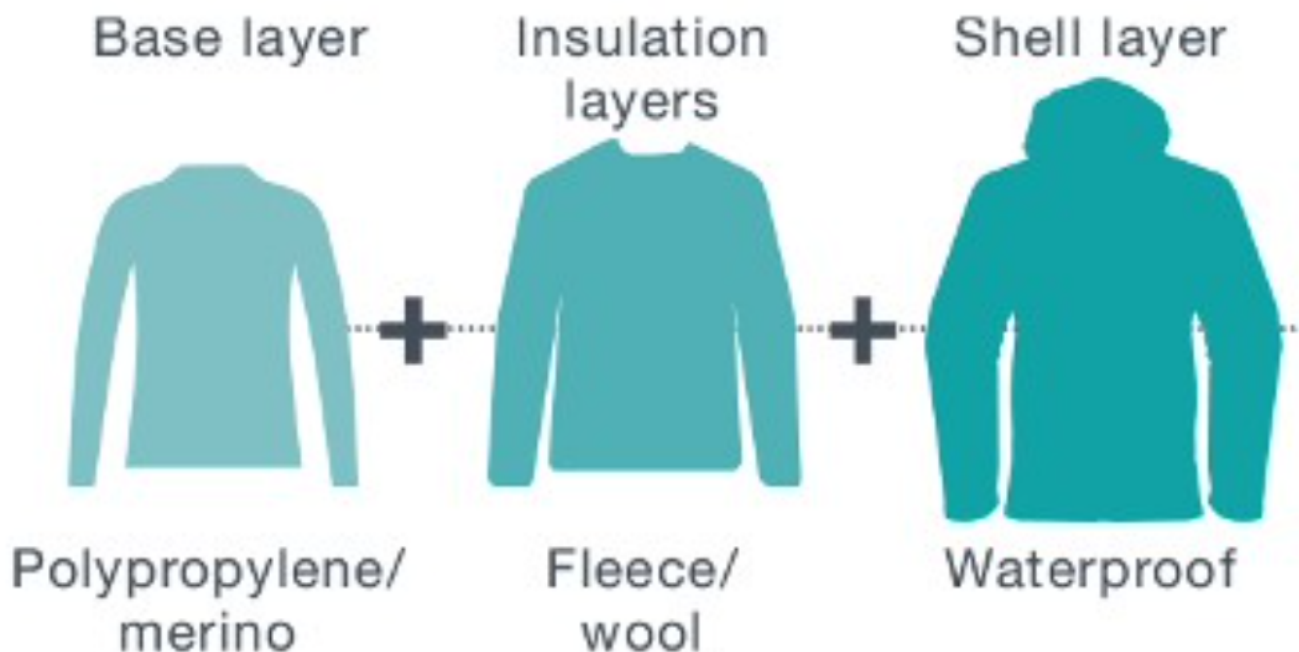


Tim's Tramping Gear List

version 15th July 2022

Clothing Layers

If you have seen the movie Shrek then you'll know the saying "onions have layers" well tramping clothing is all about layers too.



Base Layer: This layer sits against your skin so make sure it's comfortable wearing. This layer is seldom removed when tramping, it's what you might strip down to when it's really hot and is often what you sleep in. This layer's function is to remove the sweat (caused by exertion) away from your skin so you don't cool down when you stop or rain soaks you through. Because of this it is essential that your base layer can stay warm when wet from either sweat or rain. It must be a fabric that draws moisture away from your body such as merino or polypropylene. Never use cotton or nylon for a base layer.

Insulation Layer(s): This is the second layer and provides additional warmth. You can put these items of clothing on and take them off when required to control your temperature. They should still be of a fabric that remains warm when wet. Micro-fleece or merino tops are best – generally one lighter weight mid-layer short sleeve and heavier type fabric outer layer long sleeve. If you are prone to being cold a puffer jacket that packs down really small can add a lot of warmth especially in the hut in the evening. Never use cotton or nylon for an insulation layer.

Waterproof Shell Layer: This layer is your ultimate protection against the wetness of the NZ wilderness. Rain, snow, hail, fog, mist and wet foliage are all going to make you wet - and when you are wet you will get cold. This layer should be a purpose designed waterproof jacket. It needs to be lightweight, durable (so not prone to tearing on snags) and must be highly waterproof (waterproofness is measured in millimetres and anything under 3000mm is not a suitable multi-day tramping jacket). Most modern tramping jackets also are breathable allowing water vapour and sweat out whilst stopping liquid water from getting in. Never use PVC, microfleece, cotton or nylon parka's for a waterproof shell layer when tramping.

COTTON KILLS ... cotton provides no warmth when wet and will draw heat away from your body. Emergency services all refer to cotton clothing when tramping as a killer. It will encourage and accelerate hypothermia when you are wet and cold. Never take cotton clothing into the outdoors tramping.

Essential Icon Key: ★ - required for all tramps; ☀ - required in summer; ❄ - required in winter Items without an icon are optional for comfort or usefulness		Check this box as you pack it ↓
Equipment and Gear		
1x	Tramping Pack ★	
1x	Pack Rain Cover	
1x	Waterproof Pack Liner or waterproof dry-sacks ★ (not supermarket bags as these get holes in them)	
1x	Warm sleeping bag ★ (must be -5°C rated or better i.e. so not a 'warehouse' one)	
1x	Bed roll or sleeping mat (★ unless a bed is guaranteed in a hut this is required)	
1x	Tramping boots with ankle support ★ – these <u>will</u> get wet and should be sturdy	
1x	Pair of Gaiters ❄ – essential in tramps that will involve snow or are off track (route bashing)	
1x	Eating Utensils ★ (must include but can be a combo of Bowl, Spoon, Knife, Fork, Cup)	
1x	Head torch ★ & spare set of new batteries ★	
1x	Water bottle ★ (at least 750ml)	
1x	Small micro-fleece / terry tea-towel	
Clothing		
1x	Light weight but completely Waterproof Rain Jacket★ – <u>this must be completely waterproof</u>	
2x	Long sleeve Thermal tops★ – must be either polyprop / merino / woollen – one for tramping in (i.e. wet and smelly) and one lot to keep dry in case you get wet	
2x	Long John Thermal leggings★ – must be either polyprop / merino / woollen – one for tramping in (i.e. wet) and one lot to keep dry in case you get wet	
2x	Thick woollen/merino/thermal socks★ (one for tramping (i.e. wet) and one to keep spare & dry for around camp)	
1x	Woollen / Heavy Fleece Jersey / Puffer Jacket ★	
1x	Light micro-fleece / merino top or sweatshirt★ (2x required in winter)	
1x	Micro-fleece pants or waterproof over trousers★	
2x	Shorts ☀ (one for tramping in (i.e. wet) and one to keep dry for around camp)	
2x	T-shirts ☀ (one for tramping in (i.e. smelly) and one to keep dry for around camp)	
2x	Underwear (one lot for tramping in and one lot to keep dry in case you get wet) (3x for multi-day tramps)	
1x	Warm Hat ★ – preferably woollen or micro-fleece	
1x	Sun hat ☀	
1x	Sunglasses ❄ (required in winter or summer alpine tramps to prevent snow blindness)	
1x	Warm Gloves ★ – preferably woollen / merino / micro-fleece / polyprop	
Other things		
1x	Toilet Paper ★ in waterproof bag	
1x	Minimal toilet gear (i.e. toothbrush, small bar of soap, deodorant, lip balm, etc.)	
1x	Insect Repellent ☀ – the sand-flies in NZ are designed to stop people enjoying the outdoors!	
1x	Personal Survival Kit ★ – <u>small</u> waterproof bag or container with a few barley sugars, small first aid kit (i.e. plasters, panadol, adhesive tape), small compass, waterproof matches, small pocket-knife, whistle and survival blanket	
1x	Electrolytic Powder (e.g. Gatorade, Powerade, etc.) if you are prone to muscle cramps	
	Any medication you are on ★ - you must bring enough for the tramp plus a few days extra.	
1x	Sports Plasters / Waterproof Adhesive Tape / Comped if you are prone to blisters	
	Scroggin / snacks / museli bars / chocolate, etc★	
Extra Optional Things – but remember you need to carry them		
1x	small Digital Camera – preferably waterproof	
1x	small Bible	
1x	small Hunting Knife	
1x	Ear Plugs if you are a light sleeper	
1x	Pair of Sand Shoes or Teva's or Jandels – for around the hut / camp-site at night	
1x	Hut Games	

Group Gear List

Essential Icon Key: ★ - required for all tramps ✚ - 1 each required per 5 to 7 tramps (i.e. 2 of item for 14 tramps)		Check this box as you pack it ↓
Equipment and Gear		
1x	Personal Locator Beacon ★	
1x	Mountain Radio / Satellite Phone / Satellite Communicator	
1x	Cooker and Adequate Fuel ★ ✚	
1x	1-2 litre Billy ★ ✚	
1x	First Aid Kit (includes Strapping Tape / Blister Patches) ★	
1x	Topo / Route Finding Map ★	
1x	Small Dishwash Liquid	
1x	Sanitiser Wipes	
1x	Hand Sanitiser ★✚	
1x	Sharp Knife ★	
1x	Pack of Waterproof Matches / Bic Lighter (along with Fire Lighters) ★	
1x	Candles (1 per night) ✚	
1x	Fly and Rope (or a tent) ★	
1x	Food (as per arranged plans for each tramp)	

Food Guidelines

Quantities based on 1x adult per day		Check this box as you pack it↓
General Food Suggestions		
	Condensed Milk Tube (1 tube for every 4 days per person)	
	Hot Drinks - Coffee Sachets / Tea Bag / Hot Chocolate sachets	
	Cup'O'Soup packet – to warm up and recharged on cold days and/or as salt rich snack	
	Block of Chocolate (1 block per 2 days per person)	
	Muesli Bars / "One Square Meal's"	
	Packs of Lollies / Scroggin	
Breakfast Suggestions		
2x	Instant Porridge Sachets	
Lunch Suggestions		
	Wraps / Sandwich Thins (2 per person per day)	
	Salami (1 roll per 4 days per person)	
	Cheese Slices (2 slices per person per day)	
	Tomato / Avocado (Good for first day or so)	
	Hummus / Piccolo / Relish (1 pottle/'kai carrier' per 4 days per person)	
	Canned Tuna / Canned Chicken	
Dinner Suggestions		
1x	Dehydrated Meal (1 serve)	
1x	Dehydrated Dessert (2 serve)	
Emergency Food		
	Dehy Potato Packet	
	Packet Soups	
Treats for First Night if Boating/4WDing in		
	Bacon / Eggs	
	Rich Red Ruby	