



# GEAR LIST FOR HORIZONS COURSES



Mark all your gear and clothing with your name to avoid mix-ups with your watchmates. 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.

This is a minimum list - it's a good idea to bring more for winter months.

## Essential items:

- 2 pairs running shoes - they'll get wet!
- 2 pairs quick-dry shorts
- 4 pairs socks - wool preferable
- 4 t-shirts
- 1 pair jandals/slip-on footwear
- 2 pairs trackpants
- sports bras
- underwear - lots
- pyjamas
- swimwear - in a bag
- medication
- prescription glasses with eyewear retainer/contact lenses - plus spares
- 2 sets of casual clothing
- 2 towels
- drink bottle - 600ml minimum
- torch and spare batteries
- sunhat - wide brimmed recommended
- sunglasses
- toiletries
- sanitary products - bring extra as exercise can affect your cycle
- sunscreen
- plastic bags for wet/dirty clothes - at least 3
- 2 pens or pencils
- refillable pocket size hand sanitiser

## Optional items - but quite useful:

- insect repellent - there can be lots of sandflies
- chapstick
- daypack (15/25L capacity) - useful for day activities
- camera
- watch - waterproof recommended
- envelopes, writing paper and stamps if you want to write home
- ear plugs - you'll be sleeping in shared accommodation
- tramping boots
- lightweight long sleeve shirt & lightweight trousers for hot, dry days

## Not permitted while on course:

- |   |  |
|---|--|
| <input checked="" type="checkbox"/> Mobile phones, tablets etc. | <input checked="" type="checkbox"/> Books and magazines              |
| <input checked="" type="checkbox"/> iPods/mp3 players           | <input checked="" type="checkbox"/> Vapes/cigarettes                 |
| <input checked="" type="checkbox"/> Speakers                    | <input checked="" type="checkbox"/> Non-prescription drugs & alcohol |

You may bring these items with you when travelling. Once you arrive, we'll store them away for safekeeping. **Please remember all Outward Bound courses are strictly smoke, vape, drug and alcohol free at all times.**

## Clothes Outward Bound will provide:

- ✓ thermal long-sleeved tops
- ✓ thermal bottoms
- ✓ fleece tops
- ✓ warm gloves
- ✓ warm hat
- ✓ waterproof raincoat
- ✓ waterproof over-trousers
- ✓ tramping boots

## 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

You can receive mail at Outward Bound. The postal address for letters is 'your name', Private Bag 403, Picton 7250. Or for parcels 'your name', 387 Anakiwa Road, RD1 Picton 7281.

Outward Bound has a small shop that sells toiletries, batteries, stamps, envelopes, souvenirs and clothing. Cash, EFTPOS and credit cards are accepted. A course photo costs \$5.

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