

Gear List

Outward Bound®

Professional

IF YOU HAVE ANY QUESTIONS PLEASE CALL US ON 0800 OUTWARD (688 927)

Below is a list of the clothing required for your course. You are welcome to bring extra if you prefer.

MINIMUM CLOTHING TO BRING

- | | |
|---|--|
| <input type="checkbox"/> 1 woollen hat | <input type="checkbox"/> Underwear & pyjamas |
| <input type="checkbox"/> 1 sun hat or cap | <input type="checkbox"/> 4 pairs of thermal socks suitable for boots |
| <input type="checkbox"/> 1 pair of gloves (wool or polypropylene) | <input type="checkbox"/> 2 pairs of sports socks |
| <input type="checkbox"/> 3 tee shirts | <input type="checkbox"/> 1 pair jandals/crocs |
| <input type="checkbox"/> 2 warm wool or polar fleece jerseys* | <input type="checkbox"/> 2 pairs of good condition running shoes. (Be prepared to get both pairs wet) |
| <input type="checkbox"/> 3 long sleeved thermal tops; (wool, polypropylene or similar)* | <input type="checkbox"/> Swimwear |
| <input type="checkbox"/> 3 thermal bottoms; (wool, polypropylene or similar)* | <input type="checkbox"/> 1 towel |
| <input type="checkbox"/> 2 comfortable warm trousers (track-pants, fleece pants) | <input type="checkbox"/> Various sized plastic bags - large enough to hold dirty/wet clothes |
| <input type="checkbox"/> 2 pairs of quick drying shorts suitable for running in | <input type="checkbox"/> 1 set of cutlery including a knife, fork, spoon, mug, unbreakable plate/bowl |
| <input type="checkbox"/> 1 waterproof raincoat* | <input type="checkbox"/> Head torch or torch |
| <input type="checkbox"/> 1 waterproof over-trousers* | <input type="checkbox"/> 1 pair of comfortable tramping boots* |

PERSONAL ITEMS

- | | |
|--|--|
| <input type="checkbox"/> Toiletries | <input type="checkbox"/> Medication – where required |
| <input type="checkbox"/> Lip salve/chapstick | <input type="checkbox"/> Strapping-especially if you have a history of joint injury |
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> 1 box sticking plasters – approx 75mm wide roll |
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> Extra sanitary products* (as exercise can affect the menstrual cycle) |
| <input type="checkbox"/> Ear plugs | <input type="checkbox"/> Hand sanitiser |

OPTIONAL

- 1 daypack 15/25 litres - useful for everyday activities
- 1 light nylon parka for running
- Music maker such as a guitar or harmonica - no walkmans or MP3s during course
- 1 waterproof watch
- Camera

PROVIDED BY OUTWARD BOUND but you are welcome to bring your own

- 1 sleeping bag
- 1 pack 65L capacity

* These items can be provided by Outward Bound at no extra cost. **We do not encourage you to purchase expensive gear.** Most of these clothing items can be purchased from second-hand and Salvation Army shops. Please check with us if you are uncertain.

Outward Bound supplies Sunlight soap for washing clothes – please do not bring your own laundry powder as it may not be suitable for our wastewater system.

Travel Info

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START DAY – ARRIVAL IN PICTON

- All courses start at 12.30pm at the luggage claim area of the Picton Interislander Ferry Terminal and finish at 12.30pm, also at the Picton Interislander Ferry Terminal.
- If you do not arrive in time we will contact your next of kin to locate you, so if you are delayed please contact us on **0800 OUTWARD (688 927)**
- It is recommended that you eat lunch prior to the start of your course.
- On the last day of your course you will be delivered back to the Picton Ferry Terminal at 12.30pm.

TRAVEL OPTIONS

Ferry Interislander Ferry departs Wellington 8.45am, arrives Picton 11.45am on course start day. These times may vary. Please check times when booking. Returning travel departs Picton 1.15pm, arrives Wellington 4.15pm on course finish day.

PHONE INTERISLANDER 0800 802 802 www.interislander.co.nz

Bluebridge Ferry departs Wellington 8.00am, arrives Picton 11.20am on course start day. Returning travel departs 2.00pm, arrives Wellington 5.20pm. Please note the you will need to catch the complimentary shuttle from the Bluebridge Terminal to the I-site in Picton, which is a short walk from the Interislander Terminal.

PHONE BLUEBRIDGE 0800 844 844 www.bluebridge.co.nz

Fly to Blenheim or Picton

In order to be in Picton in time to be picked up for the start of your course, you need to be at Blenheim or Picton Airports by **11.45 at the latest**. At the end of the your course, please make sure your flight is **after 2.00pm** to allow time for the connecting shuttle ride. Shuttle/taxi from Blenheim to Picton takes approximately 35 mins, bookings are essential.

PHONE MARLBOROUGH SHUTTLE SERVICES ON 03 572 9910 OR 0800 203 027

If flying to Koromiko Airport (Picton), there is a shuttle available into town for a small fee. This needs to be booked when purchasing your tickets through **SOUNDS AIR 0800 505 005** www.soundsair.com

Train Christchurch to Picton

Departs Christchurch 7.00am, arrives Picton 12.15pm. Return train departs Picton 1.00pm, arrives Christchurch 6.20pm

Auckland to Wellington

Departs Auckland 7.25am (the day before the course start day), arrives Wellington 7.25pm. Overnight stay in Wellington both directions. Return travel departs Wellington 7.25am (the day after the course finishes), arrives Auckland 7.25pm

Bus Christchurch to Picton

Departs Christchurch 7.00am, arrives Picton 12.20pm. Returning travel departs Picton 1pm, arrives Christchurch 6.25pm.

Auckland to Wellington

Overnight, departs Auckland 7.50pm (day before course starts), arrives Wellington 6.50am. Return travel departs Wellington 7.50pm, arrives Auckland 6.50am

Car If you wish to drive to Picton there is vehicle storage at Gateway Services (03) 573 6105, or Sounds Storage (03) 573 5136. Rates vary from \$10 per night. For other storage options please contact the Picton Info centre (03) 520 3113. Note: there is no parking available at the Outward Bound School.

We recommend you have a cell phone with you when travelling. We will ask that you hand your cell phone in at the beginning of the course. There is however, a phone provided for students to make calls in an emergency.

YOUR CONTACT ADDRESS WHEN YOU ARE ON THE COURSE:

Outward Bound School, Anakiwa, Private Bag 403, Picton 7250 • Telephone (03) 5208290 • Facsimile (03) 574 2350

PLEASE TURN THE PAGE FOR CLOTHING INFORMATION