

# GEAR LIST FOR UPBEAT



**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

## 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) - instant coffee or 'bean bags' only. Please do not bring ground coffee, plungers, or similar.
- EFTPOS card or cash. OB branded gear and watch photos can be purchased from the Anakiwa shop

## Not permitted while on course:

- ✗ Mobile phones, tablets etc.
- ✗ Books and magazines
- ✗ iPods/mp3 players
- ✗ Vapes/cigarettes
- ✗ Speakers
- ✗ 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.**

## Essential items continued:

Items listed in this shaded box **are essential** but can be borrowed from Outward Bound if needed. **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 sturdy walking shoes or tramping boots

\*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.
- 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.
- **Please clearly name/label all of your gear and clothing. If you leave anything behind in Anakiwa after your course, please be aware that Outward Bound is unable to cover any costs involved with returning these items to you.**

## 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**