

New Zealand

PRE-DEPARTURE INFORMATION



New Zealand is a land filled with natural wonders. The South Island boasts soaring, majestic peaks, deep cut fjords, while the North Island has thermal regions with bubbling mud pools and steaming fractured earth. From rolling hills covered with tussock to dense rain forests of fern trees, New Zealand is a land where emphasis is put on outdoor activity.

Located between 34 and 47 degrees south latitude, New Zealand is comprised of two long, narrow main islands, the North Island and South Island. The North Island, known for its ancient Kauri forests, lakes, volcanoes, thermal areas and beaches, is the more populated of the two. The South Island, with its snowcapped mountain peaks, lush native bush, glaciers and fjords is the larger. Off the southern tip of the South Island lies tiny Stewart Island an unspoiled bird, bush and beach paradise. There are also many other small island groups within New Zealand's territorial jurisdiction.

GETTING READY FOR YOUR TRIP

Passports

- ❖ Passports are required of U.S. Citizens to enter
- ❖ Must be valid for at least 6 months after your trip – if not, apply or renew immediately
- ❖ Keep a copy of the picture page of your passport in a separate place while traveling
- ❖ Carry an extra passport photo in case you need to apply for a quick replacement

Visas

- ❖ No visas required for US citizens
- ❖ Nationalities of other countries please inquire regarding visas
- ❖ For transit through Australia you will also need to obtain an Electronic Travel Authority (ETA). If Journeys has issued your international tickets, we will process the ETA for you electronically via the airline. For further information about Australian visas or the ETA, contact the Embassy of Australia in Washington, D.C., at 1-800-242-2878 or at the Embassy of Australia's website at www.austemb.org.

Health, Immunizations

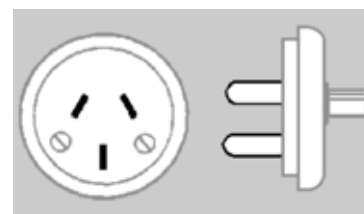
- ❖ New Zealand has no unusual health problems or serious endemic diseases, and no special health precautions are necessary for tourists.
- ❖ The chance of getting sick from eating in New Zealand is minimal.
- ❖ The water supply, especially in cities and towns, is safe to drink.
- ❖ Recommended standard immunizations include: polio, tetanus, MMR, hepatitis A & B
- ❖ SEEK INDEPENDENT MEDICAL ADVICE from your physician or local travelers health service
- ❖ For the latest recommendations for immunizations or malaria prevention contact the Center for Disease Control in Atlanta, Georgia: 800-311-3435, or visit their website: <http://www.cdc.gov/travel>
- ❖ Many universities have immunization clinics that can assist you

Time Difference

- ❖ New Zealand has one time zone, which is 12 hours ahead of Greenwich Mean Time (+12 GMT)
- ❖ Add one hour during daylight savings from October to March (+13 GMT)
- ❖ When it is 12 noon in New Zealand, it is 7 PM standard time the previous day in New York City.

Electricity

- ❖ NZ uses 230V, 50Hz power
- ❖ You will need an adapter for the three point plug outlets.
- ❖ This is the same type of plug as used by Australia
- ❖ Some hotels and motels provide 110 volt-20 watt sockets for electric razors only. For all other equipment an adapter/converter is necessary unless the item has a multi-voltage option.



ARRIVAL

Entry

- ❖ Upon arriving in New Zealand you must complete an arrival card before deplaning. This allows you to enter the country for up to three months. You must have paid onward tickets, sufficient funds to maintain yourself during your stay in New Zealand and hold a valid passport.
- ❖ Jet lag is a real problem that results from confusing biological clock functions located at the base of the brain. Effects may take several days to disappear. We feel that a practical way to adapt is to convince yourself to accept the rhythms of your destination as soon as possible. You will probably want to get up very early the day after arrival. This is an advantage in setting a pattern of early rising that many participants appreciate for making the most of daylight hours. (See additional information on Jet Lag in



JOURNEYS' General Pre-Departure Information.)

- ❖ Local contact information is sent with your Last Minute Reminders from JOURNEYS

Customs

- ❖ New Zealand is fortunately free of most major plant and animal diseases and pests. Arriving passengers must adhere to strict agricultural quarantine. For example, plants, seeds and fruit are prohibited or restricted. Arriving passengers should ensure that their shoes, clothing and other personal items are free of soil before landing in New Zealand.
- ❖ New Zealand customs will allow you one liter of liquor, and 200 cigarettes or the equivalent in tobacco or cigars per adult, and dutiable goods to the value of NZ\$250.
- ❖ A departure tax of NZ\$25 (subject to change) must be paid prior to international transit. You can purchase the tax stamp at any New Zealand airport and it is payable only with local currency.
- ❖ Anything you are bringing into the country for personal use - camera gear, snorkeling equipment, binoculars, etc. - will be readily allowed

GETTING ALONG AS A VISITOR

Food & Restaurants

- ❖ Kiwis are major producers of pasture-fed lamb, venison and beef, and fresh meat is available from local butchers' shops.
- ❖ Dairy products, butter, cheese, fresh milk and cream are abundant and inexpensive in this part of the world. Be sure to stop at a dairy (aka. convenience store) for a taste of New Zealand's ice cream.
- ❖ Enjoy a variety of fresh fish, rock lobster, oysters and scallops.
- ❖ Fruits and vegetables in New Zealand are locally grown, fresh and tasty.
- ❖ You'll find every sort of international and ethnic cuisine, including Asian and Middle Eastern, particularly in resorts and larger cities.
- ❖ New Zealand also boasts international award-winning wines and beers. Restaurants are either fully licensed or BYO (bring your own) bottle.
- ❖ Average prices of a three course meal without wine range from \$10-\$30 US.
- ❖ The Maori also have a distinctive cuisine: The hangi or earth oven is the traditional way that Maori cook food for large gatherings. Meat, vegetables and sometimes puddings are slowly steam-cooked for several hours in a covered pit that has previously been lined with stones and had a hot wood fire in it.

Accommodations

- ❖ In New Zealand we use deluxe inns and lodges. We attempt to enhance your experience with accommodations that combine cleanliness, comfort, and local flavor and charm.

Money and Currency Exchange

- ❖ Currency is the New Zealand Dollar
- ❖ There is no restriction on the amount of foreign currency or New Zealand currency which may be brought into or taken from New Zealand.
- ❖ Both cash or travelers checks can be changed at trading banks, hotels and stores in the main cities and resorts.
- ❖ It is a good idea to bring newer dated currency for exchange that has no rips, marks, folds, or holes
- ❖ You can convert surplus New Zealand currency into foreign currency prior to departure from New Zealand at any organization dealing in foreign exchange.
- ❖ All international credit cards are accepted throughout the country.
- ❖ Credit card companies are now charging a 3%+ surcharge on all foreign currency purchases (purchases of goods made outside of the US). Check with your credit card company before you travel as the charges change frequently without notice and vary with card and destination.
- ❖ We suggest bringing \$300-\$500 for items not included in the cost of the trip, emergency money, and for shopping.



Tipping

- ❖ Tipping is not customary in NZ and in many places is not expected, but is becoming more widespread especially in restaurants or establishments frequented by tourists
- ❖ A tip in the range of 10% to restaurant wait staff or concierge would be appropriate
- ❖ Anytime you especially appreciate someone particularly informative or exceptionally helpful, an extra tip may be appreciated.
- ❖ Goods and Services in New Zealand are subject to a 12.5% Goods and Services Tax (GST) usually included in the displayed price of goods. This is not a tip. Visitors are not able to claim refunds on this tax. If the items are purchased and mailed by the shops to the U.S./Canada, the GST is deducted from the purchase price.

Health & Emergency Services

- ❖ New Zealand's public and private medical facilities provide a high standard of treatment and care.
- ❖ It is important to note that medical services are not free to visitors except as a result of an accident and we strongly recommend you arrange your own health insurance while abroad.
- ❖ Visitors to New Zealand are covered under the Accident Compensation scheme for personal injury by accident and are entitled to claim irrespective of fault. Benefits include most medical and hospital expenses and lump sum payments for physical disability, but does not include loss of earnings outside New Zealand. New Zealand law prohibits the bringing of action for damages in New Zealand courts.
- ❖ Hotels and motels normally have individual arrangements with duty doctors should illness occur.
- ❖ Should visitors need drugs or pharmaceutical supplies after normal shopping hours they should refer to the urgent pharmacies listing in the local telephone directory or check with the lodging's reception.
- ❖ There are no snakes or dangerous wild animals in New Zealand.
- ❖ Sandflies can be a problem in some areas, but these can be effectively countered by the use of an insect repellent.
- ❖ The only poisonous creature is the very rare Katipo Spider.
- ❖ Your guide will advise you in the case of urgent medical need during your tour

SPECIAL REMARKS

People

- ❖ You will find the people very friendly and welcoming
- ❖ It is best to ask permission before taking portrait photos. If in doubt, ask your guide

Time

- ❖ Please do not expect everything to happen on time.
- ❖ Despite our best efforts, sometimes departures and arrivals could be a little before or after the time given. This applies particularly to aircraft movements. Operating requirements, weather and terrain sometimes present pilots with problems, and, on occasion, to ensure your safety, they may have to vary flight times.
- ❖ New Zealand, however, has a very good record for punctuality.

Safety

- ❖ Observe the same precautions taken at home
- ❖ Do not flaunt a bulging wallet, always lock unattended vehicles, do not leave baggage unattended in public
- ❖ Make use of security facilities provided for valuables in your accommodation
- ❖ In towns, the best place to carry your passport and money is in a pouch worn around the neck inside of the shirt or in a money belt around the waist
- ❖ It is highly recommended that you buy travel insurance that covers your baggage before you leave
- ❖ Don't take anything you can't afford to lose or can't replace

Shopping

- ❖ New Zealand is famous for its iridescent paua shell (abalone) and carved greenstone (New Zealand jade). Paua, bone and greenstone jewelry make an exotic and unusual buy.
- ❖ It is famous for wool & luxurious sheep-skins.
- ❖ There are also specialty crafts available. Maori arts such as wood, bone and jade carving are enjoying a renaissance. There are also many ceramic, fiber arts and glass artists' studios.
- ❖ Some unusual New Zealand foods are available. Special vacuum-packed, exportable packages of such delicacies as Bluff oysters, venison, honey and kiwi fruit are sold at the airport.

Climate

- ❖ New Zealand is a year-round destination with an especially clear unpolluted atmosphere.
- ❖ The seasons are the opposite of the Northern Hemisphere: September to November is spring, December to February is summer, March to May is fall, and June to August is winter.
- ❖ It doesn't usually get as cold in the north as it does in the south
- ❖ Snow is usually seen only in the mountains and occasionally in the high country.

Equipment & Packing

- ❖ A good goal is to fit everything into a single piece of checked luggage and a carry-on daypack
- ❖ We recommend a durable, water-resistant, soft duffel bag (for treks) or lightweight soft-sided suitcase as your checked luggage. Hard suitcases are not practical due to space limitations.
- ❖ A small backpack or hip-pack is ideal for carrying bottled water, camera, extra sunblock, etc, while on excursions where the terrain requires your hands to be free.
- ❖ Choose a distinctive, easily identified bag, and use a JOURNEYS luggage tag for bag identification by staff, and your name and address should be also indelibly affixed inside the luggage.
- ❖ Casual clothing is appropriate at all times
- ❖ Warm layers are preferable to a single heavy jacket in colder weather, especially when hiking
- ❖ The baggage weight limit may be as low as 16 kilograms (about 35 lbs.) per person on domestic flights in New Zealand so we recommend you pack for this limit
- ❖ Some hotels may have laundry services, but you will probably need to wash out some clothes en route
- ❖ You may want to bring an extra smaller, collapsible (lockable) duffel, to leave items in a city hotel while you are on an excursion or to use on your return for souvenirs

CLOTHING & EQUIPMENT SUGGESTIONS CHECKLIST

Pre-Departure Tasks

- Obtain or renew passport
- Buy travelers checks in low denominations
- Evaluate and obtain trip cancellation, baggage and medical insurance
- Consult with physician for immunizations and prescription medicine recommendations
- Break-in primary footwear
- Make final payment to JOURNEYS at least 60 days before trip departure

Clothing

- Lightweight hiking boots or comfortable athletic or walking shoes
- Extra shoes or sandals
- Shorts
- Comfortable, lightweight pants
- Jeans or medium weight pants
- Nicer pants or skirt (optional)
- Lightweight long-sleeve shirts
- T-shirts, short sleeve shirts and/or tank tops



- Sweater or sweatshirt
- Light weight jacket
- Rain gear - poncho or jacket and pants
- Sun hat or cap with wide brim
- Bandana
- Swim suits
- Socks
- Sleepwear
- Under clothes

For Winter (May to September) also bring

- Mid-weight Jacket or winter coat (or equivalent warm layers)
- Long underwear for layers or cold nights
- Warm hat and gloves (can also be purchased locally if needed)

Personal Items

- Sunblock (waterproof, high SPF)
- Lipbalm with SPF
- Insect repellent
- 2 spare passport photos (in case of lost passport)
- Wrist watch and/or travel clock
- Sunglasses (with strap, case)
- Extra eyeglasses/contacts
- Money belt or pouch for valuables
- Small flashlight with extra batteries
- Copies of all important documents
- Day pack (can also serve as an airline carry-on bag)
- Camera, memory cards, film, batteries, charger
- Underwater camera (disposable kind is very handy)
- Lead bag/containers to protect film in X-ray machines
- Lightweight binoculars
- Plug adapter (if needed)
- Soft duffel with shoulder strap or durable suitcase
- Luggage tags
- Ziploc-type bags for packing shampoo or other liquids
- Stuff sacks or plastic bags for organizing inside luggage (also useful for dirty laundry)
- Thread, needles, safety pins for minor repairs
- Small packable umbrella

Personal First Aid Kit

- Aspirin or other pain killer
- Cold relief tablets, antihistamine, cough drops
- Band-aids, gauze pads
- Antibiotics
- Prescription medicines
- Aloe gel or lotion in case of sunburn
- Anti-diarrhea medicine
- Antibiotic cream/ointment
- Supply of feminine hygiene items
- Motion sickness tablets
- Earplugs



Essential Items For Your Carry-On Bag

- Passport
- Domestic and international air tickets
- Travelers checks, money and credit cards
- Insurance certificates
- Address and telephone number of emergency contact
- Prescription medicines
- Extra set of underclothes
- Toiletries in small leak-proof bottles
- Camera gear, film and other valuables

Optional Items

- Binoculars
- Address book, writing paper, or journal, pen/pencil
- Small washcloth
- Wet wipes/moist towelettes and Kleenex
- Favorite snack foods (pre-packaged)
- Pictures of your house and family
- Mask, snorkel, fins, wetsuit (if applicable)
- Map
- Silica bags for moisture (protect camera equipment)
- Video camera
- Phrase book

