



Gear Outward Bound will provide:

- Tramping pack (65 litre capacity)
- Sleeping bag
- Tent

We'll also provide:

- Pillow, blanket and sleeping bag liner
- All specialist equipment such as wetsuits, helmets, lifejackets
- Laundry soap for washing your clothes - please don't bring laundry powder as it may not be suitable for our wastewater system

GEAR LIST FOR SHORT COURSES

Items you need to bring:

Please note, this gear list is only for courses with a duration of **5 days or less**. If your course is more than 5 days please refer to the full gear list.

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

If you don't have any of the items listed below, you can borrow these from us when you arrive.

- 2 thermal long-sleeved tops (100% polypro or wool)*
- 2 thermal bottoms (100% polypro or wool)*
- 2 jerseys (fleece or wool)
- 1 pair of gloves (fleece, polypro or wool)
- 1 hat (fleece or wool)
- waterproof raincoat (seam-sealed)
- waterproof over-trousers
- 1 pair tramping boots

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

- 2 pairs running or cross trainer shoes - they'll get wet!
- 2 pairs quick-dry shorts suitable for running/tramping
- 3 pairs warm wool or thermal socks for tramping
- 3 pairs sport socks
- 3 t-shirts - quick-dry recommended
- lightweight long sleeve shirts for hot, dry days
- 1 pair jandals/slip-on footwear
- 2 pairs trackpants
- 2 sports bras
- underwear (lots)
- swimwear
- 1 towel

- pyjamas
- drink bottle - 600ml minimum
- head torch and spare batteries
- sunhat/cap
- sunglasses
- watch - waterproof recommended
- toiletries
- sanitary products - bring extra as exercise can affect your menstrual cycle
- chapstick
- sunscreen
- hand sanitiser - please don't bring wipes
- plastic bags for wet/dirty clothes
- 2 pens or pencils



Optional items (but quite useful!)

- medication where required
- daypack (15/25L capacity) - useful for day activities
- lycra shorts or leggings (can help with chafing)
- camera
- insect repellent (there can be lots of sandflies)
- musical instrument - guitars and harmonicas welcome!
- prescription glasses/contact lenses plus spares
- down or synthetic jacket
- ear plugs - you'll be sleeping in shared accommodation
- coffee (tea is provided at the school)
- EFTPOS card or cash. OB branded gear and watch photos can be purchased from the Anakiwa shop

GOT A QUESTION ABOUT THE GEAR LIST?

CALL US ON 0800 688 927 OR EMAIL
INFO@OUTWARDBOUND.CO.NZ

Items that don't belong on your course:

Outward Bound is a time to switch off from the everyday; whether that's technology, family commitments or work. We believe you'll get more out of your course if you go without the following during your course:

- ✗ phones (bring a camera or GoPro if you'd like to take photos)
- ✗ iPods or MP3 players
- ✗ speakers
- ✗ books or magazines

You may like to bring some of these items along for your journey to and from Anakiwa, however once you arrive we'll store them away for safekeeping – giving you a chance to really switch on to your course.

Top tips

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. You'll also be much more comfortable in your own shoes!

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.