BIGFOOT ADVENTURES

ADVENTUROUS JOURNEY TRAMPING GEAR LIST

THE DUKE OF EDINBURGH'S INTERNATIONAL AWARD
AOTEAROA NEW ZEALAND | HILLARY AWARD

CONTACT DETAILS

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PERSONAL EQUIPMENT

Important Note -
NO cotton clothing will be allowed on the trip.

Cotton holds water and takes heat away from the body. You will get cold quickly and will not have protection from the wind and rain.
DO NOT bring any cotton.

All **Macpac** stores offer 30% off Macpac brand items for Duke of Ed participants.

Bivouac Outdoor Albany store offers 15% off for Duke of Ed participants.

Living Simply offers 15% off for Duke of Ed participants, and the ability to hire tramping boots and sleeping bags. Check out their hire equipment here.

- [ ] **65L Tramping Pack**
Securely holds all of your items and carries the weight through your shoulders. It should be comfortable and include waist straps. See some examples here. This item can be hired from Bigfoot.

- [ ] **MSC Yellow Pack Liner/Heavy Duty Rubbish Bag**
Goes in pack first to ensure that everything else will be kept dry. Available here from Macpac.

- [ ] **Sleeping Bag**
A separation from the ground that keeps you warm throughout the night. There are many factors that should be considered when choosing a sleeping bag. Follow the link to help you choose a sleeping bag here. You can waterproof your sleeping bag by putting it in a rubbish bag and tying it off.

- [ ] **Bed Roll**
An extra separation from the ground to provide comfort and reduce heat loss.

- [ ] **Bowl/Plate/Cup/Cutlery**
  Just a bowl can work for breakfast and dinner.
  You can get collapsible bowls here which save space in your pack.

- [ ] **Small Microfiber Cloth**
  For drying dishes and hands. See example here.

- [ ] **Cell phone (optional)**
  Must be kept on flight mode during the journey and only used for photos or communication with parents/caregivers coordinating drop off/pick-ups.

- [ ] **Watch (optional)**
  Useful for alarms, time and navigation.

- [ ] **Dry Bags**
  We recommend 5L to 15L dry bags to keep key items dry e.g. your warm thermal layers. Find examples of dry bags here. Alternatively, you can use a pack liner or heavy duty black bags.

- [ ] **Toilet Paper and Hand Sanitiser**
  Put in a zip-lock bag to ensure that they stay dry.

- [ ] **Toiletries & Insect Repellent**
  Toothbrush & toothpaste (travel size are great).

- [ ] **Period Products**
  Bring a supply & a zip-lock bag for rubbish (whether it is due or not).

- [ ] **First Aid Kit**
  Small kit which includes insect repellent, sunscreen, blister treatment materials, and any personal medication you need. Our instructors will also have a first aid kit on them.

- [ ] **Head Torch/Flashlight**
  To help you see at night and early in the morning (with spare batteries).

CLOTHING

- [ ] **Tramping Shoes/Boots**
  See examples of boots here and shoes here

- [ ] **Thick Tramping Socks**
  1 x socks to wear each day and 1 x clean pair for at camp. See examples here.

- [ ] **Waterproof Raincoat**
  Waterproof and windproof. Gortex-made is best. See examples here.
  This item can be hired from Bigfoot.

- [ ] **Waterproof Over-trousers**
  Waterproof and windproof. Gortex-made is best. See examples here.
  This item can be hired from Bigfoot.

- [ ] **Fleece Jumper**
  For evenings and early mornings at camp.
  This item can be hired from Bigfoot.

- [ ] **Warm Thermal Layers (Top and Bottoms)**
  These are the base layer that keep your core warm. Pack 2 x thermal long sleeve tops and 2 x thermal bottoms. 1 for walking and 1 clean pair for at camp. This item can be hired from Bigfoot.

- [ ] **T-Shirt**
  1 x Quick Dry Sport fabric T-shirt to walk in. **NOT COTTON.**

- [ ] **Shorts/Zip off Pants**
  1 x Quick Dry Sport fabric shorts to walk in. **NOT COTTON.**

- [ ] **Underwear**
  One for every day you are away.

- [ ] **Hat/Beanie**
  A hat for warmer months, a beanie for winter and keeping your head warm at night. You can lose a lot of heat from your head alone!

CLOTHING

- [ ] **Gloves (optional)**
For people who get cold easily, especially hands and feet – this is recommended. In winter months, it can be very cold at night and in the mornings.

- [ ] **Camp Shoes (optional)**
Slides, crocs or jandals. See examples here.

- [ ] **Sun Hat, Sunglasses and Sunscreen**
Sun protection is important during all seasons.

GROUP EQUIPMENT
(TO SHARE IN GROUP OF 3)

- [ ] **3 Person Tent**
You will be sharing a tent with 1 or 2 other people, and will be dividing the pieces of the tent up amongst your friends and their packs.
This item can be hired from Bigfoot.

- [ ] **Stove**
A low to the ground stove is best so it limits the chance of it falling over. Examples of stoves here. This item can be hired from Bigfoot.

- [ ] **Cooking Pot**
Something to cook your food in that is big enough for your group's meal. Find an example here. This item can be hired from Bigfoot.

- [ ] **Gas & Fuel**
Gas to fuel your stove and cook your food. See examples here.
This item can be hired from Bigfoot.

- [ ] **Lighters/Matches**
To use with your cooker.
These items can be hired from Bigfoot with the gas cooker and fuel.

- [ ] **Biodegradable Detergent**
In a small container to clean dishes.

- [ ] **Scouring Sponge**
To clean dishes. This item can be hired from Bigfoot with gas cooker and fuel.

FOOD & WATER

YOU CANNOT BUY FOOD ON THE TRACK. CARRY ALL OF THE MEALS AND SNACKS YOU WILL NEED, PLUS SOME SPARE, AND A WATER BOTTLE.

- [ ] **Water**
  Take a minimum of 2L water with you. Water will be available from a stream or a tap on the journey.

- [ ] **Water Treatment Tablets**
  Take 5-10 tablets to put in your water when the water is gathered from an untreated place (e.g. from a stream, a tap – if not bore). Water treatment tablets can be purchased from chemists.

- [ ] **Breakfast**
  Quick oats/porridge, muesli, dried fruit, milk powder.

- [ ] **Snacks**
  Scroggin (nuts/raisins/seeds), muesli bars, fresh or dried fruit/veggies, jerky, tuna/salmon, crackers with hummus dip or cheese, chocolate for an energy boost. Take 50% more than you would normally eat on an average day.

- [ ] **Lunch**
  Typically a non-cooked meal like crackers/cabin bread, bread (sandwiches), pita bread/bagels etc, spreads such as cheese, hummus, salami, peanut butter, vegemite, canned fish, boiled eggs, biscuits/cake, fruit/veggies (such as carrot, celery, cherry tomatoes), couscous (cooks faster than rice).

- [ ] **Dinner**
  Soup mix, rice, pasta, dried veggies, dried beans, couscous, lentils. Avoid bringing cans and try to bring the least amount of packaging you can, as you have to carry it.