

GEAR LIST FOR ASPIRE & UPBEAT COURSES



This is a minimum list - we suggest bringing more clothing than the minimum required, especially polypro, fleece and wool layers in winter. Activewear will get wet and there is limited time to wash clothes. If you don't have any of the items below try borrowing from friends or family, or buying second hand.

Essential items:

- 2 pairs running or cross trainer shoes - they'll get wet!
- 2 pairs quick-dry shorts suitable for physical activity
- 4 pairs warm wool or thermal socks
- 3 t-shirts - quick-dry recommended
- lightweight long sleeve shirt & lightweight trousers for hot, dry days
- 1 pair jandals/slip-on footwear
- 1 pair trackpants
- sports bras - several
- underwear - lots
- swimwear
- 2 towels
- pyjamas
- drink bottle - 600ml minimum
- head torch and spare batteries
- sunhat - wide brimmed recommended
- sunglasses
- set of cutlery, plastic mug and plate/bowl
- watch - waterproof recommended
- toiletries
- sanitary products - bring extra as exercise can affect your cycle
- chapstick
- sunscreen
- plastic bags for wet/dirty clothes
- 2 pens or pencils
- refillable pocket size hand sanitiser
- minimum of 2 reusable fabric face masks, preferably cotton

Optional items - but quite useful:

- medication where required
- reading glasses/prescription glasses/contact lenses plus spares
- basic first aid - panadol, band-aids, strapping tape
- insect repellent - there can be lots of sandflies
- daypack (15/25L capacity) - useful for day activities
- camera
- down or synthetic jacket
- lycra shorts or leggings - can help with chafing
- casual clothing - yes, there may be a chance to get out of your active-wear!
- envelopes, writing paper and stamps if you want to write home
- ear plugs - you'll be sleeping in shared accommodation
- musical instrument - guitars and harmonicas welcome!
- coffee - tea is provided
- EFTPOS card or cash. OB branded gear and watch photos can be purchased from the Anakiwa shop

Not permitted:

- Mobile phones, tablets etc.
- iPods/mp3 players
- Speakers
- Books and magazines

Outward Bound is a time to switch off from the everyday. You may bring these items with you when travelling. Once you arrive, we'll store them away for safekeeping.

Essential items continued:

Items listed in this shaded box can be borrowed from Outward Bound if needed, however, please bring your own if you have them. There is no need to reserve these items if you plan to borrow these from OB.

- 4 thermal long-sleeved tops - 100% polypro or wool*
- 3 thermal bottoms - 100% polypro or wool*
- 3 warm jerseys - fleece or wool
- 2 pairs gloves - fleece, polypro or wool
- 2 hats - fleece or wool
- waterproof raincoat - seam-sealed
- waterproof over-trousers
- 1 pair tramping boots (Upbeat only)

**At least one must be polypro to use for water activities.*

- We recommend bringing your own tramping boots or sturdy walking shoes, which you have broken in before arriving at Anakiwa. Getting some walking/tramping practice in your boots will mean you're less likely to get blisters or a sprained ankle.
- Mark all your gear and clothing with your name to avoid mix-ups with your watchmates.
- Woollen or thermal layers are essential in all seasons. Cotton clothing is unsuitable for most activities.
- 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.

Gear Outward Bound will provide:

- ✓ Tramping pack - 65 litre capacity
- ✓ Sleeping bag, sleeping bag liner, pillow, blanket
- ✓ Camping equipment such as tents, cookers, sleeping mats
- ✓ Personal journal for writing
- ✓ All specialist equipment such as wetsuits, helmets, life jackets
- ✓ Laundry soap for washing your clothes - please do not bring your own laundry powder as it may not be suitable for our wastewater system

If you have any questions, please call us on 0800 688 927