



# Wanderlust Travel and Photos Blog

## Milford Track Hike Packing List

DATE: \_\_\_\_\_

- Passport (necessary to enter New Zealand)
- Travel Insurance (with Medical Evac Insurance.)
- (1 Pair) Hiking Boots (preferably with high ankle support.)
- (2 Pair) Hiking pants (comfortable and made of quick drying material.)
- (1 per Day) Breathable Quick Dry T-Shirt
- (1 Pair) Base Layer
- (1 Jacket) Nano Puff Down Jacket
- (1 Pair) Hard Shell Waterproof Jacket and Pants
- Waterproof Hiking Gaiters
- (1 Pair) Winter Hat and Gloves
- (1 per Day) Underwear
- (2 Pair) Sports Bras
- (Pair per Day) Hiking Socks
- (1 Backpack) Hiking Backpack (30-35L or smaller preferred)
- (1 Pair) Sunglasses
- (2 Bottles) Either two 1L bottles, one 1.5L bottle, or one 2-5L hydration bladder per person
- (1 Lamp) Headlamp or Flashlight
- (1 Bottle) 50% DEET Insect Repellent
- (1 Bottle) SPF 50 or above Sunscreen
- (1 Kit) Travel First Aid Kit
- (1 Pack) Blister Pads or Mole Skin
- (1 Bottle) Tylenol or Ibuprofen
- (1 Roll Per Person) Roll of Toilet Paper
- (Optional) Camera Gear (lightweight gear recommended.)
- (Optional) Motion Sickness Pills
- (Optional) Dry Bag or Zip Lock Bags
- (Optional) Hang-up Toiletry Bag

- (Optional) Portable Charger
- (Optional) Ear Plugs
- (Optional) Wet Wipes
- (Optional) Pee Bottle (For Women)