



GEAR LIST FOR 8 DAY JOURNEY

Gear Outward Bound will provide:

- Tramping pack (65 litre capacity)
- Sleeping bag and thermal liner
- Camping equipment such as tents, cookers and sleeping mats
- Personal journal for writing
- All specialist equipment such as wetsuits, helmets and life jackets for the river
- Sunlight soap for washing your clothes - please do not bring your own as it may not be suitable for the environment

Items you need to bring:

Please try to keep close to the 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.

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| <ul style="list-style-type: none"> <input type="checkbox"/> Underwear – synthetic or merino is good for getting wet <input type="checkbox"/> 2 t-shirts - quick-dry recommended <input type="checkbox"/> 2 pairs quick-dry shorts suitable for running in (1 can be tights) <input type="checkbox"/> Board shorts or other quick-dry shorts to fit over a wetsuit <input type="checkbox"/> 1 pair warm trousers / synthetic trackpants or fleece <input type="checkbox"/> 1 pair water shoes e.g. old running shoes - must be closed toe <input type="checkbox"/> 1 pair running shoes with good grip - they will get wet <input type="checkbox"/> 1 pair jandals / sandals / slip-on footwear for camp <input type="checkbox"/> 2 pairs sport socks <input type="checkbox"/> 4 pairs warm wool or thermal socks suitable for tramping <input type="checkbox"/> Pyjamas or T-shirt to sleep in <input type="checkbox"/> Swimwear <input type="checkbox"/> 1 towel- small and quick dry is preferable <input type="checkbox"/> Sunhat / cap <input type="checkbox"/> Sunglasses <input type="checkbox"/> Prescription glasses / contact lenses (if required) plus spares <input type="checkbox"/> 1 Long-sleeved sun shirt | <ul style="list-style-type: none"> <input type="checkbox"/> Prescription glasses / contact lenses (if required) plus spares <input type="checkbox"/> Drink bottle, ideally with a clip attachment <input type="checkbox"/> Set of cutlery (knife, fork, spoon), plastic mug and plate / bowl <input type="checkbox"/> Head torch and spare batteries <input type="checkbox"/> Watch - waterproof recommended <input type="checkbox"/> Toiletries <input type="checkbox"/> Chapstick / lip balm <input type="checkbox"/> Sunscreen <input type="checkbox"/> Insect repellent <input type="checkbox"/> Ear plugs - you will be sleeping in shared spaces <input type="checkbox"/> Hand sanitiser - please do not bring wipes <input type="checkbox"/> Medication where required <input type="checkbox"/> 5 plastic bags - large enough to hold dirty clothes <input type="checkbox"/> 2 pens or pencils <input type="checkbox"/> Sanitary products (as required) - bring extra as exercise can affect your menstrual cycle |
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- 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.

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

Gear you can borrow from us:

These items are required, bring your own if you have them. No need to reserve these items if borrowing 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 (men's 13 is our largest size)

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.

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