

# Gear List

Outward Bound®

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

- Please mark all your gear and clothing with your name.
- Woollen or thermal layers are essential in all seasons. No cotton clothing is to be worn on expeditions.
- Bring your gear in a suitcase, pack or any other type of bag. You will be able to unpack and store your gear at Outward Bound.
- All your valuables (mobile phones, MP3 players, wallets etc) can be stored in the Outward Bound safe during your course.
- Outward Bound has a small shop (open by appointment only) that sells toiletries, clothing, souvenirs, batteries and stamps. Cash, cheques, EFTPOS and credit cards are accepted. A course photo costs \$5.00.

## MINIMUM YOU NEED TO BRING

- |  |  |
|--|--|
| <input type="checkbox"/> Underwear and pyjamas   | <input type="checkbox"/> Set of cutlery (knife, fork, spoon), plastic mug and plate / bowl           |
| <input type="checkbox"/> 3 t-shirts  | <input type="checkbox"/> 5 plastic bags – large enough to hold dirty clothes                         |
| <input type="checkbox"/> 2 pairs quick drying shorts suitable for running in   | <input type="checkbox"/> 2 pens and pencils  |
| <input type="checkbox"/> 2 pairs running or cross-trainer shoes – they will get wet  | <input type="checkbox"/> Toiletries  |
| <input type="checkbox"/> 4 pairs sport socks   | <input type="checkbox"/> Chapstick / lip salve   |
| <input type="checkbox"/> 1 pair jandals / sandals / Crocs  | <input type="checkbox"/> Sunscreen   |
| <input type="checkbox"/> 2 pairs warm trousers / track pants   | <input type="checkbox"/> Sunglasses  |
| <input type="checkbox"/> Sunhat / cap  | <input type="checkbox"/> Ear plugs   |
| <input type="checkbox"/> Swimwear  | <input type="checkbox"/> Hand sanitiser – please do not bring wipes                                  |
| <input type="checkbox"/> 2 towels  | <input type="checkbox"/> Medication where required   |
| <input type="checkbox"/> Waterproof raincoat*  | <input type="checkbox"/> Adhesive Bandaid – approx. 75mm roll  |
| <input type="checkbox"/> Waterproof over-trousers*   | <input type="checkbox"/> Torch or head-torch and spare batteries                                     |
| <input type="checkbox"/> 2 pairs wool or polyprop gloves*  | <input type="checkbox"/> Envelopes, writing paper and stamps   |
| <input type="checkbox"/> 3 wool or polyprop thermal bottoms*   | <input type="checkbox"/> Watch (waterproof recommended)  |
| <input type="checkbox"/> 3 warm wool or fleece jerseys*  | <input type="checkbox"/> Drink bottle  |
| <input type="checkbox"/> Wool or fleece hat*   | <input type="checkbox"/> Insect repellent  |
| <input type="checkbox"/> 4 pairs thermal socks suitable for tramping*  | <input type="checkbox"/> Prescription glasses / contact lenses (if required) plus spare pairs        |
| <input type="checkbox"/> 4 long sleeve wool or polyprop thermal tops*  | <input type="checkbox"/> Sanitary products – bring extra as exercise can affect your menstrual cycle |
| <input type="checkbox"/> 1 pair tramping boots/shoes with ankle support* – we can lend you a pair if needed (maximum size available is men's 13) |  |

## PROVIDED BY OUTWARD BOUND

- Tramping pack (65 litre capacity)
- Sleeping bag
- Pillow
- Blankets
- All specialist equipment such as wetsuits, helmets, and life jackets
- Sunlight soap for washing your clothes – please do not bring your own as it may not be suitable for our wastewater system

## OPTIONAL

- |  |  |
|--|--|
| <input type="checkbox"/> Light nylon jacket for running                                | <input type="checkbox"/> Music maker such as guitar or harmonica – no walkmans or MP3 players during your course |
| <input type="checkbox"/> Camera  |  |
| <input type="checkbox"/> Daypack (15/25 litre capacity) – useful for everyday activity |  |

\* These items are available to borrow (free of charge) from Outward Bound if you cannot provide or borrow your own. There is no need to pre-book these items.

TURN OVER FOR TRAVEL INFO

# Travel Info

Outward  
Bound®

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## YOUR COURSE STARTS AND FINISHES AT 12.30PM AT THE INTERISLANDER FERRY TERMINAL IN PICTON

- Outward Bound will meet you at the baggage claim area on the ground floor - look for the Outward Bound signs and instructors wearing Outward Bound branded clothing.
- Check in with the Outward Bound instructors. We will call your emergency contact person if you do not check in.
- If you are delayed please call us immediately on 0800 688 927.
- You need to provide and eat your lunch before the course starts.

## TRAVEL OPTIONS

Below is a guide for travel from the main centres.

WELLINGTON	
<b>Ferry</b>	Course start – your ferry must arrive in Picton before 12.30 pm. Course finish – your ferry must depart Picton after 1.00 pm. <b>Contact Interislander on 0800 802 802</b> <i>Use promotional code 'Outward!' in the payment section of your online booking at <a href="http://www.interislander.co.nz">www.interislander.co.nz</a> to receive 10% off the best available fare for travel booked between 01FEB12 to 30NOV12. Confirmation of placement on Outward Bound course to be shown on request at check-in in Wellington. Foot passenger only. No vehicles.</i>
<b>Fly</b>	The closest airports are Blenheim or Picton. Course start – your flight must arrive before 12.00 pm to allow time for your connecting shuttle. Course finish – your flight must depart after 2.00 pm to allow time for your connecting shuttle. You must book a shuttle transfer to/from the Ferry Terminal – takes approximately 35 minutes. <b>Contact Marlborough Shuttle Services on 03 572 9910 OR 0800 203 027 OR email: <a href="mailto:dave@marlboroughshuttles.co.nz">dave@marlboroughshuttles.co.nz</a></b>
AUCKLAND	
<b>Train</b>	Course start – train to Wellington the day before your course starts. Course finish – train to Auckland the day after your course finishes. Overnight stay in Wellington required both directions. Refer to <b>WELLINGTON</b> above for information on making your ferry bookings.
<b>Bus</b>	Course start – overnight bus to Wellington departs Auckland the evening before your course starts. Course finish – overnight bus to Auckland departs Wellington on the evening your course finishes. Refer to <b>WELLINGTON</b> above for information on making your ferry bookings.
<b>Fly</b>	There are many options, including direct flights to Blenheim airport. Refer to <b>WELLINGTON</b> above for further information.
CHRISTCHURCH	
<b>Train</b>	Course start – your train must arrive in Picton before 12.30 pm. Course finish – your train must depart Picton after 12.30 pm.
<b>Bus</b>	Course start – your bus must arrive in Picton before 12.30 pm. Course finish – your bus must depart Picton after 12.30 pm.
<b>Car</b>	There is no parking available at the Outward Bound School. Park your car in Picton at Sounds Storage, call Mark on 021 335 136 Other parking options available from the Picton Information Centre 03 520 3113
<b>Fly</b>	There are many options, including direct flights to Blenheim airport. Refer to <b>WELLINGTON</b> above for further information.

Letter writing is a great way to keep in touch during your course and mail is delivered to the Outward Bound School daily. Although we recommend you have a mobile phone with you when travelling, we actively discourage phone contact with family and friends during a course as this can be a distracting influence. We will ask that you hand your mobile phone in at the start of your course. There is a phone at Anakiwa for participants to make and receive calls in an emergency.

### CONTACT DETAILS DURING YOUR COURSE:

Outward Bound School, Anakiwa, Private Bag 403, Picton 7250 • Phone 03 520 8290 • Fax 03 574 2350

TURN OVER FOR GEAR LIST