

Day Trip – Walking and / or Kayaking Trips

An exhaustive list (?) for day walking and kayaking in the Abel Tasman.

Bottom half

- Light comfortable walking shoes
- Walking sandals are also a great option
- Water shoes are great for crossing estuaries

You don't need walking boots, unless you prefer them

Middle section

- Shorts
- Quick dry long pants (that you can roll up, if required)

Top Bit

- T-shirt
- Polypropylene or Merino top (for water taxi or just-in-case)
- Waterproof jacket
- Sunglasses
- Hat – wide-brimmed is better (if less stylish) than a cap

Others

- Small day pack
- Towel & Swimming costume (if you want to go swimming)
- Insect repellent (we sell it here if easier)
- Sunscreen (again we sell it if you don't want to bring it with you)
- Drinking bottle (not plastic) - we sell stylish options at the Lodge
- Medication
- Camera
- Packed Lunch - we do lovely homemade options (including GF & DF options)
- Walking poles are not required, but you can bring them if you prefer

Dont's

- Flip-flops (except if you are doing an all day kayak trip)
- Jeans

Kayaking

All day kayaking trips where there is no walking involved, you can bring flip-flops as your footwear.