



All items should be clearly marked with your name!

Please note that personal items (including valuables) are not covered by the Scout Association insurance policy and should be covered by family insurance or special insurance.

PHASE 1 LUGGAGE		
1x	Tramping Pack - 65L - 80L (*See notes below)	
1x	Pack Liner (Can be a heavy style plastic bag)	
	Dry Bags (Optional)	
	Plastic bags or dry bags for wet / soiled clothing	
	Pack cover (Optional)	

PHASE 1 SLEEPING		
1x	Sleeping Bag - in a cram bag and both inside a large plastic bag	
1x	Sleeping Bag Liner	
1x	Snowfoam sleeping mat or inflatable mat - recommend with R rating	

PHASE 1 FOOTWEAR		
1x	Tramping Boots (Pre- Broken in) or sturdy walking shoes	
4x	Tramping Socks - Preferably woollen, No cotton ankle socks.	
1x	Hut Shoes (Jandals, Sandals or Crocs) - Optional	

PHASE 1 REQUIRED CLOTHING (recommended amounts)

1x	Warm woollen Jumper or Fleece Jacket	
2x	Thermal Tops (Polypropylene or Woollen)	
1x	Thermal Bottoms (Polypropylene or Woollen or Nylon Active pants)	
1x	Long trousers (no jeans or cotton - consider nylon or fleece)	
1x	Shorts (consider quick dry material or nylon)	
1x	T-Shirts (Consider quick dry material)	
1x	Long Sleeved Shirt (Consider Cotton or Quick dry)	
4x	Underwear	
1x	Swimming togs (Optional)	
1x	Sunhat (Recommended wide brim)	

PHASE 1 EXTREME WEATHER

1x	Rain Coat (Seamsealed - Long with hood) - Not Nylon or short type	
1x	Windproof Overtrousers	
1x	Fleece or Woollen Beanie or Balaclava	
1x	Thermal Gloves	

PHASE 1 PERSONAL ITEMS - TECH

1x	Head Lamp	
1x	Spare Batteries	
1x	Phone (highly recommended and should have data available - Limited charging - see notes below *)	
1x	Charging Cable	
1x	Battery Pack (Optional)	
1x	Camera (Optional)	

PHASE 1 PERSONAL ITEMS - BATHROOM

1x	Medications (Clearly named and with administration instructions)	
1x	Personal First Aid Kit (including antihistamine, pain relief, a survival blanket, blister kit and whistle)	
1x	Tooth brush and Tooth paste	
1x	Roll on or Stick Deodorant	
1x	Toilet Gear - Roll of Toilet paper and hand soap (Small)	
1x	Flannel / Facecloth	
1x	Insect Repellent	
1x	Sunscreen (SPF 25+)	
1x	Lip Balm (Recommend SPF)	
1x	Small towel	
	Sanitary products if required and bags for disposal	

PHASE 1 PERSONAL ITEMS - FOOD RELATED

1x	Camping Plate, Bowl, Cup, Fork, Knife, Spoon	
1x	Ditti Bag (used for holding all your plates etc - could be a dry bag)	
1x	Tea towel	
1x	Drink Bottle or bladder minimum 750L - 1L capacity total	
	Zip lock bags - various sizes	
	Hydration electrolyte powder e.g Thorzt, Vitasport, Sqwinchers	
	Scroggin of your choice for trail	
1x	Packed Lunch for the first day or money to buy food at Tākina	

PHASE 1 OPTIONAL EXTRAS

1x	Tissues	
1x	Pack of cards or a small game	
1x	Spending Money	

PHASE 1 EXPEDITION SPECIFIC		
1x	Pocket Knife (Optional)	
1x	Walking Poles (Optional)	
1x	Gaiters or putties (Optional)	
1x	Notepad and paper	
1x	Survival Kit (Optional)	
1x	Sunglasses	

Phase 2 gear can be packed in a separate bag, before arriving at Launch day at AdVenture'26, this will be taken to Brookfield, while you are on your expedition. Please pack your Phase 2 gear into **one bag**. You will need to check this in at the designated location on Level 1 on launch day.

PHASE TWO		
1x	Camping Tent (See venture.scouts.nz/tenting for specs)	
1x	Suitcase/Trolley bag / Sports Bag (If you are leaving gear for Phase 2 on Launch Day)	
1x	A stretcher (Optional)	
1x	Pillow - with pillow case	
1x	Day pack, light weight bag	
1x	Blanket (Optional)	
1x	Sneakers or Urban shoes	
1x	Jandals/scuffs/thongs (whatever you call them) Optional	
1x	Beach feet (Optional)	
	Extra T-Shirts, Shorts, Pants	
1x	Gumboots (Optional)	
1x	Swimming Togs (Extra pair - Optional)	
1x	Showering Towel	
1x	Shampoo and Conditioner	
1x	Costumes for themes (Rock the Block, Dystopia, Lost Realms, Wild West, Neon)	
1x	Washing powder (Optional - If you wish to wash clothes onsite)	
1x	Clothes Pegs (Optional)	
1x	Washing line cord or paracord (Optional)	
1x	Net laundry bag (Optional - to keep your washing together)	
1x	Folding camp chair (Optional)	
1x	Lunchbox (Optional)	
1x	Spending Money - Eftpos card or cash	

PLEASE LEAVE AT HOME	
Drones	
Your Scout Uniform	

NOTES:

TRAMPING PACKS

Large enough for your gear with some space for some unit gear/food etc. If you do not have your own Pack, **please let me know ASAP.**

For tramping, an optimal backpack weight is generally around 20% of your body weight for multi-day hikes, and no more than 10% for day hikes. This is a guideline, and individual fitness and trip specifics can influence the ideal weight. For example, a 70kg person should aim for a pack under 14kg for multi-day hikes and under 7kg for day hikes. A base weight (excluding food and water) under 9 kg is considered lightweight and anything under 4.5 kg is ultra-light, [according to Beyond Nordic](#).

CLOTHING

Minimum One set of clothes to walk in and another set to change into at night.

DAY PACK EXTRA

It is recommended that all trampers have a small bag packed that can be brought up on the bus when it picks them up from Mt. Holdsworth at the end of the tramp and takes them into Masterton for swim/shower and lunch. This bag can contain a clean set of clothes, big towel, change of footwear, and anything else the Venturers think they might want such as shampoo, conditioner etc

DEVICES - PHONES/CAMERAS

If you wish to bring devices, you can. It is your responsibility to look after them and keep them secure. There will be nowhere to charge your phones etc while hiking.

OTHER INFORMATION

We will have a locator beacon with us throughout the expedition, and a basic first aid kit. Water purifying tablets will also be provided by Venture.

DON'T HAVE GEAR?

If you require any gear, can you please let me know as soon as possible as I will need to source this for you.

Email: ex.tararuatrekkers@venture.scouts.nz