Suggested Packing List for Osher Lifelong Learning Institute (OLLI) for New Zealand

The following list contains items that previous participants have recommended for packing. This is not an exhaustive list, and there may be other personal items you would like or need to bring for your trip to New Zealand. 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.
- ☐ A large water bottle
- ☐ Medications and small first aid kit—this should include any relevant over-the-counter medications and personal prescriptions, in their original packaging. It is important to bring prescription documentation and check that all medications are allowable in the countries you will pass through.
- ☐ 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, especially in the spring and summer months (September to March).
- ☐ Brimmed sun 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 the 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, or wool sweaters,
- [ ] 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
- [ ] Flip-flops or sandals
- [ ] 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 may be sharing a room. Please bear in mind that in summer your room may not be air conditioned.

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:



- [ ] Personal travel towel—microfiber recommended for fast dry
- [ ] Toiletries
- [ ] Extra set of eyeglasses/contacts (solution is available in-country)
- [ ] Hand sanitizer
- [ ] Laundry soap if you plan to do any hand laundry
- [ ] A dry bag 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, a 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.
- [ ] Luggage tags with your contact details
- [ ] Download the TripCreator App, and enter your programs itinerary reference
- [ ] Academic materials, or laptop, if applicable. Your Program Leader will advise you about what is required for your program.



Rotorua geyser

Optional items

- [ ] Camera equipment, with battery charger or extra batteries. Also, make sure you have sufficient space on memory cards.
- [ ] Mini binoculars
- [ ] Flashlight or headlamp with extra set of batteries
- [ ] Earplugs and eye mask for shared accommodation
- [ ] Travel or neck pillow, compression socks for plane and coach journeys

- [ ] Combination locks for your luggage (airport TSA-compliant for checked luggage)
- [ ] Collapsible walking stick/trekking pole for negotiating uneven ground
- [ ] Small portable folding travel chair
- [ ] Small purse or bag
- [ ] Small game or book to read
- [ ] 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. Battery operated hair heating devices are banned on many airlines.

Lost luggage

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



Routeburn Track, near Queenstown