

# EARTHWISE VALLEY

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www.earthwisevalley.org



## VOLUNTEER EQUIPMENT LIST

### First of all you'll need these essentials, so put them in your travel trunk!

- Sense of humour & adventure
- Willingness to listen to other group members & support each other through the challenges
- Desire to participate in all aspects of the project, including helping out with chores/food preparation and setting up group's activities – cleaning equipment, chopping wood etc.

### Equipment:

- Hiking pack (big enough for multi-day hikes, minimum 60 litres)
- Small daypack (makes a good carry-on luggage on your flight)
- Strong hiking boots with good tread
- Sleeping bag (+ cotton/silk liner if you like)
- Sleeping mat - preferably airbed style
- Camping plate, knife/fork/spoon, mug, 2 drink bottles
- Torch/flashlight - with common batteries/bulbs (headlamps are great for nightwalks & caving)
- Gaiters (optional)
- Camera & film (optional)
- Mask & snorkel (optional)
- Lightweight tent (optional)
- Sunglasses
- Gym shoes/sneakers for badminton, basketball, gym..
- "Dr. Bronners" biodegradable liquid soap

### Clothing:

- Jersey or Fleece jacket – it can get cold at night even in summer, and it will certainly be cold when we go hiking in the mountains
- Rain-jacket - preferably "breathable" like Gortex, an essential item all year round
- Rainpants are optional but most people find them useful, and good to have for recreational mountain trips
- "quick-dry" under-wear – (woolen or polypropylene, not cotton) - two tops & 1 pair of long pants
- T-shirts (2) and maybe a sleeved, cotton/canvas shirts
- Shorts and long pants - preferably nylon (tough drip-dry clothing is great in a rainforest)
- Some old working clothes for conservation work & caving (optional – you can buy some old clothes in one of the local second hand shops – and the Valley is building up a collection of pre-loved clothes)
- Socks - several pairs of woollen socks, suitable for walking lots of miles
- Head-gear - woollen beanie (or fleece hat or balaclava) & cotton sun-hat
- Gloves – 1 pair polypropylene or woollen, and 1 pair of leather work-gloves (for planting, gardening...)
- Towels & swim-wear - there'll be lots of opportunities for swimming & soaking in hot-pools!

### Reading Books (+laptop?)

The Sanctuary is an excellent place to catch up on any long-delayed reading, or to fall in love with some new fiction or a classic. You may wish to bring a few books to swap with others., or even donate to the valley library – that's how the library began. You might also consider bringing your laptop, if you have one, especially if you plan on helping with any of the Valley's admin, or marketing etc.

### Paperwork:

- Evidence of full travel insurance
- Written prescriptions or supporting documents for any required medications
- Any certifications to enable you to do special activities for example SCUBA license, parachuting logbook, international drivers licenses etc.

### IMPORTANT

A full equipment check will be made at the commencement of your programme. We don't care if you're scruffy or techni-coloured, but we do want you warm and dry (most of the time anyway!) Please ensure you have the full list, as these items are the bare minimum. NZ is an excellent place to purchase top quality gear & we know where to get you bargains. We can discuss any requirements with you in advance. : >