



Gear Outward Bound will provide:

- Hiking Pack (65 Litres)
- Sleeping Bag
- Sleeping mat
- Bivouac/Shelter
- Cooking utensils

We'll also provide:

- All specialist equipment such as helmets, lifejackets, communication devices etc

GEAR LIST FOR WALPOLE PROGRAMS incl. water

Items you need to bring

This list details everything you need to bring for your program. If you don't have any of the items below try borrowing from friends or family, or buying second hand. Please ensure all clothing items are not made of cotton. This material is not appropriate for your program due to its poor insulation properties.

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| ■ 1 pair hiking boots - recommend with good ankle support | ■ 1 Watch. Waterproof and with alarm function. | ■ 1 heavy-duty garbage bag or waterproof sack - to put your wet clothes in after water activity |
| ■ 1 waterproof raincoat - seam-sealed and with a hood | ■ 1 head torch with 2 sets of fresh batteries | ■ 1 pair of sports shoes - fully enclosed, for water activity |
| ■ 1 waterproof over-trousers - seam sealed | ■ 2 water bottles. 1L capacity for both. Puncture resistant. | ■ 1 loose rash top and board shorts - for water activity |
| ■ 2 pullover jumper - fleece or wool | ■ 1 bowl; approx. 500mL capacity | ■ Underwear and woolen hiking socks. For regular changes. |
| ■ 2 loose fitting long pants for bush walking | ■ 1 spoon | ■ 1 set of waterproof sacks: x1 30L, x2 20L & x1 10L |
| ■ 2 long-sleeved collared shirts - quick-dry recommended, not cotton | ■ Sunscreen. SPF 30+ minimum. No aerosols. | ■ OR |
| ■ 2 thermal long bottoms - 100% polypropylene or wool | ■ Toothbrush and toothpaste | ■ 4 heavy-duty garbage bags of 56L capacity |
| ■ 2 thermal long-sleeved tops - 100% polypropylene or wool | ■ Hand sanitiser. For personal use. 400mL recommended. | ■ 1 set of travelling clothes to wear on the way home. These will remain at the Base-camp until the final day of program. |
| ■ 1 beanie - fleece or wool | ■ 4 large zip-lock bags | |
| ■ 1 pair gloves - fleece or wool | ■ 1 notebook with pens/pencils | |
| ■ 1 fully broad brimmed hat | | |



OPTIONAL ITEMS

2 sets medication - as required, must be listed in medical form, stored in Ziploc bags with your name and dosage information

Disposable camera

Insect repellent - no aerosols

Strapping tape - especially if you have a history of weak joints

Walking poles

Micro-fleece towel

Mozzie head net

Handkerchief or tissues

Sunglasses - also bring a retaining strap

2L water bladder. Instead of bottles.

N95 mask. Precautionary item in case you present with flu-like symptoms. We have stock of these but ask you help us with this limited supply item if you can.

Items that don't belong on your program

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 program if you go without the following:

- phones
- iPods or MP3 players
- speakers
- books or magazines
- knives
- cosmetics / excessive toiletries
- food from home
- aerosols (including deodorant and hair-spray)
- drugs not declared in your medical form

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

Top Tips

We recommend bringing your own hiking boots or sturdy walking shoes, which you have broken in before arriving at Outward Bound.

Getting some walking/hiking 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 group mates.

Woollen or thermal layers are essential in all seasons. Cotton clothing is not appropriate for all activities.

Bring your gear in a lightweight soft bag such as a duffle bag or sports bag. You will be able to unpack and store your gear at Outward Bound.

Remember that it's not a fashion parade. These items can be found in op shops or borrowed from friends and family.

GOT A QUESTION?

EMAIL US AT
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