



Preparing for your Wellness Adventure

Essential Preparation

Following these guidelines will greatly improve your experience:

- Refrain from caffeine, cigarettes and alcohol one week prior to your arrival. Doing so will greatly reduce potential symptoms of detox (e.g. headaches etc)
- Commence some high intensity exercise a week or more prior to arrival. A mix of cardiovascular and strength training is ideal
- Make sure you have broken in your hiking / trail running shoes before you arrive

What NOT to bring

To assist you in getting the most from your Wellness Adventure please do not bring any of the following:

- Tobacco products. We are a non-smoking campus
- Any illegal substances
- Food; including sweets, snacks, gum, or mints of any kind
- Beverages; including all alcoholic beverages
- We discourage jewellery and accessories of high worth
- Mobile devices are not allowed in public spaces, but can be used in your room, if required

What to bring

Aro Hā dress code is always casual athletic. New Zealand is known for three seasons in one day, so pack accordingly. We provide rain gear, and hiking poles.

- Wind proof, water resistant jacket, and pants
- Down jacket or similar for colder nights and early mornings
- Thermal under-layers, shorts, and lightweight athletic breathable layers. Weather can change during the day here quite a bit so layers are best
- Hydration day backpack. You need ability to carry 2 litres of water per day.
- Yoga / exercise clothing - whatever you normally wear
- Trail runners, or hiking boots (if they're well worn)
- Slip on shoes to wear between buildings
- Gloves, and hats for warmth and sun protection
- Sun glasses / sunscreen & insect repellent
- Swimsuit, swimming costume, togs, or budgie smugglers
- Personal toiletries
- We encourage you to pack light

- We have laundry facilities, bathrobes are provided, towels for use in the Spa Area.



Contact us
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Your Arrival & Departure

Arrival

- Aro Ha shuttle service is provided from Queenstown Airport & downtown Queenstown
- Queenstown Airport pickup 12noon
- Domestic arrivals will head toward baggage claim pickup point
- International arrivals will pick up baggage, clear customs, and head toward domestic baggage claim pickup point
- Downtown Queenstown pickup 12:30pm outside Novotel Queenstown Lakeside Hotel
- If you are self-driving please arrive between 1:00pm and 2:00pm
- Transfers can be arranged outside of these times if needed

Departure

- Back to Queenstown by 11:45am and to Queenstown Airport by 12noon

