

GEAR LIST FOR TE WAI AU TOA



Please try to keep close to this list as having extra personal kit will be difficult to fit on the rafts.

If you do not have these items, try borrowing from friends and family, or buying second-hand. There will be a possibility to leave other personal items on the bus while you are on the river, but keeping this to a minimum is preferable.

Essential items:

- Underwear – synthetic or merino is good for getting wet
- 2 t-shirts - quick-dry recommended
- 2 pairs quick-dry shorts suitable for running in (1 can be tights)
- Board shorts or other quick-dry shorts to fit over a wetsuit
- 1 pair warm trousers / synthetic trackpants or fleece
- 1 pair water shoes e.g. old running shoes - must be closed toe
- 1 pair running shoes with good grip - they will get wet
- 1 pair jandals / sandals / slip-on footwear for camp
- 2 pairs sport socks
- 4 pairs warm wool or thermal socks suitable for tramping
- Pyjamas or T-shirt to sleep in
- Swimwear
- 1 towel - small and quick dry is preferable
- Sunhat / cap
- Sunglasses
- 1 Long-sleeved sun shirt
- Refillable pocket size hand sanitiser
- Minimum of 2 reusable fabric face masks, preferably cotton
- Prescription glasses / contact lenses (if required) plus spares
- Drink bottle, ideally with a clip attachment
- Set of cutlery (knife, fork, spoon), plastic mug and plate / bowl
- Head torch and spare batteries
- Watch - waterproof recommended
- Toiletries
- Chapstick / lip balm
- Sunscreen
- Insect repellent
- Ear plugs - you will be sleeping in shared spaces
- Hand sanitiser - please do not bring wipes
- Medication where required
- 5 plastic bags - large enough to hold dirty clothes
- 2 pens or pencils
- Sanitary products (as required) - bring extra as exercise can affect your menstrual cycle

Optional items:

- Camera - waterproof recommended
- Down jacket or extra warm layer for around camp
- Dry bag for access to personal items on the raft
- Small musical instrument such as a ukulele or harmonica

Not permitted:

- Mobile phones, tablets etc.
 - iPods/mp3 players
 - Speakers
 - Books and magazines
- You may bring these items with you. 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.

- 3 thermal long-sleeved tops - 100% polypro or wool
- 2 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

- Please mark all your gear and clothing with your name to avoid mix-ups with other peoples' gear.

- 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 supplied with water tight barrels to transport gear on the river.

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 as it may not be suitable for the environment

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