



Pre-Departure Information

NEW ZEALAND: SOUTH ISLAND ADVENTURE



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WELCOME!

We're delighted to welcome you on this adventure! This booklet is designed to guide you in the practical details for preparing for your trip. As you read, if any questions come to mind, feel free to give us a call or send us an email—we're here to help.

PLEASE SEND US

- Trip Application:** Complete, sign, and return your Trip Application form as soon as possible if you have not already done so.
- Medical Form:** Complete, sign, and return your Medical Form as soon as possible if you have not already done so.
- Air Schedule:** Please forward a copy of your email confirmation, which shows your exact flight arrival and departure times. Refer to the Arrival & Departure section of the Detailed Trip Itinerary for instructions. Please feel free to review your proposed schedule with Wilderness Travel before purchasing your tickets if you have any questions about the timing of your arrival and departure flights or would like to confirm we have the required minimum number of participants to operate the trip.

PLEASE CAREFULLY REVIEW

- Travel Documents & Medical Information:** Carefully review the Travel Documents and Medical Information sections of this booklet to familiarize yourself with Passport and Visa entry requirements for your destination, as well as any recommended inoculations.
- Optional Travel Insurance:** Review the Trip Cancellation & Transfer Fee Schedule included in the Detailed Itinerary. We recommend that all trip members purchase Travel Insurance.
- Extra Services:** Request any Extra Services (hotel nights, transfers, extensions) with your WT office contact using the Extra Services Request Form sent with your confirmation packet.
- Final Documents:** Approximately three weeks before your trip, we will send you final departure documents, including hotel and local contact information and rendezvous instructions.

QUESTIONS?

Call: 1-800-368-2794, go to our **website** (www.wildernesstravel.com) or e-mail us at: info@wildernesstravel.com.

Travel Information

PASSPORT

A valid passport is required for your trip. Be sure to check the expiration date. Your passport must be valid for three months after your date of exit from New Zealand. In addition, we recommend your passport have at least two completely blank visa pages for every country you will be visiting. It is very important that the blank pages say “Visas” at the top. The last few pages of your passport, which say “Amendments and Endorsements,” and the final page of your passport, which may not have a page number, are not considered to be legitimate visa pages. The service of adding pages for visas was discontinued as of January 1, 2016. You can request a new passport through **US Passport Services Office** (<http://travel.state.gov/passport>) or use a visa service agency, which can take care of your passport renewal and expedite the process, if needed. We recommend **Passport Visas Express** (<http://www.passportvisasexpress.com/?affId=2120>). Be sure to allow sufficient time to acquire this before your trip.

It is a good idea to carry photocopies of your passport’s photo page and any acquired visa pages for your trip (if applicable) in case your passport is lost or as an additional piece of identification, as well as two extra passport photos.

VISAS

US citizens do not need a visa for New Zealand, but the country has instituted two new regulations that affect US citizens wishing to travel to New Zealand:

Beginning July 1, 2019, US citizens traveling to New Zealand for tourism will have to pay an International Visitor Conservation and Tourism Levy (IVL). The IVL costs NZD \$35 (about \$23 USD) per person, and will be invested in sustainable tourism and conservation projects. The IVL will not be required of passengers that are transiting New Zealand on a transit visa or transit ETA. This levy will be assessed when a person applies for an NZeTA (required starting October 1, 2019). **Find more information here.** (<https://www.mbie.govt.nz/immigration-and-tourism/tourism/tourism-funding/international-visitor-conservation-and-tourism-levy>).

Beginning October 1, 2019, US citizens traveling to or transiting through New Zealand under the visa waiver program will be required to have a New Zealand Electronic Travel Authority (NZeTA). This is true for cruise ship passengers as well. It can take up to 72 hours to process an NZeTA so we encourage all citizens to apply well in advance of their trip to New Zealand. The NZeTA is valid for up to two years and will cost NZD \$9 (about \$6 USD) for all mobile application requests or NZD \$12 (about \$8 USD) for web browser requests. **Find more information here.** (<https://www.eta-newzealand.com/>)

If you are a citizen of any country other than the US, check with a local consulate for entry requirements.

If you are traveling to Australia:

All travelers to Australia, other than Australian and New Zealand citizens, are legally required to hold a valid visa to travel to Australia. The Australian Electronic Travel Authority (ETA) is an electronically stored authority for travel to Australia for short-term tourist or business entry. It replaces the visa label or stamp in a passport and removes the need for application forms. There is a \$20 Australian service fee. You can **apply for an ETA online** (<http://www.eta.immi.gov.au>).

MONEY

The unit of currency in New Zealand is the New Zealand Dollar. The most convenient way to obtain Kiwi dollars is to use your bank ATM card at automatic tellers. Most towns and cities we visit have ATMs. To use an ATM internationally, you must have a four-digit PIN. You can also change US cash at banks. Major credit cards (Visa, MasterCard) are widely accepted throughout the country. If you plan to use your credit cards, inform your credit card company before your departure that you will be using the card abroad. Travelers checks are not recommended as they can be difficult and time-consuming to cash.

You will need to budget spending money for gratuities, any meals not included in the trip itinerary, and personal items such as snacks, phone calls, etc.

TIPPING

Tipping is completely discretionary, but over the years, clients have asked us for tipping guidelines to reward guides for outstanding service. A range of reference would be \$200-\$250 USD per trip member, per Trip Leader, which can be given in either US Dollars or local currency. The Trip Leaders take care of gratuities for luggage handling and for meals at restaurants.

SPECIAL DIETS

We will do our best to accommodate special dietary needs, however, please keep in mind that certain cultural differences or limitations due to logistics can make it extremely difficult and at times impossible to accommodate dietary restrictions. Please inform us at least eight weeks before your trip if you have a restricted diet. It is important to bring a flexible attitude and supplemental snacks.

COMMUNICATIONS

Time Zone

New Zealand is 19 hours ahead of San Francisco, and 16 hours ahead of New York. Daylight Savings Time in the US may affect these times.

Telephone

The international dialing code for New Zealand is 64. Please contact your cell phone company for specific instructions for international use.

Email & Internet Access

All of our accommodations offer internet access except the last night of the trip aboard the Fiordland Jewel.

ELECTRICITY

New Zealand uses 230/240 volt electric current and power plugs that have two flat rectangular pins in a V-shape with a rectangular grounding pin (looks like a sad face). A converter is not needed for phone and computer chargers. Should you wish to plug in a large appliance (iron, hairdryer or electric razor), please bring along a power converter.

Medical Information

The following recommendations should be used as a guideline only; consult your physician for medical advice. It is vital that you let Wilderness Travel know of any medical problems, allergies, or physical limitations you may have. Please fill out and return the personal medical questionnaire, and feel free to consult us if you have any questions about your ability to undertake this particular trip.

Wilderness Travel is not a medical facility and has no expertise or responsibility regarding what medications or inoculations you and your physician decide are necessary for your safe participation in the trip.

Traveler's health information is available from the **Centers for Disease Control**. (<http://www.cdc.gov/travel/index.htm>)
Medical travel products are available from **Travel Health Medicine** (<http://www.travmed.com>) and from **Magellan's Travel Supplies**. (<http://www.magellans.com>)

INOCULATIONS

No inoculations are required. However, it is easy to get a small cut, so a tetanus booster is strongly recommended (good for 10 years). If you take prescription medicines, be sure to bring enough for the duration of your trip.

STAYING HEALTHY

You can reduce your risk of getting a cold on the trip by washing your hands often and not touching your face with unwashed hands. If you arrive on the trip with a cold or feel the symptoms of a cold, avoid close contact with others and move away from people before coughing or sneezing. The CDC recommends coughing or sneezing into a tissue or into the crook of your elbow or upper sleeve, not your hands.

Helpful Information

PHOTOGRAPHY

Camera Recommendations

With the many advances in digital technology, a simple compact digital camera or even your smartphone is capable of taking pictures suitable for the needs of most people. For higher quality images and the ability to use long lenses for closer wildlife pictures, a DSLR camera is well worthwhile, though heavier. Most digital cameras and phones have good video options, but you may want to consider a GoPro for a lightweight, waterproof option. Always practice ahead of time with new equipment and bring your manual with you. Camera equipment is available for rent from **Borrow Lenses** (<https://www.borrowlenses.com/discount/wildernesstravel>), with a 10% discount offered to Wilderness Travel clients. This is an especially good idea for renting large zoom lenses that you may need for just one trip.

Camera Accessories

We recommend bringing at least two large capacity memory cards or a small digital storage unit (or tablet) to back up your photos, freeing space on your memory cards. Don't forget to bring a battery charger and a backup battery so one is always charged and ready to use. For trips where you may be away from power sources for multiple days, consider looking into a solar-powered battery charger or buying additional backup batteries, and check that you have the appropriate adapter for the electrical outlets in your destination.

Sharing Your Images

We would love for you to share photos from your trip, and with your permission, may even use your photos in our marketing materials or on our photo blog. We request that you send us a small sample of your best images. Please email your photos to **wtphotoblog@gmail.com** or tag us **@WildernessTravel** on social media.

Photography Etiquette

When taking pictures of local people, be aware of cultural considerations. Approaching people with a warm smile and using polite gestures or simple phrases to ask permission to photograph them usually works well. It is always recommended to engage people in conversation before asking to photograph them, but if people do not wish to have their photo taken, please honor their requests. We urge travelers to avoid giving money in exchange for photo opportunities, which makes it harder for future travelers to have a meaningful personal interaction with local people. Please always heed your Trip Leader's guidelines for what is appropriate.

BEING A CONSIDERATE TRAVELER

Please show respect for the cultures we are visiting by observing local customs concerning appropriate dress, particularly in sacred places. Your Trip Leader is always available to answer any questions that you may have regarding this. If it is necessary to use a cell phone during the trip, please do so privately. Smoking is rarely an issue these days, but if you do smoke, please do so only away from the group.

Packing List

THE ESSENTIALS

- Air tickets (or E-tickets)
- Passport
- One other picture ID, such as a driver's license
- Expense money

WT GEAR STORE

To help you prepare for your next WT adventure, we've put together a great collection of top brands including Patagonia, Outdoor Research, Eagle Creek, and more at our **WT Gear Store** (<http://wildernesstravel.newheadings.com>).

LUGGAGE

We urge you to pack light! There are no porters at most New Zealand hotels, so you will have to carry your own bag from the van to your hotel room and back. There are laundry facilities available throughout the trip. Take a daypack for the day hikes and a small overnight bag for your excursions to Abel Tasman and Milford Sound. Luggage and clothing you don't bring on the Milford Sound overnight cruise will be held in storage for you in our luggage trailer.

- Soft-sided roller bag with small padlock (must be unlocked for air travel). We discourage hard-sided suitcases as they are bulky and difficult to stow in our luggage trailer.
- Daypack, large enough for a fleece jacket, rain gear, water bottle, camera, and other items you want with you during the day.
- Small, extra rolled-up overnight bag (for our nights at Awaroa and on the Milford Sound cruise). We travel by water taxi to Awaroa Lodge in Abel Tasman National Park and we have one overnight on the Fiordland Jewel. For these two accommodations, please have a separate overnight bag or large daypack for your necessities.

NOTES ON CLOTHING

As you move through changing weather conditions, layering is the best way to go. Rain gear is necessary—the west coast of the South Island is one of the wettest areas of the planet; waterproof hiking boots are also desirable. The temperature can drop, so don't forget your polypropylene layers! Dress is casual but “neat” in the cities. Carry or wear your hiking boots on your flights to make sure they arrive. If your luggage goes astray, broken-in boots are irreplaceable. If you have your hiking boots packed in your luggage when passing through customs to enter New Zealand, you will need to declare them to the customs agent. Make sure the soles of your boots are clean in order to avoid fines from New Zealand's ministry of agriculture and fisheries!

LAYERS

Fabrics

Synthetic fabrics insulate and keep you warm even when they are damp. Polypropylene, Capilene, fleece, and other synthetic fabrics are excellent insulators and dry quickly. Avoid cotton clothing for hiking. Cotton is not a good insulator, especially as a first layer next to the skin. Once it gets wet from perspiration, it stays wet and keeps you cold. Cotton is fine for city wear.

Shell Clothing

Shell clothing includes jackets and pants that protect from rain and wind. Gore-Tex and equivalent fabrics are waterproof and breathable, so they are the best choice. Shell clothing should be roomy enough to fit over other layers of clothing.

LAUNDRY

All of our accommodations offer laundry service for a small fee. Some are self-serve and others are taken care of by the lodging staff. Be sure to check with your Trip Leader for prices.

CLOTHING

The clothing list below is provided as a guideline only to prepare you for all the potential weather you might encounter.

- Good-quality Gore-Tex rain jacket with hood and rain pants
- Fleece jacket for warmth
- Fleece vest or wool sweater
- Lightweight long pants; synthetic “travel” fabrics dry easily.
- Walking shorts, synthetic fabric
- Long-sleeved shirts. Quick-drying “travel” fabrics are ideal.
- T-shirts, synthetic is best
- Shade hat with wide brim (preferably a waterproof one that can double as a rain hat)
- Lightweight hiking boots (preferably waterproof)
- Running shoes or comfortable walking shoes
- Tevas or other sturdy sandals for walking/wading through water
- Warm hat for cold weather
- Lightweight fleece gloves
- Polypropylene long underwear, tops and bottoms. Many people like to hike wearing long underwear bottoms underneath hiking shorts for protection against damp and cold.
- Underwear, hiking socks, casual socks. Synthetics dry faster.
- Bathing suit (you will wear it under your wetsuit when we snorkel with the dolphins at Kaikoura)
- Sleepwear (long underwear can double)
- City/hotel attire

EQUIPMENT

- Reusable water bottle
- Good quality sunglasses with case. A spare pair is invaluable if your first is lost.
- Personal toiletries
- Flashlight, extra batteries
- Stuff sacks/plastic bags to keep items dry in your daypack

PERSONAL FIRST AID SUPPLIES

Every trip member should bring a small kit for personal use. Your own experience will influence your choices.

- Sunscreen SPF #30 or higher. We recommend mineral-based sunscreens with zinc oxide or titanium dioxide because they do not contain harsh chemicals that are harmful to the environment. Brands such as Honest Company, Badger, and Alba Botanica are found in most sporting goods stores and drugstores.
- Lip balm with sunscreen
- Aspirin, ibuprofen, or Tylenol for muscle pain or headache, Tylenol PM for sleeping
- Topical antibiotic (such as Neosporin) for cuts, bites, or sores
- Insect repellent. Insects are not a big problem in New Zealand, but there may be a couple of places where we may encounter sand flies. DEET content of about 30-35 percent is ideal (higher DEET content is not recommended). Wipe DEET off your hands before touching plastic surfaces (such as binoculars) because it can damage plastic. Aerosol repellents are useful for spraying on clothes
- Blister kit. Look for the long-lasting gel-type bandages that you can apply directly on blisters, such as Band-Aid Advanced Healing Bandages or Curad Gel Multi-Day Bandages. "Liquid band-aids," such as New-Skin, are useful because they dry rapidly to form a tough protective cover over a blister.
- Anti-bacterial gel for hand washing
- Antihistamine such as Benadryl
- Imodium for diarrhea. If you wish to bring an antibiotic for diarrhea prophylaxis, please consult your physician.
- Prescription medications properly labeled
- Spare contact lenses or spare prescription glasses

OPTIONAL ITEMS

- Field guides
- Voltage converter and plug adaptor for appliance use in hotels. New Zealand has 230-volt current.
- Disposable underwater camera for swimming with dolphins
- Collapsible walking stick or trekking pole. Hiking with a collapsible hiking pole, such as those by Leki and REI, helps to distribute your body weight, takes pressure off your knees, and improves your balance. Most hikers like using one pole, and others hike with two poles.
- Reading/writing material
- Binoculars. If you are planning to purchase binoculars, visit www.eagleoptics.com for comparison of all major brands, from Nikon to Swarovski.
- Money belt or neck pouch. Always carry your passport, credit cards, and cash with you in a money belt or neck pouch tucked down inside your shirt or blouse. Eagle Creek carries these products.
- Camera, spare batteries, spare flash cards
- Bandana
- Travel clock
- Hair dryer (although every hotel provides one, even the boat!)

Reading List

ESSENTIAL READING

Come on Shore and We Will Kill and Eat You All

Christina Thompson

2009, 288 PAGES

Historian Thompson effortlessly alternates tales of mostly disastrous early encounters with the Maori and the story of the love of her life, Seven, the Maori she married, in this endearing memoir.

New Zealand Adventure Map

National Geographic

2011

A detailed map at a scale of 1:1,000,000, printed on handy tear- and water-resistant paper.

Eyewitness Guide New Zealand

Eyewitness Guides

2016, 384 PAGES

This superb guide features color photography, dozens of excellent local maps and a region-by-region overview of attractions.

Culture Smart! New Zealand

Peter Oettli

2008, 168 PAGES

A concise, well-illustrated and practical guide to local customs, etiquette and culture.

ALSO RECOMMENDED

Whales, Dolphins and Porpoises

Mark Carwardine

2002, 256 PAGES

In the trademark, graphic Eyewitness style, this sturdy guidebook colorfully describes the world's cetaceans with numerous illustrations, range maps, fluke drawings and a few paragraphs on each species.

Beginner's Maori

T. R. Buxton

1997, 121 PAGES

A guide to the Maori language, written for the traveler looking for an introductory foundation to the language, culture and traditions of the Maori people.

A Personal Kiwi-Yankee Dictionary

Louis Leland

1990, 115 PAGES

Take this book with you on your trip to help you untangle the sometimes perplexing and colorful local idioms.

Rough Guide to New Zealand

Rough Guides

2015, 848 PAGES

A comprehensive guide to New Zealand in the hip, literate and very informative Rough Guide style. It's divided cleanly between practical information and illuminating background on culture and history.

A Traveller's History of New Zealand and the South Pacific Islands

John Chambers

2015, 416 PAGES

A brisk portrait of New Zealand and its culture, economy and society, this concise history also covers the settlement of the Pacific Islands.

Maori Tattooing

H.G. Robley

2004, 240 PAGES

A new unabridged edition of the classic, illustrated sourcebook on Maori tattooing (moko), first published in 1896. The author pays scrupulous attention to the intricate patterns, design and cultural meaning of traditional Maori tattoos.

Pacific Journeys

Peter Hendrie

2003, 224 PAGES

A striking portfolio of 330 color photographs of the people, nature and landscape of the region, Hendrie's gorgeous book includes images from his many journeys to Papua New Guinea and the Solomon Islands, to Tahiti and the Marquesas, Tonga, Fiji, Easter Island and Hawaii over the last 20 years.

Captain Cook, Master of the Seas

Frank McLynn

2012, 490 PAGES

McLynn re-creates the remarkable voyages that took the famous navigator from his native England to the remote Pacific, showing him to be a brave and brilliant seaman who transcended his humble beginnings as a deckhand and triumphed through good fortune, courage and talent.

Erewhon

Peter Mudford

1970, 232 PAGES

Butler's classic Victorian novel inspired by his experiences in 1860s New Zealand. A satirical account of a journey to an upside-down country at the end of the world, where sick people are thrown in jail and murderers are taken to the hospital.

Fairness and Freedom

David Hackett Fischer

2012, 629 PAGES

Pulitzer Prize-winner Fischer compares the politics of America and New Zealand, posing the question: is it possible to be both fair and free? Despite its focus on politics and fairness, the book is thoroughly enjoyable and, in its own way, a travelogue.

New Zealand Book of Beasts, Animals in Our Culture, History and Everyday Life

Annie Potts

2014, 336 PAGES

This engaging scholarly work explores New Zealanders' relationship with native fauna, how New Zealanders have nurtured, glorified, cherished, demonized and devoured the nation's animals.

The Happy Isles of Oceania

Paul Theroux

2006, 480 PAGES

The peripatetic author flies off to Australia and New Zealand with a kayak and ends up exploring much of Melanesia and Polynesia, including Tonga, Fiji and the Marquesas, in this wickedly funny, wide-ranging tale.

Slipping Into Paradise, Why I Live in New Zealand

Jeffrey Moussaieff Masson

2004, 304 PAGES

In this far-ranging travelogue, Masson (who wrote a series of books on the emotional lives of animals) combines his travels and tales with history, riffs on the Kiwis, nature and society.

Here at the End of the World We Learn to Dance

Lloyd Jones

2008, 276 PAGES

Originally published in 2002, this sensuous novel is set in rural New Zealand and spans the end of World War I to the present day. Brought together by their obsession with the tango, two couples experience the trials of true love and the power of storytelling.

Stories

Katherine Mansfield

1991, 368 PAGES

The three marvelous, long stories in this collection constitute the beginnings of a novel based on Mansfield's childhood in Wellington.

The Luminaries

Eleanor Catton

2014, 864 PAGES

Murder and mystery in 19th-century New Zealand. This epic and intricately constructed tale -- spinning out over 800 pages -- is set during the wild days of the 1866 gold rush on the west coast of South Island. It's just over Arthur's Pass from where Catton was raised in Christchurch.

A Field Guide to the Birds of New Zealand

Julian Fitter

2012

A comprehensive and compact guide by longtime resident Julian Fitter featuring 600 color photographs, range maps and species descriptions.

New Zealand Birds

James Kavanagh

2015, 12 PAGES

A handy, laminated guide to over 140 species of birds commonly found in New Zealand, highlighting the country's top birding hot spots.

Frommer's New Zealand

Diana Balham

2016, 640 PAGES

A practical travel guide featuring excellent annotated listings of what to do and where to eat and sleep. With one-color maps and suggested excursions.

The Bone People

Keri Hulme

2010, 464 PAGES

Set on the South Island, this powerful novel brings together three troubled individuals who represent Maori and European traditions in contemporary New Zealand.

Tutira, The Story of a New Zealand Sheep Station

William Cronon

2011, 464 PAGES

First published in 1921, this loving account of the ecology of New Zealand focuses on Guthrie-Smith's 40,000-sheep shearing station on the shores of Lake Tutira in the Hawke's Bay region of the North Island.

Birds of New Zealand, A Photographic Guide

Paul Scofield

2013, 500 PAGES

Illustrated by almost 1,000 photographs, *Birds of New Zealand* offers a definitive introduction to the identification and behavior of the country's extraordinary avian life.

New Zealand Wildlife

James Kavanagh

2015, 12 PAGES

A handy, laminated guide to 140 familiar species of bird, mammal, reptile, amphibian, fish and butterfly in New Zealand. Ideal for quick nature reference.

A River Rules My Kitchen, A Taste of New Zealand from the Mountains to the Sea

Tony Smith

2015, 304 PAGES

Inspired by the wild flavors of New Zealand, this cookbook includes recipes fresh from the river, including: Roasted Salmon with Spring Thyme and River Honey, Braised Red Cabbage and Wild Apples, Chinese Braised Trout with Green Vegetables and many more.

Middle-Earth Landscapes

Ian Brodie

2016, 208 PAGES

Subtitled "Locations in the Lord of the Rings and the Hobbit Film Trilogies," this gift edition coffee table book captures the films' sets in wonderful digital photographs, with behind-the-scenes information. Great travel inspiration for a trip through the world of JRR Tolkien.

Revised: October 24, 2019