

# 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 (or 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. Bags should weigh under 50 pounds.
- \_\_\_ **DAYPACK**— Like a school backpack, it should be comfortable for hiking and be able to hold a water bottle, rain jacket, and lunch.
- \_\_\_ **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.
- \_\_\_ **RAIN PANTS (1 pr.)**– For hikes and service.
- \_\_\_ **WATERPROOF RAIN JACKET or SHELL WITH A HOOD (1)** — *campers who didn't pack this regretted it!*
- \_\_\_ **STURDY SHOES (2 prs.)** – Tough sneakers, lightweight trail shoes or hiking boots; there will be mud! Waterproof would be the best. Please clean any mud off of boots and outdoor gear before entering New Zealand— customs officials are very strict.
- \_\_\_ **WARM GLOVES (1 pr.)**– To keep your hands warm in cold, rainy weather.

### CLOTHING AND FOOTWEAR

- \_\_\_ **PANTS (3-5 prs.)** – 1 pair for work/paint use, 1 daily use, 1 dress pant (see "dress outfit"). One pair must be able to dry quickly: non-cotton/non-denim.
- \_\_\_ **SHORTS (2prs.)** – One pair should be long/athletic type.
- \_\_\_ **T-SHIRTS (4)** – 1 dress top/shirt for homestay orientation/special events (see "dress outfit")
- \_\_\_ **LONG SLEEVED SHIRTS (4)** – T-shirt or other lightweight material.
- \_\_\_ **MID-WEIGHT LONG SLEEVED SHIRTS (2)** – 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.

\_\_\_ **HEAVY-WEIGHT FLEECE or JACKET (1)** – Very important for cold mornings and nights!

\_\_\_ **UNDERWEAR (12 prs.)**

\_\_\_ **HATS (2)** – One warm winter hat, 1 sun or baseball style hat.

\_\_\_ **WORK GLOVES (1pr)** – For service projects.

\_\_\_ **BRAS (3-4)**

\_\_\_ **SOCKS (12 prs.)** – At least 2 pairs should be synthetic hiking or wool socks.

\_\_\_ **PAJAMAS (1pr)**

\_\_\_ **BATHING SUITS (2)** – Camp appropriate swimsuits: Swim trunks for boys, one-piece or athletic style bikinis for girls.

\_\_\_ **LONG UNDERWEAR (TOP & BOTTOM)**— Polypropylene / Synthetic style

\_\_\_ **WORK OUTFIT (1)** – For painting, etc., that covers shoulders, torso, and upper legs.

\_\_\_ **DRESS OUTFIT (1)** – Comfortable yet presentable for special events *Suggestions:* For boys – a button down shirt and khakis, for girls – a long skirt and shirt, or nice pants and top.

\_\_\_ **FLIP FLOPS (1pr.)** – for showering.

### MISCELLANEOUS

\_\_\_ **TOILETRIES** – Enough for the whole trip.

\_\_\_ **STRONG SUN BLOCK** – SPF 30 or higher.

\_\_\_ **PADS/TAMPONS** – Female campers should bring them even if you think you will not need them.

\_\_\_ **PACK TOWELS (2)**

\_\_\_ **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 on the program.

\_\_\_ **CAMERA/Memory Card/Charger** –This cannot be your cell phone; cell phones are not allowed.

\_\_\_ **WATCH**– It is really important to be on time.

- \_\_\_ **TRAVEL ALARM CLOCK** – You may be responsible for waking up the group during the trip.
- \_\_\_ **FLASHLIGHT or HEADLAMP** – Compact with extra batteries. This will be your nightlight.
- \_\_\_ **LARGE PLASTIC TRASHBAGS (2)** – To keep things dry. \_\_\_
- SPARE EYEGLASSES** – For contact wearers.
- \_\_\_ **COLLAPSIBLE BAG** – to hold 5-6 days of clothes for the road trips. Your daypack could work for this.
- \_\_\_ **FIRST AID KIT\*** – Keep it small and fill it with items you commonly need or use. Leaders will also carry a kit.
- \_\_\_ **EXTRA BAG** – to keep at camp with anything you decide not to bring

## OPTIONAL

- \_\_\_ **BOOKS, MUSIC, GAMES** – For long waits and plane rides. You can bring music or reading devices like IPODs or Kindles without wifi access but you are responsible for them. Charging may not always be available, outlets will be different.
- \_\_\_ **ANTI-BACTERIAL HAND GEL**

## \_\_\_ MUSICAL INSTRUMENT

- \_\_\_ **RECIPES** – For cooking with homestay or group
- \_\_\_ **JOURNAL/ LETTER WRITING MATERIALS**

- \_\_\_ **OUTLET ADAPTOR** – Find them at BestBuy or other electronic stores.



- \_\_\_ **SCARF** – For cold rainy days.

## \_\_\_ SUNGLASSES

- \_\_\_ **SET UP SKYPE/ZOOM ACCOUNT**– While not guaranteed, participants may have occasional access to Skype/Zoom to call home.

- \_\_\_ **SOUVENIR MONEY** – You will not need any money to fully participate, but most ICEPers bring around \$300 to spend on souvenirs and extra snacks. Bring \$60 in US dollars and the rest on a VISA or Mastercard debit card not a visa gift card. Know your pin number and let the company know you are using the card abroad.

**\*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 meds will be turned in to the infirmary while at camp.**

## WHAT NOT TO BRING

- o **Computers or tablets**
- o **Expensive/large jewelry or watches, valuable personal items, any sort of “bling”, or anything you would be sad to lose or get really dirty**
- o **Pocket knives or weapons of any kind**

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## PACKING LIST GUIDE

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

See below for links to items we frequently receive questions about:

[Sleeping Bag](#)

[Stuff Sack](#)

[Travel Pillow](#)

[Waterproof Rain Jacket](#)

[Work Gloves](#)

[Long Underwear Top & Bottom– Men’s](#)

[Long Underwear Top and Bottom– Women’s](#)

[Pack Towel](#)

[Money Belt](#)