



## YOUR OUTWARD BOUND® CHECKLIST

We will provide you with all specialist activity and safety equipment (a refundable £10 deposit is required on arrival). However, you are welcome to bring your own kit and use it, providing it meets our safety standards. Participants will need to bring personal clothing and footwear.

### CLOTHING:

(Please note this is only an idea of what is required, do not buy things specifically)

- Casual t-shirts
- Sweatshirts
- Thermal tops
- Jumpers
- Fleece tops
- Thick and thin walking socks
- Synthetic trousers for walking (not jeans)
- Jeans (for around the centre only)
- 2 Pairs of trainers (one which can get wet)
- Underwear
- Pyjamas
- Shorts
- Hat and gloves
- Towels and swimwear
- Prescribed medication (where necessary)

All courses will involve getting wet at some point, so please make sure you have plenty of spare, dry clothes to change into.

### MONEY:

Participants only need to bring a small amount of money, as all our courses are fully inclusive. However, all centres include a shop, which sells snacks, souvenirs and some items of clothing. So we advise approximately £15 per week, plus the £10 refundable deposit for equipment.

### USEFUL ITEMS:

Notepad and pen, sun-glasses, sun-cream, blister kit, camera, insect repellent, books and magazines.

If your teacher has set you any pre-course work, don't forget to bring it with you!

### WHAT NOT TO BRING:

Our advice is to leave valuable watches, jewellery, iPods and other devices behind. However, if you really can't live without them, access to a safety deposit box is provided at the centre. Aerosols and penknives are prohibited.

For those travelling from abroad, please ensure that passports or important travel documents are given to an instructor on arrival to be placed in the safety deposit box.

### CENTRE CONTACT DETAILS:

Remember to pass on the telephone number for your centre to your parent/guardian, should they need to contact you.

**ULLSWATER / HOWTOWN: 01768 485000**

**ABERDOVEY: 01654 767464**

**LOCH EIL: 01397 772866**



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