



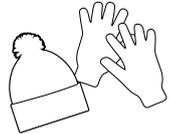
Pack your outdoor essentials

With the right planning and gear, your adventure will be more enjoyable and you'll be better prepared if things don't go to plan.

At a minimum for every trip



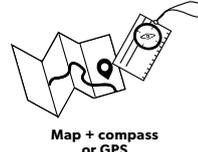
Waterproof jacket



Warm hat + gloves



Phone + Emergency communication device



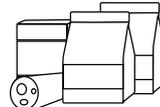
Map + compass or GPS



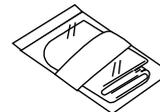
Fire lighting kit



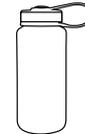
Headtorch + batteries



Food + snacks



Survival bag

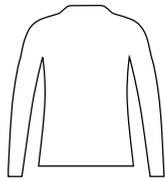


Water bottle

Layer your clothing



Base layer



Thermal top (polypropylene/merino)



Mid layer insulation



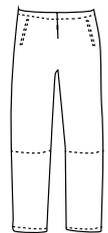
Down jacket



Walking shorts/pants



Thermal leggings (polypropylene/merino)



Waterproof pants

Add items to keep you safe



Sun protection



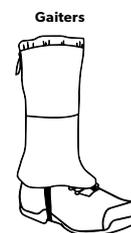
First aid kit + medication



Whistle

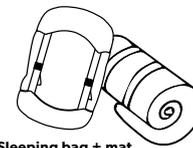


Walking poles

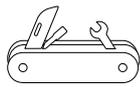


Gaiters

Sturdy footwear + socks



Sleeping bag + mat



Knife/multi tool



Toilet paper + rubbish bag



Cooking + eating items



Tent or emergency shelter

Consider the what ifs

Common incidents in the outdoors and how to prevent them



Extreme weather

Check the forecast and be prepared changes



Slips, trips and falls

Watch your footing and manage fatigue



Getting lost or separated

Plan together, stick together and help each other



Rivers and difficult terrain

Choose a trip that suits your abilities, available time and the weather



Hypothermia/staying warm

Layer your clothing, eat and drink regularly

Follow the NZ Land Safety Code



Choose the right trip for you



Understand the weather



Pack warm clothes and extra food



Share your plans and take ways to get help



Take care of yourself and each other

TOP TIP