



## 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.

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> 1 pair hiking boots - with good ankle support            | <input type="checkbox"/> 1 Watch. Waterproof and with alarm function.               | <input type="checkbox"/> 1 heavy-duty garbage bag or waterproof sack - to put your   |
| <input type="checkbox"/> 1 waterproof raincoat - seam-sealed and with a hood      | <input type="checkbox"/> 1 head torch with 2 sets of fresh batteries                | wet clothes in after water activity  |
| <input type="checkbox"/> 1 waterproof over-trousers - seam sealed                 | <input type="checkbox"/> 2 water bottles. 1L capacity for both. Puncture resistant. | <input type="checkbox"/> 1 pair of sports shoes - fully enclosed, for water activity |
| <input type="checkbox"/> 2 pullover jumpers - fleece or wool                      | <input type="checkbox"/> 1 bowl; approx. 500mL capacity                             | <input type="checkbox"/> 1 loose rash top and board shorts - for water activity      |
| <input type="checkbox"/> 2 loose fitting long pants for bush walking              | <input type="checkbox"/> 1 spoon  | <input type="checkbox"/> Underwear and woolen hiking socks. For regular changes.     |
| <input type="checkbox"/> 2 long-sleeved collared shirts - quick-dry, not cotton   | <input type="checkbox"/> Sunscreen. SPF 30+ minimum. No aerosols.                   | <input type="checkbox"/> 1 set of waterproof sacks: x1 30L, x2 20L & x1 10L          |
| <input type="checkbox"/> 2 thermal long bottoms - 100% polypropylene or wool      | <input type="checkbox"/> Toothbrush and toothpaste                                  | OR   |
| <input type="checkbox"/> 2 thermal long-sleeved tops - 100% polypropylene or wool | <input type="checkbox"/> Hand sanitiser. For personal use.                          | 8 heavy-duty garbage bags of 56L capacity  |
| <input type="checkbox"/> 1 beanie - fleece or wool                                | <input type="checkbox"/> 4 large zip-lock bags                                      | <input type="checkbox"/> 1 set of travelling clothes to wear on the way home. These  |
| <input type="checkbox"/> 1 pair gloves - fleece or wool                           | <input type="checkbox"/> 1 notebook with pens/pencils                               | will remain at the Base-camp until the final day of program.                         |
| <input type="checkbox"/> 1 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.
- 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?

**EMAIL US AT  
MAILBOX@OUTWARDBOUND.ORG.AU**