

# 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.

# 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 01FEB11 to 30NOV11. 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 Gateway Services 03 573 6105 or Sounds Storage 03 573 5136. Rates vary from \$10 per night. Other parking options available from the Picton Information Centre 03 573 7477.
<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