



Hump Ridge Track Gear Checklist

30 items for three days and two nights on the track

**Tick items off as you pack.
Keep your pack as light as you can.**

What to leave behind

- ☒  Cotton and jeans
- ☒  Cooker, gas and pots
- ☒  Alcohol
- ☒  Anything that needs a wall plug

What the lodges provide

- ☒  Gas heating and gas cookers
- ☒  Pots, pans, crockery and cutlery
- ☒  Solar lighting, flush toilets and hot showers
- ☒  Drinking water (treating it is recommended)
- ☒  Porridge breakfast for freedom walkers (not gluten free)
- ☒  A shop with snacks, drinks and self-cook meals

Pack and waterproofing

- ☐  Pack with a waterproof liner and a pack cover
- ☐  Dry bags for clothing and electronics, inside the liner

Clothing

- ☐  Waterproof jacket and waterproof overtrousers
- ☐  Warm jacket: fleece or down
- ☐  One light set of dry clothes for the evening
- ☐  Sunhat and sunglasses
- ☐  Merino or polypropylene thermal base layers
- ☐  One set of quick-dry walking clothes
- ☐  Beanie and gloves
- ☐  Walking socks, plus a spare pair

Footwear

- ☐  Tramping boots or trail shoes, already worn in
- ☐  Light sandals for inside the lodges

Sleeping

- ☐  Sleeping bag if you are in a multi-share bunk room (we recommend hiring one)
- ☐  Earplugs for shared bunk rooms

Food and water

- ☐  Lunches and snacks for three days
- ☐  Water bottle, 1 to 2 litres
- ☐  Dinners, unless you are buying meals at the lodges
- ☐  Water treatment tablets

Safety

- ☐  Emergency locator beacon or satellite messenger
- ☐  Emergency blanket
- ☐  Small first aid kit and blister pads
- ☐  Headlamp

Small essentials

- ☐  Personal medication
- ☐  Sunscreen and insect repellent
- ☐  Toiletries
- ☐  Phone and a USB charging cable

Optional

- ☐  Walking poles
- ☐  Swimsuit
- ☐  Gaiters
- ☐  Power bank for your phone



Planning your walk?

Scan for our Hump Ridge Track planning guide.
Stay the night before and after at Rarakau Lodge.

Rarakau Lodge · at the start of the track · rarakaulodge.co.nz