

## WHAT TO BRING For Self-Guided Trips

\*\*After leaving Motueka,  
there are no shops or pharmacies  
in the National Park.

### FOOTWEAR

1. Good sports/hiking shoes.



2. Shoes for tidal crossings, fixed at the heel.



3. Light shoes or slippers to wear at the Lodges

Walking poles are not necessary on the well-formed track but bring them if you like.

### CLOTHING

Quick-dry and thermal fibres. **Avoid cotton.** Layers are the key to comfort:

1. Thermal layer close to your skin. In the cooler months (Apr - Oct) extra thermal layers and socks will ensure your comfort.
2. Quick-dry shorts and T-shirt
3. Warm wool or polar fleece layer
4. Waterproof jacket with hood (disposable rain coats are for sale at our offices)

### Other essentials:

1. Personal First Aid Kit with plasters, blister prevention and antiseptic.
2. Cellphone in case of emergency but be aware that you might have to move to higher ground for reception.
3. Download the Abel Tasman App to your phone. It has a comprehensive map and fascinating stories about the Park. It's free.  
Go to <https://www.janszoon.org/our-work/abel-tasman-phone-app/>
4. Re-usable water bottle to be filled at our office and Lodges. Please reduce plastic waste.
5. Insect repellent, sunscreen, sunhat, sunglasses
6. Hand sanitizer. Please no tissues or hand wipes. They add to litter in the Park.
7. Camera/phone with charger and memory card.
8. Swim wear and beach towel optional.
9. Credit card for Wifi access. In-house bar accepts eftpos or credit card (no cash).  
**\*\* Essential personal medication must be carried with you each day \*\***

### OVERNIGHT GEAR

1. Underwear, including socks and sleepwear
2. Casual evening clothes and light footwear
3. Personal toiletries
4. Flashlight/torch (on rare occasions, our generated electricity can fail)

### INCLUDED

- All meals, snacks and fresh fruit from your first lunch to lunch on your last day: cooked or continental breakfasts, picnic lunches, 3-course dinners, morning/afternoon teas.
- Linen, bedding and bathroom towels
- Shampoo, conditioner, soap and moisturiser. Hairdryers available on request.
- Drying rooms at each Lodge (washing facilities limited to hand washing).
- 40 Litre Sports bag to be transported to Lodges by boat. This is yours to keep.
- Plastic liners to protect your gear inside the lodge luggage bag.
- 30 litre day packs are available to borrow. Bring your own if you prefer.

**Electricity:** we generate our own, providing power for small appliances including hair dryers, sleep apnoea machines, and battery charges.

**Cellphone reception** varies depending on your service provider. Please see our website [www.AbelTasman.co.nz](http://www.AbelTasman.co.nz) FAQs for more details.

**Please do not bring** valuable items of jewellery or travel documents. There is safe storage at our Motueka office.