

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.

