



## **Suggested packing list for New Zealand - Sydney**

The following list contains items that previous students have recommended to bring with you on our programs. This is not an exhaustive list, and there may be other personal items you wish/need to bring.

In general, Sydney is warmer and drier than New Zealand but we suggest you check on-line for information about the weather that is typical at your destinations for the months you intend to travel.

### **Mandatory**

One (1) large bag (duffel-bag with wheels, backpack, or suitcase). Maximum weight of 44lbs. Two bags will not be permitted.

Medium-sized day-pack (water-resistant and big enough for an overnight stay but small enough for a day hike). Use this as your carry-on bag.

Flashlight or headlight (e.g., Petzel) with extra set of batteries (you may only use this a few times)

Notebook and clipboard for taking notes in class and the field; pens, pencils (be prepared to take notes rain or shine, field or classroom). Former students recommend a waterproof enclosed clipboard and a small notepad for quick note-taking.

Accommodations contact list (it's in the Course Reading Packet). Leave a copy with family, and pack a copy in your carry-on bag.

Water bottle (Nalgene or similarly tough-type recommended)

Small first Aid kit (see "staying healthy" section), including Dramamine or similar fix for motion sickness (especially for Antarctica) (each program will have group first aid kits)

Sun protection (sunscreen, sunglasses, brimmed hat, Chapstick, etc)

Insect repellent with DEET

Travel alarm clock or watch with alarm

Walking shoes (a walking/hiking/trail/running/around-town combo shoe will work - go for comfort, support, tread/grip, and water-resistance).

Rain jacket (must be waterproof)



1-2 pairs hiking shorts or pants, suitable for rainy weather (zip-off travel pants come highly recommended by former students). Recommend fast-drying fabrics as they may get wet.

**Not** jeans.

1-2 pairs of nice pants (jeans or khakis) for city wear (and/or skirts for females)

1-2 nice shirts for city wear

1 pair of nice shoes for city wear

Swimwear

Underwear and socks (7 pairs, enough for 1 week between laundry opportunities)

3-4 shirts (or t-shirts) for field (think layering for colder days) (polypro for cool climates and quick-dry t-shirts for warm climates are recommended)

Warm jacket (such as a polar fleece to go under your rain jacket, which needs to be extra warm in May/June; for December-January programs this can be lighter)

1-2 pairs of polypropylene or merino long underwear

Gloves, wool hat, wool hiking socks

sleeping bag\* (good to about 25° F for May-June programs; or about 40° F for December-January programs). A compression sack is recommended for storing it so that it takes up less space in your luggage.)

*\* check with your faculty to see if you need to bring a sleeping bag. Some itineraries will require one, while on others you may have blankets/linens provided at each accommodation.*

silk sleeping bag liner

Nightwear (you are sharing a room!) And remember that if coming in May or June, this is winter in New Zealand and your rooms may be cold.

large travel towel (microfiber travel towel is recommended)

Toiletries

hand sanitizer

Plastic ziplock bags (for snacks, etc.)

A few plastic trash bags (for dirty laundry, hiking shoes, etc.)



Full supply of all medications in prescribed containers, and copy of prescriptions

Extra set of eye-glasses/contacts (solution is available in-country)

Travel adapter plug, to fit sockets like these:



ATM/Check cards, a credit card is mandatory, insurance cards, student ID card, driver's license, passport

Photocopies of important documents (i.e., ATM/Check cards, credit cards, insurance cards, student ID card, driver's license, passport, airplane ticket, emergency contact information). Leave one copy of this with your emergency contact person and bring one copy in your carry-on bag. Alternatively, take digital photos of these documents and attach the photos to an e-mail you send to yourself. These can then be stored/accessed via your webmail.

Inventory list of items packed in checked luggage (keep in carry-on luggage)

Identification tags with your contact details (on outside and inside of checked luggage, and on carry-on luggage)

the Program Handbook

the required Course Reading Packet (not available in-country)

**Optional** items that you may find useful:

Camera and extra batteries/charger

guidebook, e.g. Lonely Planet, Footprint, Moon, etc.

Pocket-knife/Swiss Army knife (do not pack in your carry-on!)

Small sewing kit/safety pins

Earplugs



Travel pillow

Combination locks for your luggage (airport TSA-compliant for checked luggage)

Collapsible walking stick/trekking pole for negotiating uneven ground

Flip-flops (for showers and inside wear)

Pillow case (doubles as a laundry bag)

waterproof camera

Small purse or bag (for females) for city

Wash cloth (in ziplock bag)

Extra memory cards for camera (and USB key drive)

Small, portable, fold-up umbrella

Journal or diary