

PACKING LIST FOR YOUR 3-4 DAY FIORDLAND WALK



ESSENTIAL HIKING GEAR:

- 40-60 litre capacity backpack with rain cover
- Waterproof pack liner
- Sleeping bag rated for expected temperatures
- First aid kit, including blister patches
- Rubbish Bag
- Torch or headlamp
- Hut/camping/bus tickets

OPTIONAL:

- Hiking poles
- Sleeping bag liner for extra warmth
- If tenting: tent, sleeping mat, stove + gas

CLOTHING:

- Underwear
- Warm thermal long-sleeve tops
- Thermal/polypropylene leggings
- Wool or polar fleece jerseys
- Quick drying T-shirt
- Shorts
- Warm jacket
- Waterproof and windproof jacket
- Waterproof pants
- Sturdy, broken-in hiking boots
- Pairs of socks
- Woollen hat
- Sunhat
- Change of clothes for the hut: comfortable, warm tops & bottoms, down jacket

OPTIONAL:

- Gaiters
- Pyjamas
- Lightweight shoes like Crocs or Scuffs to wear at night
- Sunglasses

PERSONAL ITEMS:

- Toothbrush
- Quick dry towel
- Sunscreen
- Lip balm
- Insect repellent
- Camera
- Pack of cards, book, or journal & pen
- Ear plugs

COOKING:

- Cooking pot
- Plate
- Mug
- Utensils
- 1-2 Litre water bottle
- Food: Dehydrated or lightweight meals, breakfast food like cereal or oats
- High-energy snacks (trail mix, chocolate, nuts)
- Tea or coffee
- Emergency supplies: add another few meals in case of delays due to weather or injury.

Important Note: This checklist is provided for informational purposes only. While every effort is made to ensure its accuracy and completeness, Tracknet accept no responsibility or liability for any mishaps that may occur while using this information. It is the sole responsibility of each individual to ensure their safety and well-being while hiking.

MEAL PLANNER:

- Lightweight, high-energy meals and snacks are the best.
- Pack a couple of emergency meals. Dehydrated packs like Back Country Cuisine meals are ideal for this.
- Remember, all rubbish needs to be packed out again.
- If you plan to make hot drinks or hot lunches while out on the track, then you need to carry a cooker & gas with you.
- If you are travelling in a group, consider that items like food and cooking equipment can be shared amongst the group to carry.

DAY ONE

BREAKFAST

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LUNCH

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DINNER

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SNACKS

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DAY THREE

BREAKFAST

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LUNCH

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DINNER

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SNACKS

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DAY TWO

BREAKFAST

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LUNCH

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DINNER

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SNACKS

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DAY FOUR

BREAKFAST

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LUNCH

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DINNER

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SNACKS

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