



Below is a list of personal items (minimum) that you will need to pack for your voyage on Spirit of New Zealand. Storage and space is limited on the ship, so we would appreciate you bringing a soft pack, rather than a suitcase. We encourage Trainees to look after their gear while onboard, but we do not accept any responsibility for the loss or damage of any personal belongings, as per our Terms and Conditions you signed with your Application Pack.

The wind-chill factor can be quite considerable at sea (especially on winter voyages), so with this in mind, please pack substantial warm clothing with an emphasis on layering. Please also ensure that everything you bring is clearly marked with your name, as you are responsible for your personal items. At the end of the voyage, all unclaimed clothing is displayed for collection and any item left onboard after the voyage will be disposed of.

ONBOARD: Wet weather clothing and an extensive first aid and medicine supply (including sea-sickness medication) is held onboard. Please don't bring this with you unless it is required/prescribed medication, at which point you must notify the Master when you board the ship.

YOUR CHECKLIST

- 1 x Sleeping Bag - must bring and perhaps an extra blanket for winter voyages
- 2 x Bath towels - with good absorption
- Toilet gear - including comb/brush, toothbrush, toothpaste, soap, shampoo and deodorant (roll-on only - no aerosols)
- 1 x Swimming outfit - rash shirts optional, no bikinis
- Underwear - sufficient to last 10 days as there are no washing facilities onboard. Recommend thermal for winter voyages
- 1 x Beanie
- 1 x Sun hat
- 1 x Scarf / Buff (optional)
- 2 x Long trousers - one pair may be jeans or track pants
- 2 x Pyjamas / nightdress
- 2 x Sweaters and jerseys - woolen or polarfleece
- 2 x Shorts
- 6 x T shirts - no offensive graphics permitted
- 3 x Shoes - Trainers / Sports / Flats - one suitable for tramping in wet conditions, one for wearing on deck with non-marking soles, and one flat comfortable shoes/sandals (no jandals) for wearing in accommodation
- Socks - thick woollen or thermal sufficient to last 10 days
- 1 x Plastic bag - for holding wet clothing (not black rubbish bags)
- 1 x Drink bottle - for personal use, 1 litre size, plastic (no glass)
- Sunglasses / reading glasses - with strap/string attachment
- Small day pack - to carry on your back for day tramps
- Pen / pencil
- Sun block - essential even in winter, minimum 30 SPF or above
- Camera and charger (optional)
- USB stick to share photos (optional)
- Females - please bring sanitary protection with you

WHEN PACKING YOUR GEAR:

Spirit of Adventure Trust is proud to be part of the 'Treasure Islands' campaign, a joint initiative between the Department of Conservation and the Auckland Council to help protect conservation islands in the Hauraki Gulf (and hopefully further afield).

We have been issued a 'Pest-Free Warrant,' and with some simple procedures onboard, we ask Trainees joining the ship to assist us in this initiative:

- ▲ Check your bags, gear and bedding thoroughly for rats, mice, Argentine ants, rainbow skinks, soils and seeds
- ▲ No open bags allowed. Please put sleeping bags into a zipped bag or pack
- ▲ Please clean dirty gear especially footwear, removing soil and seeds (weed seeds cling to clothing and shoes, and may carry unwanted plant diseases)

ITEMS NOT PERMITTED

While the Trust aims to encourage everyone to participate in this adventure, some restrictions are required to ensure a safe and well-managed environment. The following items are not permitted onboard Spirit of New Zealand:

- ▲ Cigarettes, tobacco, alcohol, drugs unless prescribed by a doctor and accepted by the Trust/Master.
- ▲ Firearms, weapons and spear guns, fishing gear, radios, ipods/ipads etc (if you have one for your journey to and from the ship, you must hand it in to the Master for safe keeping for the duration of your voyage).
- ▲ Mobile phones/tablets - the use of mobile phones/tablets etc on the ship is not permitted at any time. They will be handed in to the Master and returned at the end of the voyage. Parents/guardians needing to contact you urgently can ring the Spirit office or call our after hours numbers. The ship is in radio contact with the office at all times and communication can be made within minutes.

The Spirit of Adventure Trust has a non-smoking policy and Trainees are not permitted to smoke while onboard. The Trust/Master reserves the right to remove any Trainee from a voyage if deemed appropriate.