

BIG FIVE
TOURS & EXPEDITIONS

New Zealand



Travel Guide

The following general outline offers practical information, suggestions and answers to some frequently asked questions. It is not intended to be the definitive guide for your trip. Be sure to check the reading listing included here for more information.



Auckland ~ Elevation: 20 feet Latitude: 37 01S Longitude: 174 48E												
Average Temperature Years on Record: 21												
°F	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
	68	68	66	61	57	54	52	53	55	58	61	64
Average Precipitation Years on Record: 138												
in.	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
	2.8	3.4	3.1	3.8	4.5	5	5.2	4.4	3.7	3.7	3.2	3.1
Queenstown ~ Elevation: 1167 feet Latitude: 45 01S Longitude: 168 44E												
Average Temperature Years on Record: 32												
°F	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
	60	60	57	51	44	40	38	42	46	50	54	58
Average Precipitation Years on Record: 30												
in.	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
	3.2	2.9	3	2.9	2.6	2.2	2.2	2.5	2.6	3	2.5	2.4

CLIMATE

Subtropical in the North and temperate in the South. The North has no extremes of heat or cold but winter can be quite cool in the South, with snow in the mountains. The eastern areas often experience drought conditions in summer; the West, particularly in the South Island, has more rain.

Required clothing: Lightweight cottons and linens are worn in the North Island most of the year and in summer in the South Island. Medium weights are worn during winter in the South Island. Rainwear is advisable throughout the year, and essential if visiting the South Island's rainforest areas.

PASSPORT / VISA

Passports: For international travel, a U.S. passport valid for at least six months from date of departure, containing **at least** two blank pages is necessary.

Visas: U.S. and Canadian citizens do not require visas in advance. Citizens from other countries, consult the nearest New Zealand consulate.

Important: Please look at your passport prior to travel to insure that:

- 1) Your passport is valid for at least six months after the date of travel.
- 2) You have sufficient blank pages for visa stamps that will be added as you travel in and out of various countries.

Please note: Pages reserved for amendments and endorsements cannot be used for visas.

AIRPORT FORMALITIES

Upon arrival, proceed through immigration and baggage claims and customs. Big Five personnel or their representatives will assist you with your baggage and escort you to your hotel. They will assist with check-in formalities.

Duty Free: The following items may be imported into New Zealand by persons of 17 years of age and over without incurring customs duty: 200 cigarettes or 50 cigars or 250g tobacco or a mixture of all three weighing no more than 250g; 4.5l of wine or beer; 1.125l or 40oz of spirits or liqueurs; goods to a total value of NZ\$700.

Prohibited items: Because of the importance of agriculture and horticulture to the New Zealand economy, certain animal products, fruit, plant material or foodstuffs that could contain plant or animal pests may not be allowed into the country. For further information, contact the nearest Embassy, High Commission or Consulate. The import of the following items is

also prohibited: firearms and weapons (unless a special permit is obtained from the New Zealand police); ivory in any form; tortoise or turtle shell jewelry and ornaments; medicines using musk, rhinoceros or tiger derivatives; carvings or anything made from whalebone or bone from any other marine animals; cat skins or coats and certain drugs (diuretics, depressants, stimulants, heart drugs, tranquilizers, sleeping pills) unless covered by a doctor's prescription.

Departure tax: Up to NZ\$25 (depending on airport); children aged under 2 are exempt. Children aged between 2 and 11 leaving from Wellington pay NZ\$10. Transit passengers are exempt for 24 hours.

US Customs: Duty Free for passengers aged 18 years or older: 100 cigarettes and 25 cigars and 200 grams of tobacco, 1 opened bottle alcoholic beverage, perfume for personal use. Refer to consulate in regards to Agricultural items, currency, & gifts.

Returning U.S. residents are allowed to bring back \$800 worth of merchandise duty-free. Please remember that regulations frequently change. For more information, you can write the U.S. Customs Service at Box 7407, Washington, DC 20044, or go to the Customs & Border Protection webpage at www.customs.gov.

TIME ZONE / FLIGHT TIMES

Time zone: New Zealand: GMT + 12 (GMT + 13 from the last Sunday in October to the last Sunday in March). Chatham Island: GMT + 12.45 (GMT + 13.45 from the last Sunday in October to the last Sunday in March).

Approximate flight times: From Los Angeles to Auckland is 12 hours, from New York is 20 hours, and from Sydney is 3 hours 30 minutes.

LUGGAGE

Traveling light is always the first and best rule! We recommend passengers limit their luggage to one medium-sized soft bag per person or two small duffle bags. In this security conscious era, airline luggage restrictions may change without notice. Also, luggage limits vary depending on ticket class, plane size, destinations, etc. It is always best to confirm with airlines for specific limitations.

Generally speaking, from the US, economy class passengers are allowed to check in two (2) normal size pieces of luggage (each piece measuring no more than about 62 linear inches, which means length plus width plus height), and not exceeding 70 pounds per bag.

Scheduled flights from other countries and within foreign countries generally limit luggage to 44 pounds total, plus one carry-on personal item. Further restrictions apply for

charter flights. We will advise you of those restrictions in your final documents.

Most airlines now allow only one carry-on bag in addition to one personal item such as a laptop or handbag. Most bags within the 22 x 14 x 9 (or, a total of 45 linear inches) size restriction will be considered legal carry-on size by major domestic U.S. airlines. Many US airlines check-in desks have sizing boxes within which your bag must fit. Obviously, no knives or cutting instruments are allowed in carry-on baggage.

All luggage should have identification inside as well as secure baggage tags on the outside.

Please note that the US National Transportation and Safety Board now suggests that you do not lock your checked luggage. If a screener has to open your bag, the locks may have to be broken. This applies to flights within the US and international flights originating in the US. This, however, does not address other international travel issues. We suggest that you lock your luggage and bring a couple of spare locks in the event one or more are cut off. But the choice is up to each individual traveler to make.

Hint: Some companies such as Aurora Luggage (<http://www.auroraluggage.com/>) post the most current luggage requirements for many individual airlines on their web sites.

CAMERAS & FILM

Please, approach people with an attitude of respect, just as you would want to be treated. Do not take anyone's picture without permission. Many times it is necessary to negotiate a fee beforehand. Never take any photos of airports, police or government buildings, military installations, or borders.

Equipment: Bring cameras and lenses you are comfortable using. If you get new equipment before you go, do so as far in advance as possible. Shoot and develop at least a dozen rolls before departure to work out problems. And, don't forget your camera operation manual, filters, and a flash unit. Cameras should be packed with good cushioning. The roads are sometimes rough, and constant vibration can do damage. Keep your camera with you as much as possible, and do not leave it on the floor of the vehicle when on the road. Make sure you have lens caps for all your lenses. Clean your equipment frequently. Bring along a puffer brush and lens cleaning tissues.

Lenses: A combination of fixed and/or zoom lenses with focal lengths from 28 mm to 200 mm is good for general travel photography, although you can take excellent photographs with only a 50 mm lens. Zoom lenses such as 35-80mm, 70-210 mm, or 100-300 mm will help you capture the sights in a variety of different settings. Serious photographers will want them handy. A macro lens is helpful for shooting close-ups, but a good set of extension tubes will work very well. A 2x converter is also a handy. Point and shoot cameras are nice for a group or indoor shots, but leave something to be desired when photographing outdoors. Bring a small cleaning kit and blower brush to keep equipment clean.

Video: If you are planning to shoot video on a safari, be sure to bring plenty of tape and batteries with you. Do not plan to buy videotape. Videotape is not affected by airport x-ray; only magnetic fields or prolonged exposure to heat will damage videotape. Your battery charger should be capable of automatically adjusting to 240 volts. You will probably have no problem finding a plug in most of the lodges and larger tented camps, but be prepared with plenty of batteries

Batteries: Put fresh photo-quality batteries in your camera and other electric equipment before you leave and bring at least two sets of spare batteries with you. Your camera will be useless without them, and batteries can be hard to find and expensive.

Film: It is always best to bring along whatever you need with you. Film is generally more expensive abroad and it may be hard to locate. You'll be surprised at how much film you use when you are trying to capture all those special moments. Even those not all that interested in photography will probably shoot a couple of 36-exposure rolls per day, and enthusiastic shooters will easily double or triple that amount. Be sure film is fresh and, when possible, keep it refrigerated. A film speed of ASA/ISO 64 is an excellent choice for color slide film. Use this speed when possible rather than higher speed films. There is a noticeable difference in quality that it is worth the extra effort to keep your camera steady at a somewhat slower shutter speed than you would otherwise use. For color prints, there are several good choices, including Kodak and Fuji films (ASA/ISO 100 & 200) for daylight photography, ASA/ISO 400 & 1000 are good for lower light and nighttime situations.

It is helpful to set up a numbering system for your film, marking each roll with masking tape and numbers or letters, before leaving home. This way you can code the rolls of film and where they were shot. It's quite a job to sort through hundreds of pictures with no clue where or when they were taken.

Avoid airport x-ray machines whenever possible and request a hand search of your film only. While security people are often obliging, some are not so allow a little extra time. X-rays are cumulative on exposed and unexposed film so the more times film is x-rayed, the more risk of damage. This is especially true with older machines found in many countries. Lead bags for film are available for purchase and are worth the small investment. Do not have film in your camera because it may be opened for inspection.

Note: Recent news reports warn that new explosive detectors used in more than 100 US airports to scan checked baggage will ruin unprotected, unexposed film. This technology will eventually be in place at all airports worldwide. Experts suggest either carrying your film in your carry-on luggage and/or placing film in safety, lead-lined bags to prevent X-ray damage.

JET LAG

With the joys and adventures of international travel come certain unavoidable inconveniences such as occasional lost luggage or bouts of jet lag. In fact, studies reveal that as much as 90% of long distance travelers experience a degree of jet lag.

Jet lag describes that out-of-sorts feeling associated with long flights, particularly those across time zones. Symptoms and severity vary but may include drowsiness, fatigue, irritability, difficulty concentrating, headaches, insomnia, and swelling of the extremities.

The number of time zones crossed affects the severity of jet lag. The internal body clock follows circadian rhythm, which is controlled by the hypothalamus that processes nerve signals. That clock is designed for regular cycles of light and darkness. Depending on the number of time zones crossed, it may take several days for that rhythm to be restored. But that is not the only influence. Other

factors include cabin pressure, stale air, lack of humidity, and your overall physical condition at the beginning of your trip.

Although jet lag can not be completely avoided, there are some simple things you can do to help minimize its affects. Consider the following for your next scheduled trip:

- Start your trip well rested with a good night's sleep prior to departure. Getting adequate rest before starting on your journey will help minimize the amount of catching up you'll have to do when you arrive at the destination. Once home, try to schedule a day of rest before returning to work.
- Drink plenty of fluids -- water and juices will help you to stay well hydrated. Seasoned travelers recommend that you carry a bottle of drinking water with you and drink eight ounces every hour.
- Avoid alcohol and caffeine just before and during flights. Both possess diuretic properties that promote dehydration. Alcohol also causes drowsiness and contributes to feeling sluggish.
- Once settled onboard, reset your watch to the time zone to which you are traveling. This small act helps you begin adjusting to your destination's local time.
- As much as possible, create a dark environment during flight. Studies have shown that bright lights strongly affect individuals' body clocks. If necessary, try eyeshades and earplugs to help block distractions and convince your body that it is nighttime. Closing window shades and turning off overhead lights may also help. Sleep on the plane if your flight has an early morning arrival time.
- Wear loose-fitting clothing and comfortable shoes that will help in the event you experience mild swelling. Experienced travelers often bring lightweight slippers to wear during flights.
- Although not always feasible, look for opportunities to walk around while in flight. Do simple isometric exercises (contracting and relaxing as many muscle groups as possible) in your seat. These will improve circulation, help promote increased alertness, and reduce chances of swelling.
- If you arrive in the morning, plan to stay awake. If possible, wait until the local bedtime to sleep. Many people swear that this is key in determining how quickly they adapt to local conditions. You will sleep better and will be less likely to suffer insomnia than if you nap upon arrival.
- During extended stopovers, showers are sometimes available. If you have the opportunity, shower. Trans-Pacific pilots report that taking a shower in Hawaii helps them recover more quickly from the general effects of jet lag after the flight.

HEALTH

Food & drink: Mains water is considered safe to drink. Milk is pasteurized and dairy products are safe for consumption. Local meat, poultry, seafood, fruit and vegetables are generally considered safe to eat.

Other risks: There are no snakes or dangerous wild animals in New Zealand. Sand flies are prevalent in Fiordland, but these can be effectively countered with insect repellent. The only poisonous creature is the very rare katipo spider.

Health care: Medical facilities, both public and private, are of a high standard. Telephone numbers for doctors and hospitals are listed at the front of the white pages of local telephone directories. Should visitors need drugs or pharmaceutical supplies outside normal shopping hours, they should refer to 'Urgent Pharmacies' in the local telephone directory for the location of the nearest pharmacy or check with their hotel. Many hotels have doctors on call. Long-staying visitors with a valid permit to stay for 2 or more years are entitled to health care services on the same basis as New Zealand citizens. There is a reciprocal health agreement with the UK, which entitles short-term British visitors to publicly funded health treatment. They will receive free treatment as a hospital inpatient, but must pay some charges for any services provided by outpatients and private doctors. Medical insurance is advised to cover any additional charges.

SAFETY

Common sense safety precautions you normally observe when traveling anywhere should be followed to minimize the risk of personal injury or property loss.

Leave jewelry at home! Do not leave cash, traveler's checks, airline tickets, etc. in an unattended room, even in a locked suitcase. Most of the accommodations have safe deposit facilities at the front desk for your valuables. Use them.

In cities here as in cities at home, be aware! During the day and in crowds, be careful when carrying purses or cameras. Do not carry large amounts of currency or valuables. Take taxis from hotels and do not accept rides from unauthorized cabs. Do not walk around unfamiliar cities alone at night. Be wary of entering into conversation with unknown people on the street. These are the same precautions a visitor would observe in North American cities. Common sense is the best defense.

Pamphlets addressing safety issues abroad are available from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402, or from the Bureau of Consular Affairs' website <http://travel.state.gov>.

ETIQUETTE

You are guaranteed to come up against cultural differences between our society and that of other countries that may think and do things differently from the way we do them. Traditions and philosophies, some of which are very old, govern attitudes toward time, business, family, and politics. But this is at the heart of why we travel -- to experience the world through other cultures and other people.

Travel necessitates being a good-natured realist as well as a romantic. Being a genial traveling companion makes for an enjoyable travel experience for everyone and a great safari. Observing simple rules of common courtesy will better assure the success of your travel.

Smoking: We suggest that passengers refrain from smoking in public areas, sightseeing vehicles, and when aboard any cruise vessel while in the cabins, the dining area, or community areas. Please dispose of cigarette butts in the appropriate receptacles / ashtrays. Do not throw cigarette butts on the ground!!!

MONEY

Currency: New Zealand Dollar (NZ\$) = 100 cents. Notes are in denominations of NZ\$100, 50, 20, 10 and 5. Coins are in denominations of NZ\$2 and 1, and 50, 20, 10 and 5 cents.

Currency exchange: Exchange facilities are widely available throughout New Zealand.

Credit & debit cards: American Express, Diners Club, MasterCard and Visa are widely accepted. Check with your credit or debit card company for details of merchant acceptability and other services that might be available.

Travelers checks: Can be exchanged at official rates at trading banks, large hotels and some shops. To avoid additional exchange rate charges, travelers are advised to take travelers checks in US Dollars, Pounds Sterling or Australian Dollars.

Currency restrictions: There are no restrictions on the import and export of foreign or local currency.

Banking hours: Mon-Fri 0900-1630.

SHOPPING

Special purchases include distinctive jewellery made from New Zealand greenstone (a kind of jade) and from the beautiful translucent paua shell. Maori arts and crafts are reflected in a number of items such as the carved greenstone tiki (a unique Maori charm) and intricate woodcarvings often inlaid with paua shell. Other items of note include woollen goods, travel rugs, lambswool rugs, leather and skin products.

Shopping hours: All shops and businesses are open Mon-Sat 0900-1700, as a minimum; there are local variations but many stores and most malls are also open Sun 1000-1300. In resorts, most shops are also open in the evenings.

FOOD & DRINK

New Zealand has a reputation as a leading producer of meat and dairy produce with lamb, beef and pork on most menus. Venison is also widely available. Locally produced vegetables, such as kumara (a natural sweet potato), are good. There is also a wide range of fish available including snapper, grouper and John Dory. Seasonal delicacies such as whitebait, oysters, crayfish, scallops and game birds are recommended. New Zealand is also establishing a reputation for French-type cheeses: Bleu de Bresse, Brie, Camembert and Montagne Bleu. New Zealand's traditional dessert is pavlova, a large round cake with a meringue base, topped with fruit and cream. Many picnic areas with barbecue facilities are provided at roadside sites. Restaurants are usually informal except for very exclusive ones. Waiter service is normal, but self-service and fast-food chains are also available. Some restaurants invite the customer to 'BYO' (bring your own liquor).

New Zealand boasts world-class domestic wines and beers, some of which have won international awards. A wide range of domestic and imported wines, spirits and beers is available from hotel bars, 'liquor stores' and wine shops. Bars have counter service and public bars are very informal. Lounge bars and 'house bars' (for hotel guests only) are sometimes more formal and occasionally have table service. The minimum drinking age in a bar is 18. There is some variation in licensing hours in major cities and some hotel bars open Sunday, providing a meal is eaten. In most hotels and taverns, licensing hours are 1100-2300 except Sunday.

Tipping: Service charges and taxes are not added to hotel or restaurant bills. Tips are not expected.

WELCOME TO NEW ZEALAND

New Zealand is the world's best kept secret; it contains six of the seven climatic regions on the planet, boasts a series of unparalleled golden-sand beaches, protected marine parks to explore from on or beneath the surface, safe-but-active volcanic areas, pristine snow-capped Alps to ski and climb, prehistoric forests and unique flora and fauna. It does all this in one easily accessible package without thousands of miles to travel between each destination and it has an enviable reputation as one of the safest destinations in the world, lacking poisonous animals and boasting a low crime rate. It is a country where the only stress is that taken on willfully by the adventure-minded tourist (in the form of bungy jumping, parachuting, white-water rafting etc). You can walk for miles in New Zealand without seeing another soul, accompanied by rustling trees, running water and unusual bird song but perhaps the country's greatest asset is its warm, friendly and hospitable population.

Area: 270,534 sq km (104,454 sq miles).

Population: 3,850,000 (official estimate 2001).

Population Density: 14.2 per sq km.

Capital: Wellington. **Population:** 339,747 (2001). Auckland, with a population of 1,074,507 (2001), is the largest urban area in the country.

Government: Constitutional monarchy since 1907. Legislative power is held by the unicameral 120-seat House of Representatives, which is elected for a three-year term. A system of mixed member proportional representation was introduced at the election of October 1996, when the legislature increased from 99 to 120 seats. As in the UK, the leader of the largest party in the House normally becomes Prime Minister and holds executive power at the head of an executive council (cabinet).

Head of State: HM Queen Elizabeth II since '52, represented by Governor-General Dame Silvia Cartwright since '01.

Head of Government: Prime Minister Helen Clark since '99.

Language: English is the common and everyday language, but other languages are also spoken, including Maori, which is New Zealand's second official language (spoken by the indigenous Maori people who constitute approximately 15 per cent of the population).

Religion: 60 per cent Christian: Anglican, Presbyterian, Roman Catholic and Methodist are all represented.

Electricity: 240 volts AC, 50Hz. Most hotels provide 110-volt AC sockets (rated at 20 watts) for electric razors only.

Telephone: IDD is available. Country code: 64. Outgoing international code: 00. Most public phones take cards purchased from bookstalls; some also accept credit cards, but very few still accept coins.

Mobile telephone: Extensive AMPs network operated by Telecom New Zealand. GSM 900 network operated by Vodafone New Zealand. Handsets can be bought or hired. There are also mobile telephone shops at Auckland and Christchurch airports.

Fax: Most hotels provide facilities.

Internet: There are Internet cafes in the city and smaller town central business districts. Travelers may access the Internet at many hotels.

Post: Post offices are open Mon-Fri 0900-1700. Airmail to Western Europe takes 4 to 5 days and to the USA 3 to 10 days.

PUBLIC HOLIDAYS

Jan 1-2	-----	New Year.
Feb 6	-----	Waitangi Day.
Apr 9-12	-----	Easter.
Apr 25	-----	ANZAC Day.
Jun 7	-----	Queen's Birthday.
Oct 25	-----	Labor Day.
Dec 25	-----	Christmas Day.
Dec 26	-----	Boxing Day.

Note: Each region also observes its particular anniversary day as a holiday.

ECONOMY

New Zealand is primarily thought of as an agricultural country, and although the sector employs less than 10 per cent of the workforce and contributes just 8 per cent of GDP, it accounts for 40 per cent of the country's export income primarily from wool, meat and dairy, and woods products. Barley, wheat, maize and fruit are the main crops. There is also a sizeable fishing industry. Energy-related natural resources, principally coal but also natural gas, have been heavily developed. There are also deposits of iron, gold and silica. From the late 1970s, a new generation of industrial enterprises centred on these natural resources was established to replace the declining traditional industries.

Between the mid-1980s and mid-1990s, New Zealand underwent one of the most radical economic transformations of any Western industrialised country, with wholesale privatisation, the abolition of subsidies, tariff barriers and corporate regulations, and the dismantling of many welfare systems (although spending has risen sharply of late as the government tackles the pensions crisis afflicting the developed world). The reforms have also meant that New Zealand is much more dependent on foreign trade. Recent economic performance has seen a halving of annual growth to approximately 2.6 per cent in 2003, mainly due to a fall in agricultural exports. Inflation fell from 2.7 per cent in 2002 to 1.8 per cent in 2003. Unemployment has hovered around the 5 per cent mark for several years, although much of it is concentrated in particular areas where it remains a major problem.

Australia is New Zealand's largest trading partner, and the two governments have recently established a completely free trading regime between them. Japan, the USA and the UK are the other major trading partners. New Zealand is a member of the Organisation for Economic Co-operation and Development (OECD, the international forum for the world's main industrialised economies), the South Pacific Forum (which aims to promote economic co-operation in the region) and the recently established Asian-Pacific Economic Co-operation (APEC) forum.

HISTORY

New Zealand was first settled at least 1000 years ago by the Polynesian Maori, a well ordered tribal society led by hereditary chiefs and a powerful priesthood. The first European arrival was Dutchman Abel Tasman in 1642, although it was not until the voyages of Captain James Cook, in 1769 and 1779, that the islands were charted and explored.

British settlers began to emigrate after British sovereignty was established in 1840; Wellington was founded soon afterwards. New Zealand was granted internal self-government in 1852. The later years of the century saw a rapid growth in investment, communications and agricultural production. In 1893, New Zealand became the first country in the world to extend the vote to women. In 1907, New Zealand became a Dominion and its forces took part in both World Wars.

The country is a member of the Commonwealth and also several other international organisations, including ANZUS, the Five Power Defence Agreement and the South Pacific Forum. Membership of Western alliances were suspended, however, when Labour Prime Minister David Lange, elected in 1984, declared New Zealand nuclear free and prevented US and British vessels that might be nuclear powered or carrying nuclear weapons from entering New Zealand's ports. While these policies put the small country on the international stage, Lange's government was engaged in radical economic reform at home. Lange eventually resigned at the beginning of August 1989, to be replaced by one of his Cabinet members, Geoffrey Palmer. Palmer himself resigned in early September 1990, just weeks before the scheduled general election at the end of October 1990. This was won by the opposition National Party, which had been out of office for a decade. The new Government quickly reversed the Labour government's policy on visiting warships but continued to express strong opposition to French nuclear tests in the South Pacific – politically essential after the Rainbow Warrior affair, in which French military personnel bombed the Greenpeace vessel of the same name, killing one person. The tests ended in 1995 and New Zealand resumed diplomatic relations with France in 1997.

Following a sharp recession in the early 1990s, the economy had recovered sufficiently by October 1993 for the National Party to be returned to office with a narrow majority. The party held on in October 1996 – the first poll held under the country's new electoral system (see below) – but only with the support of New Zealand First (NZF), a newly-formed party with a nationalist agenda. Jim Bolger continued as Prime Minister, with NZF's Winston Peters as his deputy and treasurer. Peters was of Maori descent, and the 1996 election was notable for the increase in the number of Maori MPs from 6 to 15: this came close to giving the Maori people a representation proportional to their presence in the community as a whole. Relations between the Maori and the mostly British-descended majority of the population are still sensitive in a number of respects. Bolger was supplanted in November 1997 by one of his cabinet ministers, Jenny Shipley, who subsequently became New Zealand's first woman Prime Minister. Shipley faced the electorate two years later, with another woman, academic Helen Clark, leading the Labour Party. A closely fought campaign was eventually won by Labour, although, lacking an overall majority, Labour relied on the support of the small left-wing environmentalist Alliance Party to sustain the government. The result was all but repeated at the most recent poll, held in July 2002, although Labour is now reliant on the two representatives of the

Progressive Coalition to maintain its hold on power. Shipley has since been replaced by Don Brash as opposition leader, who now has the task of preparing his party for the forthcoming general election scheduled for July 2005.

WILDLIFE

As New Zealand was separated from other land masses some 100 million years ago, many plant and animal species are unique to the country. This is particularly true in the case of birds, which attract birdwatching enthusiasts from all over the world. Owing to the lack of predators, many of the country's birds never fully developed wings and, hence, live on the ground. The best-known native bird is the kiwi, also the country's unofficial national symbol. Others include the kea and weka as well as the endangered kakapo, the world's largest parrot. The emu, originally from Australia, is also found here; New Zealand's own native equivalent, the moa, is now extinct. New Zealand is also home to the world's largest insect, the weta (a mouse-sized cricket), and the tuatara (a reptile whose lineage stretches back to the dinosaurs). Famous locations for birdwatching include Taiaroa Head (near Dunedin), known for colonies of royal albatrosses and Stewart Island, where kiwis can be observed at night. Cape Kidnappers in Hawkes Bay is the only gannet colony in the world, and is well worth a visit at low tide when it is possible to walk along the beach or take a tractor ride.

GEOGRAPHY

New Zealand is 1930km (1200 miles) southeast of Australia and consists of two major islands, the North Island (114,470 sq km/44,197 sq miles) and the South Island (150,660 sq km/58,170 sq miles), which are separated by Cook Strait. Stewart Island (1750 sq km/676 sq miles) is located immediately south of the South Island, and the Chatham Islands lie 800km (500 miles) to the east of Christchurch. Going from north to south, temperatures decrease. Compared to its huge neighbour Australia, New Zealand's three islands make up a country that is relatively small (about 20 per cent more land mass than the British Isles). Two-thirds of the country is mountainous, a region of swift-flowing rivers, deep alpine lakes and dense subtropical forest. The country's largest city, Auckland, is situated on the peninsula that forms the northern part of the North Island. The southern part of the North Island is characterised by fertile coastal plains rising up to volcanic peaks. Around Rotorua, 240km (149 miles) south of Auckland, there is thermal activity in the form of geysers, pools of boiling mud, springs of hot mineral water, silica terraces, coloured craters and hissing fumaroles which make Rotorua a world-famous tourist attraction. The South Island is larger, although only about one-third of the population lives there. The Southern Alps extend the whole length of the island, culminating in Mount Cook, the country's highest peak. In the same region are the Franz Josef and Fox glaciers.

There are also four Associated Territories: The Cook Islands, about 3500km (2175 miles) northeast of New Zealand; Niue, 920km (570 miles) west of the Cook Islands (area 260 sq km/100 sq miles); Tokelau, three atolls about 960km (600 miles) northwest of Niue (area 12 sq km/4 sq miles) and the Ross Dependency, which consists of over 700,000 sq km (270,270 sq miles) of the Antarctic.

AREAS AROUND NEW ZEALAND

Auckland: Auckland is the country's largest urban and suburban area with a population of over 1.5 million. Even so, it is surrounded by varied and exquisite scenery with attractive harbours and beaches to the east and the rugged Waitakere Ranges, the thundering, undeveloped surf beaches and burgeoning vineyards to the west. Known as the 'City of Sails', with more boats per capita than any other city in the world, these days Auckland's reputation as a sailor's Mecca is cemented by repeated successful defences of the America's Cup. The city offers excellent shopping, galleries and museums; it has a university and provides a multicultural environment characterised by a blend of European, Asian and Polynesian cultures, particularly on the busy and atmospheric Karangahape Road. There is also the distinctive Sky Tower, a casino with a glorious circular, glass viewing gallery at its bulbous summit. The views of the city, its beaches and the mountains, the coast and sea beyond are stunning. It is also possible for the particularly brave tourist to abseil down the side of the building to the street, a drop of over 100m (328ft).

An exploration of at least one of the stunning golden-sand islands of the Hauraki Gulf, accessible by ferries from Waitamata Harbour and also visible from the Sky Tower, is highly recommended. Most of the city centre is walkable but the outlying suburbs of Devonport, Herne Bay, Parnell and Ponsonby (with their attractive eateries and well-reputed fashion industry) are brought within easy reach by a reliable public bus network and taxi system.

Northland: The narrow, predominantly Maori stronghold of Northland, the 'Winterless North' pushes out 350km (217 miles) from Auckland and separates the Pacific Ocean from the Tasman Sea. It provides the sub-tropical element in the New Zealand equation and is famed for its palms, citrus fruit, avocados, bananas and a myriad gorgeous, sandy unspoiled beaches. It also gives tourists the opportunity to begin to understand Maori culture, art and history. On the east coast, the beaches exist between straggling peninsulas and headlands, offering calm bays that are safe for swimming. Perhaps the most famous area is the Bay of Islands, intricately sculpted and renowned for excellent diving, boating/sailing and game fishing. The west coast offers enormous dune-backed black-sand beaches that are lashed almost constantly by Tasman breakers, rip tides and biting winds (there is no safe swimming here). The views are fantastic and, just inland, the forests of the Northland Forest Park, contain some of the world's oldest trees, including the famous kauri, many of which date back centuries. Cape Karikari, overlooking Doubtless Bay was one of the locations for films such as *From Here to Eternity* and *The Piano*, and offers access to wide, rugged, moody beaches surrounded by steep hills and cliffs, while Cape Reinga overlooks the spectacular meeting of the Pacific Ocean and Tasman Sea and the narrow extension of Ninety-mile Beach down the west coast back toward Auckland.

Pacific Coast Highway: A spectacular coastal road runs parallel with the intricate filigree of small inlets and beaches around the Coromandel Peninsula and the long sweeping bays of the east coast. The journey begins with the ferry from Auckland to Coromandel, where the road weaves along the side of the peninsula's tiny, sun-trap inlets before opening out on the long run down from Hot Water Beach towards Tauranga. The warm water bubbles from beneath the sands overlooking the surf providing a perfect spot from which to

watch the tide come in at sunset from your own personally dug hot pool.

The volcanic hills of the Coromandel Peninsula retain much of their original rainforest and the Coromandel Forest Park Reserve contains large numbers of giant kauri trees which are famous for their tall straight trunks.

A popular holiday destination in the Bay of Plenty is Tauranga, with all the amenities of a major tourist city including all levels of accommodation and some wonderful restaurants. The climate here is essentially benign and the sandy beaches attract many visitors while inland there is an abundance of orchards, particularly citrus and kiwi fruit. In Poverty Bay lies the city of Gisborne, which sits adjacent to Hawke's Bay, a wine growing region of international renown. Around 70 wineries (ranging from large commercial estates to small boutiques) are open for free wine tasting. This area is best known for its red wines, particularly Pinot Noir. The reason for the wonderful wine is the high annual sunshine hours which benefit the grapes and visiting tourists to both Hastings and Napier. Napier was razed by an earthquake in 1931 and subsequently rebuilt in the art deco style of the time. Today it boasts one of the world's finest collections of lovingly preserved art deco buildings.

Inland, between Hawke's Bay and the Bay of Plenty, is the UNESCO-listed Te Urewera National Park, the largest native forest on the North Island and home of the lovely Lake Waikaremoana, 585m (1919ft) above sea level, with its strenuous but rewarding (3-4 day) circular trail.

Central North Island: The center of the North Island is dominated by the geothermal city of Rotorua, the extraordinarily picturesque Lake Taupo and the UNESCO-listed Tongariro National Park. The park is a spectacular mountain area dominated by three peaks, Ngauruhoe, Tongariro and the tallest, Mount Ruapehu 2797m (9177ft), still an active volcano, and a major ski resort. When Ruapehu erupted in 1996 many people took the once-in-a-lifetime opportunity to ski the slopes of a live volcano. Lake Taupo presents the less adventurous with an opportunity to enjoy unrivalled brown-trout fishing and a serene expanse of water fed by glacial streams and rivers. Rotorua is a good base for exploring the geysers and the large thermal zone of the North Island. It is a lively city full of all the usual tourist prerequisites and has the distinctive sulphurous smell of the surrounding boiling-mud pools. Rotorua is also a major centre for accessible Maori culture – there is an arts centre where young Maori learn the skills of traditional bone, wood and greenstone carving. There is also the opportunity to visit a Marae (a Maori meeting house usually forbidden to 'pakeha' or foreigners) and enjoy a concert of traditional songs, the haka (a Maori challenge usually witnessed before All Black rugby matches) and a hangi (a delicious feast cooked in an earth oven).

The Western North Island: Another area dominated by Maori culture and history which along with Northland provides the best opportunity to pick up authentic souvenirs. This is an atmospheric area with black-sand beaches, rich farm land, natural kaarst limestone architecture, national parks and a spectacular extinct volcano, Taranaki. Perhaps one of the most magical areas is the famous water-sculptured limestone caves of Waitamo with their glow-worm grottoes. The caves can be explored by punt or by donning a wet-suit and heading underground with an inflated car tyre. This unique New Zealand activity is called 'cave rafting' and provides an opportunity to float through the caverns staring at unusual

rock formations and ceilings packed with glow worms, that resemble a star-strewn night sky.

Wanganui, on the west coast of the North Island, lies near the mouth of the Whanganui River, New Zealand's longest navigable waterway. Visitors can travel upriver by jetboat or paddle steamer and downriver by kayak or canoe. The UNESCO World Heritage Site Whanganui National Park is a green vision of unspoiled native bush where there remains the 'Bridge to Nowhere', a relic of the failed attempt at settlement in the glorious wilderness.

The Egmont National Park is also a UNESCO-listed World Heritage area, and provides an excellent though strenuous opportunity, even for the less adventurous, to climb a mountain (Taranaki) in a little over 8 hours (return). Mount Taranaki, at the centre of the national park, is an extinct volcano standing majestically amidst flat areas of lush green dairy farmland. The city of New Plymouth (population 50,000) is well known for its parks and gardens and, in particular, its colourful display of rhododendrons and azaleas in the spring.

Wellington: In the south of the North Island, Wellington, New Zealand's capital, occupies the flat area surrounding the harbour basin and climbs the surrounding steep hillsides overlooking the water. This makes it a compact metropolis with a thriving and lively heart. The city is a centre of culture, arts, restaurants, theatre, fashion and nightlife. Shopping facilities are excellent and hotels offer splendid views of the bay. Every 2 years, Wellington hosts the New Zealand International Festival of the Arts, the country's main cultural event including street theatre, comedy, music and film festivals all going under the same umbrella. The spectacular Te Papa Museum of New Zealand, on the city's pretty waterfront, combines cultural and historical exhibitions with education, entertainment and leisure activities, including a virtual bungee jump. Wellington is also the departure point for ferries across Cook Strait to the South Island.

Marlborough Sounds: To the north of the South Island, the sheltered waterways of the lush and green region known as Marlborough Sounds attract numerous boating, kayaking, sailing and fishing enthusiasts. The Marlborough province is well known for its wine and food, with world-class, new-world wineries such as Cloudy Bay, Le Brun, Fromm, Highfield, Hunters and Montana to name but a few. The best wines from this area tend to be white, sharp Chardonnay and crisp Sauvignon Blanc. Nearby, Nelson is a sunny and busy small city on the coast, where visitors will find pretty gardens, spectacular beaches and a growing arts community. Besides being an interesting place for art and culture lovers, the city is a good starting point for excursions to the three national parks in the vicinity. The UNESCO-listed Abel Tasman National Park has a rocky coastline, long golden, crescent-shaped beaches, crystal clear water, a seal colony, an abundance of bird life and a fine coastal track – the Abel Tasman Track (3 to 4 days). Nelson Lakes National Park, also on the UNESCO World Heritage list, offers skiing and snowboarding during winter and fishing or sub-alpine walking tracks during the summer. The Kahurangi National Park, another UNESCO World Heritage area, has a selection of walking tracks that offer an extraordinary range of scenery from mountains and karst tablelands to dramatic black-sand beaches on the west coast. The most famous of these is the tough Heaphy Track (4 days). The Kaikoura coast, further south, is a world-famous conservation area, sitting opposite a deep water trench full of marine life, and is renowned for boat rides at close quarters with various species of whale and the chance to swim with dolphins.

Christchurch: To the south, on the edge of the flat patchwork quilt of the Canterbury Plains, lies the 'Garden City' of Christchurch, the South Island's largest community. The tree-lined River Avon meanders through the centre of the city, which with its public school, old university buildings (now a fantastic arts centre) and examples of Neo-Gothic architecture is reminiscent of an old English university town. The central square of the city is occupied by a cathedral which provides a useful landmark for tourists either on foot or using the charming historic trams. About 500m (1640ft) from the square is the vast expanse of Hagley Park, on the borders of which are the Old Canterbury University/Arts Centre, the Canterbury Museum, the Robert McDougall Art Gallery, the botanical gardens and Christ's College. Just a short walk along the river is St Michael and All Angels Church; an unusually beautiful wooden Neo-Gothic building combining French and English styles and containing a mixture of Maori and Catholic elements. For excursions from Christchurch, the nearby Banks Peninsula provides a hilly alternative to the flat city, with a cable car, beaches, boat trips, pods of Hector's dolphins (unique to New Zealand) and a number of accessible walking tracks. Another alternative is to take a hot air balloon ride and from that vantage point look west across the broad flat plains to the Southern Alps, north to the Kaikoura Ranges and Cook Strait and south down the east coast as far as the historic white-stone city of Oamaru.

Southern Alps: From Christchurch, a single rail line and road lead to the Southern Alps, up over Arthur's Pass and down the other side to the wild west coast. This is the route of a breathtaking rail journey which can be completed, there and back, in 1 day on the Tranz Alpine Express. The tiny village of Arthur's Pass is a good starting point for climbing, canyoning and trekking trips to the UNESCO-listed Arthur's Pass National Park nearby. The Alps themselves, which can be accessed by five main roads from the east coast, are the spine of the South Island pushed up by plate movement in the earth's crust. They are larger than the similarly named mountain range in Europe and the spectacular scenery of snowy peaks and glaciers contains unique flora and fauna. The area is dominated by the mighty sagging-tent peak of Mount Cook (3754m/12,313ft), also known by the Maori name Aoraki (cloud piercer). Mount Cook National Park is a UNESCO World Heritage area and contains more than 20 peaks over 3000m (9840ft). Sliding down from one side of Mount Cook is the spectacular Tasman Glacier, one of the longest outside the Himalayas. All types of skiing and snowboarding are available along the Alps with many uncrowded ski fields, including heli-skiing, while around Mount Cook there are a number of stunning lone and guided walking and climbing trips of 1 to 5 days.

West Coast: At the foot of the Southern Alps' western slopes, the thin strip that is the West Coast is one of New Zealand's wildest untouched natural areas. The coast gets about 4m (13ft) of rain a year, and is a sparsely populated region with a dramatic mountain and native forest landscape, with pristine bush-fringed lakes, which provides a home to the Franz Josef and Fox glaciers. It is possible to take guided 'ice walks' on the glaciers or enjoy the myriad wilderness walking tracks that snake in and out of the forests, round the river valleys and gorges, and into the foothills of the Alps. It is also worth visiting the small communities of Greymouth and Hokitika where you can purchase carved greenstone, called pounamu by the Maori, who use it for decoration and to make weapons.

Fiordland: To the southwest of the South Island is Fiordland, listed by UNESCO as a World Heritage Area, which offers a huge range of walking tracks in the wilderness consisting of numerous lakes, mountains, native forest and a pristine coast. Many scenes from the blockbuster film trilogy *The Lord of the Rings* were filmed in different areas of Fiordland. Nestling beside Lake Wakatipu at the foot of the Remarkables Range, Queenstown is known as New Zealand's 'adventure capital' where tourists can bungy, paraglide, parachute and jet boat (in narrow gorges) until weak at the knees. There are also several world-class walking tracks running out from Glenorchy just along the lake shore, including the Caples, Greenstone Tracks and Routeburn (all 4 to 5 days). Only 100km (60 miles) or so away is Te Anau, on the shores of the gorgeous Lake Manapouri, where many more walking trails (from 1 to 6 days) wind into the bush, over the saddles and around the fjords, mountains and forests including the famous Milford Walking Track (4 to 5 days). From Te Anau travelling north, a beautiful scenic road leads to Milford Sound (wrongly named a sound when in fact it is a fjord). Tourist boats carry people out to the sea along the narrow, high-walled glacially-scooped fjord where Fiordland crested penguins, seals and sometimes whales and dolphins take advantage of the abundance of fish due to the unusual conditions. In the fjord a layer of freshwater, from the mountains, lays on top of the salt water from the ocean refracting light and creating a mini ecosystem teeming with marine life. For those interested in an even more deserted wilderness experience, there are kayak and boat trips into the adjoining Doubtful Sound.

Southland: The green and fertile province of Southland at the bottom of the South Island is home to the cities of Invercargill and Dunedin (which is Gaelic for Edinburgh), both of which have strong Scottish roots and retain a distinctive Celtic flavour. In Dunedin, this is perhaps best reflected by the city's streets bearing the same names as those of Edinburgh, and the presence of Wilson's Whisky Distillery (reputedly the world's southernmost distillery) and the Emmerson's and Speights breweries. Unlike Edinburgh, Dunedin also has the Otago Peninsula, a glorious natural thumb poking out into the Pacific, where it is possible to see rare yellow-eyed penguins (Maori name hoihoi, meaning noise maker), enormous yet graceful royal albatross, and basking on the rocks around the peninsula – fur seals. Invercargill's Sub-Antarctic Audio Visual and Gallery is a wonderful museum containing among other interesting exhibits a number of live tuatara, New Zealand's very rare and prehistoric lizard, while nearby is Bluff, home of the famous 'Bluff oysters' a delicacy that should not be missed. Between Invercargill and Dunedin is the Catlins Forest Park, with its wild beaches, pods of Hector's Dolphins and the only mainland colony of Hooker sea lions.

Stewart Island: Across the Foveaux Strait, New Zealand's third largest island, Stewart Island, has few inhabitants and can be reached by plane (travel time – 20 minutes), helicopter, or boat ride aboard a motor catamaran from Bluff. The island has various attractions including a rare chance to see the endangered kiwi (New Zealand's national symbol) in the wild. The birds feed in the evenings around Mason's Beach, accessible by plane, or by water taxi to Patterson's Inlet followed by a delightful 4-hour walk. Another draw card is Ulva Island, a predator-free, offshore expanse of bush and beautiful beaches where curious native birds come down to the foreshore to watch tourists clambering off the water taxi.

SUGGESTED READING LIST

In addition to the many comprehensive and readily available guides produced by Lonely Planet, Fodor, Insight, The Rough Guide, and others, there are many books relating to New Zealand. Here are a few selections we thought might interest you.

THE LORD OF THE RINGS: A LOCATION GUIDEBOOK by Ian Brodie ~ Reviewed by P. Burgess

We were in New Zealand last February when we found the version that preceded this one. It was a WONDERFUL book because it was concise, yet full of details. Each of the major sites was described with pictures, text, maps, directions, and even GPS coordinates. We went to about a half dozen of the sites, and loved the book as a companion to our travels. The sites are, in general, not marked, and we would have found them only by using this book. For "Lord of the Ring" aficionados traveling to New Zealand, this is "must have" book!

A HISTORY OF THE PACIFIC ISLANDS by Steven Roger Fischer

A History of the Pacific Islands traces the human history of nearly one-third of the globe over a fifty-thousand year span. This is history on a grand scale, taking the islands of Melanesia, Micronesia and Polynesia from prehistoric culture to the present day through a skilful interpretation of scholarship in the field. Fischer's familiarity with work in archaeology and anthropology as well as in history enriches the text, making this a book with wide appeal for students and general readers

DRIVE-ABOUT: A ROAD TRIP THROUGH NEW ZEALAND AND AUSTRALIA by Jeff Green

A young couple braves road trains, flat tires, and kamikaze kangaroos on a journey from the towering mountains of New Zealand to the underwater reefs of Australia. Ever in search of unique experiences, the two raft over waterfalls, swim with sharks, and haggle over used cars, learning along the way one of life's most important lessons: use vegemite sparingly.

WINE ATLAS OF NEW ZEALAND by Michael Cooper, John McDermott

The first atlas devoted entirely to New Zealand wines and wine-making. Visually stunning and authoritatively documented, this Atlas builds on the award-winning success of the author's prior tome which ran to five editions. As New Zealand wines rise to top international status in world competitions they are increasingly sought after in Europe and America. The curiosity and interest in learning more about these extraordinary wines intensifies. No other book or even group of books provides as much information and insight into this magnificent wine-growing nation, the terroir, the people and the end product. Each region is detailed with first-hand essays on the producers, vital statistics and tasting notes. An illustrated history of the wine industry, technical overview of the climate, soils and wine styles and thirty specially commissioned maps establishes this as the essential reference on the subject.

SUNDAY ISLANDS : NEW ZEALAND, TAHITI, AUSTRALIA by Harold Truman ~ Reviewed by H. Brock Garland

Truman uses words like an artist uses paint to create a colorful masterpiece. He not only gives the reader a deep understanding of Australia, New Zealand and Tahiti's multi-tiered eco-system, but he also captures the souls of the people who call the Islands their home. It's an exotic mix filled with historical and geographical background. "Sunday Islands" is also very, very funny! This is must reading for anyone who's been or plan on visiting these southwest Pacific locales, and if the reader doesn't have an urge to travel, "Sunday Islands" will transport them to the lush Pacific locations he so eloquently describes. One can only hope Truman will write a second edition with illustrations to accompany his vivid description of life "down under".

SOUTHERN EXPOSURE: A SOLO SEA KAYAKING JOURNEY AROUND NEW ZEALAND'S SOUTH ISLAND by Chris Duff

In this epic tale of sea-kayaking adventure, award-winning author Chris Duff places readers in the cockpit of his 18-foot kayak and lets them experience the full power and beauty of the South Pacific Ocean and the wild energy of the Tasman Sea as it thunders onto New Zealand's uninhabited west coast. Not just an account of human physical endurance and determination to attempt what had only been accomplished once before, this exquisitely written narrative reveals the philosophical and psychological life of a man who has chosen the sea as the master to sit before and to learn from. The intense and often terrifying sea journey is balanced by serendipitous meetings along the way with friendly New Zealanders and with the diverse wildlife of this tiny and remote island country. Southern Exposure is a force of writing that will captivate the armchair adventurer as well as the seasoned ocean traveler.

TWO WHEELS AROUND NEW ZEALAND: A BICYCLE JOURNEY ON FRIENDLY ROADS by Scott Bischke

Scott Bischke and Katie Gibson have done what many of us dream. They quit their jobs and traded in their possessions for a year of travel and simplicity. During the course of their journey, the biked more than 8,000 kilometers and experienced much of New Zealand's culture and beauty. Their freewheeling adventure took them from biking, hiking, and canoeing to fly-fishing for monster trout and picking kiwi fruit as transient laborers.

Theirs was a journey of discovery, both as individuals and as a couple. They shared the joys of exploration and new friendships, as well as the challenges of biking mountainous terrain and living in a two-person tent.

Two Wheels Around New Zealand is a light-hearted adventure story; but above all it is a celebration of the people, landscape, and lifestyle of New Zealand.

CLOTHING / PACKING CHECKLIST

Check the items below to be taken with you on your trip. Additional items may be added in the blank spaces provided.
This is not intended as an all-inclusive list, but only as a suggested packing guide.

CLOTHING - WOMEN

- Comfortable outfit for air travel
 - Sandals or casual shoes
 - Walking shoes or tennis shoes
 - Rubber thongs (shower)
 - Hat
 - Windbreaker or jacket
 - Pullover sweater or sweatshirt
 - Long pants *
 - Shorts *
 - Socks
 - Short sleeve shirts *
 - Long sleeve shirts *
 - T-shirts
 - Pajamas
 - Light-weight robe/cover-up
 - Swim-suit/cover-up
 - Casual slacks/skirt
 - Blouses
 - Belt(s)
 - Underwear
 - Scarves
 - Costume Jewelry
-
-

CLOTHING - MEN

- Swim trunks
- Comfortable outfit for air travel
- Sandals or casual shoes
- Walking shoes or tennis shoes
- Rubber thongs (showers)
- Hat
- Windbreaker or jacket
- Pullover sweater or sweatshirt
- Long pants *
- Shorts *
- Underwear
- Socks
- Short sleeve shirts *
- Long sleeve shirts *
- T-Shirts
- Pajamas
- Light weight robe/cover-up
- Casual slacks
- Shirts
- Belt(s)

TOILETRIES

- Anti-malarial pills
 - Vitamins
 - Aspirin/Tylenol
 - Motion sickness pills
 - Short-acting sleeping pills
 - Decongestant
 - Antibiotic
 - Lomotil / Pepto-Bismol
 - Antacid
 - Antibiotic ointment
 - Insect repellent
 - Sun screen/Sun block
 - Lip balm
 - Shampoo & Conditioner
 - Prescription medications
 - Band-Aids
 - Deodorant
 - Toothpaste & toothbrush
 - Feminine Hygiene supplies
 - Dental floss
 - Mouthwash
 - Hairbrush/comb
 - Razor
 - Q-Tips/cotton balls
 - Nail clippers
 - Nail file
 - Tweezers
 - Make-up
 - Hand lotion
-
-
-

CAMERA EQUIPMENT

- Extra Batteries/Charger
- Camera/Lenses
- Stick-on labels for film
- Plenty of film
- Lead Protective Film Bags
- Camera bag
- Lens filters
- Cleaning Fluid/Tissues
- Lens Brush/Puffer
- Flash & Flash batteries
- Zip-lock bags
- Camera instruction book
- Video Camera/Charger
- Blank video tapes

SUNDRIES

- Passport
- International Certificate
- Vaccinations-Health Card
- Airline tickets/vouchers
- Money Pouch
- Credit Cards
- Travelers Checks
- Small calculator
- Sunglasses
- Prescription glasses
- Eyeglass case
- Small Alarm Clock
- Converter/plug set
- Binoculars
- Small flashlight
- Sewing kit
- Small scissors
- Kleenex
- Handi-wipes
- Zip-lock bags
- ravel clothes line
- Pillowcase for dirty clothes
- Small notebook or journal
- Pen
- Deck of cards
- Books/Magazines
- Address book for postcards
- Photocopy of passport and airline tickets
- Hard candy
- Bandana
- Extra small, collapsible bag
- Neck pillow for airline travel

OTHER

***Clothing should be comfortable**