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Abel Tasman Packing List

To help you plan your trip, we offer the following list of what to pack.

You need to supply a pack, sleeping bag and comfortable footwear. The weather can change quickly on this track so you must be prepared for adverse conditions. It is a good idea to make your pack as light as possible for your own comfort.

- Tramping pack or day pack big enough for clothes and gear
- Plastic pack liner (if you need one, we have extras – just let us know) or outside rain cover
- Good quality weatherproof jacket or poncho
- Boots, trainers or sneakers (lightweight recommended)
- Sandals or slippers for evening use and crossing sandy estuaries (we will cross a few beaches and can walk around the estuaries)
- Long trousers for evening use.
- Spare shirts and underwear.
- Hiking shorts (non denim).
- Swimming gear (if you might want to attempt a swim)
- Spare socks, preferably woolen or equivalent.
- Sun hat (for hot weather)
- Toilet gear (toothbrush, etc)
- Sun block and sandfly lotion (not necessary, we will bring each of these as well)
- Camera (not essential – we will have a camera to take lots of photos and you will receive a USB stick at the end with all the photos)
- 1 litre drink bottle
- Trekking poles (optional)

We have some equipment available. If you cannot provide everything on the list, please contact us, we can help.