading Pack or laptop, if applicable. Your faculty will advise you about what is required for your program.



*June (winter) walk on Banks Peninsula, near Christchurch*

### Optional items

- ☐ Camera equipment and GoPro if you have one, with battery charger or extra batteries. Also, make sure you have sufficient space on memory cards.
- ☐ 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
- ☐ Small fold-up umbrella
- ☐ Journal
- ☐ Small game or book to read/ereader
- ☐ Reusable coffee cup



## 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.

## Lost luggage

To help mitigate the inconvenience of lost luggage it is recommended the following be packed in your cabin luggage:-

- Two sets of clothes (e.g. 2x socks, 2x underwear, 2x t-shirts, 1x pair of shorts or long pants, 1x warm layer)
- Hiking/walking boots/shoes (or wear these). They are expensive and more difficult to buy
- Rain jacket
- 'Must have' toiletries (in 3.4-ounce or smaller containers, fitting together in one single, quart-size, clear, zippered plastic bag)
- Personal medications