

Gear Outward Bound will

provide:

- Hiking Pack (65 Litres)
- Sleeping Bag
- · Sleeping mat
- Shelter
- Single person mosquito net
- Cooking utensils

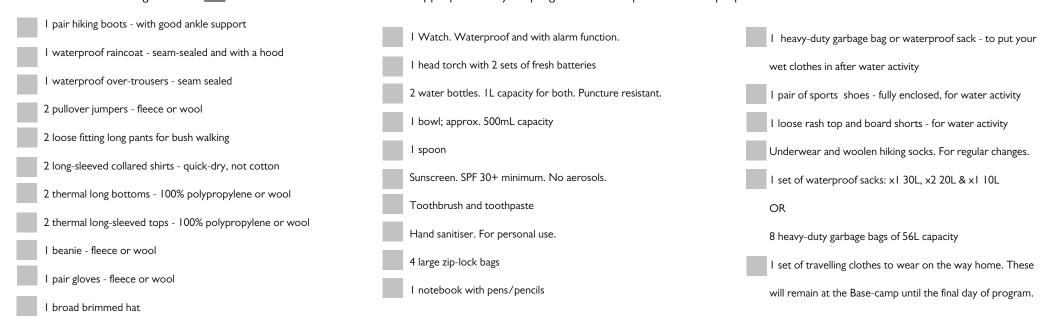
We'll also provide:

• 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.





OPTIONAL ITEMS

- 2 sets medication as required, must be listed in medical form, stored in Ziploc bags with your name and dosage information.
- Insect repellent
- Strapping tape especially if you have a history of weak joints
- Walking poles
- Mozzie head net
- Tissues "purse pack" size
- Sunglasses and retaining strap
- 2L water bladder. Instead of bottles.

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

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 any 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.

GOT A QUESTION?