

GEAR LIST

Canyoning day:

- Swimming togs
- polyprop top (long johns optional)
- polar fleece top
- Wooly socks
- sneakers

All of the above will get wet. Wetsuit, helmet and life vest provided.

- day pack (to put gear into)
- sunhat
- woolen hat
- sun block
- sunglasses
- water bottle (+ enough water or drink for the day)
- packed lunch (there are no shops)
- snack food
- camera (optional)
- Personal gear eg. Plasters, tissues, sanitary requirements

Change of dry clothes and footwear for end of day + **towel**.

Day walk (from Wainuiomata to Day's Bay)

- day pack (to put gear into)
- sneakers or tramping boots to walk in (+ optional shoes for Day's Bay)
- socks
- waterproof raincoat
- jersey / polar fleece top
- shorts / track pants
- t-shirt
- singlet (optional)
- polyprop top
- sunhat
- woolen hat (optional)
- sun block
- sunglasses
- water bottle (+ enough water or drink for the day)
- packed lunch
- snack food
- camera (optional)
- Personal gear eg. Plasters, tissues, sanitary requirements
- Swimming togs and towel (if you wish to swim at Day's Bay)