

MULTI-DAY TREK GEAR LIST ESSENTIALS

This equipment list is for a 2 - 4-day trek. Please ensure you pack additional underwear and socks etc. for lengthier trips. Do NOT overpack. If you have any questions regarding equipment or clothing, please do not hesitate to contact Mike or Maddie on 0800 022 536 or via email at realkiwihorsetrekking@gmail.com.

- Enclosed shoes (running shoes are fine)
- Daypack (18 - 30 litre)
- Head torch + batteries
- Sleeping bag (preferably 4 seasons)
- Pillow
- Sunglasses + hat
- Sunscreen
- Water bottle or water bladder
- Toiletries
- One towel
- Pants (NO shorts or skirts)
- Woolen socks
- Underwear
- Gore-tex/waterproof jacket
- Thermals (top and bottom)
- Warm wool or fleece top
- Lightweight/breathable top (for warmer weather)

OPTIONAL

- Camera
- Reading material
- Lightweight camp shoes (sandals etc.)
- Personal locator beacon
- GPS