

ICEP NEW ZEALAND PACKING LIST

Becket-Chimney Corners YMCA

The weather in New Zealand will be cold and breezy with many rainy days. Remember, it will be winter in New Zealand. Having appropriate rain gear is essential. **Non-cotton materials such as wool, fleece, and polypropylene (for synthetic blends) will dry faster and keep you warmer than cotton**, especially when doing service projects outside. It is more effective to appropriately layer clothing than to bring a lot of bulky clothes. The dress code in New Zealand is relaxed, so what you are comfortable wearing in cold, wet weather at home will work well on the trip. Please only bring what is on the packing list.

ESSENTIAL ITEMS

- ☐ **PASSPORT** - Good for at least 6 months past your return to the US. Sign the photo page and keep a photocopy at home.
- ☐ **LUGGAGE** - Your preference of a backpack, rolling suitcase or duffel with wheels. You must be able to carry all of your belongings through the airport and load them in and out of vehicles yourself.
- ☐ **DAYPACK** - Like a school backpack, it should be comfortable for hiking and be able to hold extra supplies.
- ☐ **SLEEPING BAG with STUFF SACK** - Rated to 20-degrees. You will sleep in this every night. Must fit inside your luggage.
- ☐ **PILLOW** - We recommend a compressible travel pillow.
- ☐ **WATER BOTTLES (1-2)** - Nalgene style (32 oz) is preferred.
- ☐ **WATERPROOF RAIN JACKET or SHELL WITH A HOOD (1)** - campers who didn't pack this regretted it!
- ☐ **RAIN PANTS** - For hikes and service.

CLOTHING AND FOOTWEAR

- ☐ **PANTS (5-6 pairs)** - 2 pairs for work/paint use, 2 daily use, 1 dress pant (see "dress outfit"). One pair must dry quickly: non-cotton/non-denim.
- ☐ **SHORTS/LEGGINGS/SWEATPANTS (4 pairs)**
- ☐ **T-SHIRTS (5-6)** - For bottom layer, work clothes, and playing sports.
- ☐ **LONG SLEEVED SHIRTS (5-6)** - T-shirt or other lightweight material like polypropylene.
- ☐ **SWEATERS or SWEATSHIRTS (3-4)** - More layers! It's winter in the Southern Hemisphere. Fleece, wool, or hoodies are nice.
- ☐ **FLEECE JACKET (1)** - You will want this!
- ☐ **HEAVY-WEIGHT JACKET or DOWN JACKET (1)** - You really need warm layers! If it's waterproof, it can also be your rain jacket.
- ☐ **UNDERWEAR (15 pairs)**
- ☐ **HATS (2)** - One warm winter hat, 1 sun or baseball style hat.
- ☐ **GLOVES (2 pairs)** - One warm pair and one set of work gloves.
- ☐ **BRAS (5)**
- ☐ **SOCKS (15 pairs)** - 5 pairs should be synthetic hiking or wool socks; the warmer, the better!
- ☐ **PAJAMAS (3-4 pairs)** - Need to be warm!
- ☐ **BATHING SUIT (1)** - Camp-appropriate swimsuit: swim trunks, one-piece, or athletic-style bikini.
- ☐ **LONG UNDERWEAR (TOP & BOTTOM)** - Polypropylene or synthetic style.
- ☐ **WORK OUTFITS (2)** - For painting, etc., that covers shoulders, torso, and upper legs.
- ☐ **DRESS OUTFIT (1)** - Comfortable yet presentable for homestay orientation and special events.
- ☐ **STURDY SHOES (2 pairs)** - 1 pair tough sneakers, lightweight trail shoes, or hiking boots, and one pair of comfortable shoes for everyday use. Shoes are likely to get wet, dirty, and potentially covered in paint, cement, and other debris.
- ☐ **FLIP FLOPS (1 pair)** - For showering.
- ☐ **SLIPPERS/WARM FOOTWEAR (1)**
- ☐ **MID-WEIGHT LONG SLEEVED SHIRTS (3-4)** - More layers! It's winter in the southern hemisphere.
- ☐ **MID-WEIGHT VEST or PULLOVER (1-2)** - Fleece or wool sweater. Puffy jackets or puffy vests are great- the warmer, the better.

MISCELLANEOUS

- ☐ **TOILETTRIES** -Enough for the whole trip.
- ☐ **STRONG SUN BLOCK** - SPF 30 or higher.
- ☐ **PADS/TAMPONS** - Female participants should bring them, even if you think you will not need them.
- ☐ **TOWEL or PACK TOWEL**
- ☐ **MONEY BELT or FANNY PACK** - Bring something you can carry money/passport in that is close to your body (not a purse or backpack). You will be responsible for your passport during the program.
- ☐ **CAMERA/MEMORY CARD/CHARGER**
- ☐ **WATCH** - It is really important to be on time.
- ☐ **FLASHLIGHT or HEADLAMP** - Compact with extra batteries. This will be your nightlight.
- ☐ **EXTRA SMALL BAG** - To keep at camp with anything you decide not to bring
- ☐ **SPARE EYEGLASSES** - For contact wearers.
- ☐ **ANTI-BACTERIAL HAND GEL**
- ☐ **LARGE PLASTIC TRASH BAGS (2)** - To keep things dry.

OPTIONAL

- ☐ **PHRASEBOOK or DICTIONARY**
- ☐ **BOOKS, MUSIC, GAMES** - For long waits and plane rides. You can bring music or reading devices like iPods or Kindles, but you are responsible for them. Charging may not always be available, outlets will be different.
- ☐ **SMALL, INEXPENSIVE GIFTS** - to exchange with host peers and staff at the Y. For example: keychains or postcards from your hometown.
- ☐ **MUSICAL INSTRUMENT**
- ☐ **RECIPES** -For cooking with your group.
- ☐ **JOURNAL/LETTER WRITING MATERIALS**
- ☐ **SCARF** - For cold, rainy days.
- ☐ **OUTLET ADAPTOR** - Find them at Best Buy or other electronics stores. New Zealand has type I outlets.
- ☐ **LUGGAGE LOCK**
- ☐ **SUNGLASSES**
- ☐ **TRAVEL HAIR DRYER** - if you have long hair
- ☐ **EARPLUGS for sleeping**
- ☐ **NAIL BRUSH**
- ☐ **SOUVENIR MONEY** - You will not need any additional money to fully participate, but most ICEPers bring around \$300 to spend on souvenirs and extra snacks. Bring about \$150 in crisp, new US Dollars (easier to exchange), and the remainder on a Visa or Mastercard debit/credit card, not a gift card. Know your pin number and let the card company know you will be using it abroad.
- ☐ **COLLAPSIBLE BAG** - To hold 4-5 days' worth of clothes for short trips. Your daypack could work for this.

*All medications must remain in their original packaging. If you use prescription medication, please ensure you bring enough supplies to last through the entire program, plus a little extra. All medications, prescription and over-the-counter, will be turned in to the infirmary while at camp.

PACKING LIST GUIDE

Items on the packing list can be borrowed from family, friends, found in thrift stores, or purchased from most outdoor gear retailers such as REI, Eddie Bauer, LL Bean, etc. Good deals on items can sometimes be found online at sites such as [Steep and Cheap](#), [Backcountry](#), and [Sierra Trading Post](#).

[Sleeping Bag](#)

[Stuff Sack](#)

[Travel Pillow](#)

[Waterproof Rain Jacket](#)

[Work Gloves](#)

[Long Underwear Top & Bottom](#)

[Pack Towel](#)

[Money Belt](#)