

Put your photo here

My Outward Bound passport

Name:

Age:

Male / Female

Where are you going?



Comfort zones

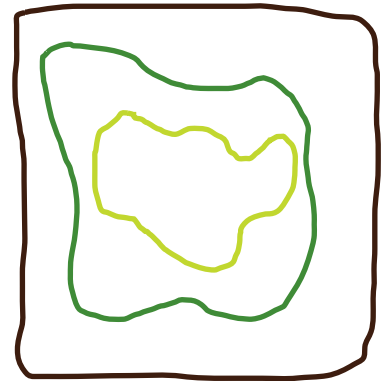
Write your ideas next to the numbers and letters. Then place the letters and numbers in the zones.

Things that challenge me:

- 1.
- 2.
- 3.

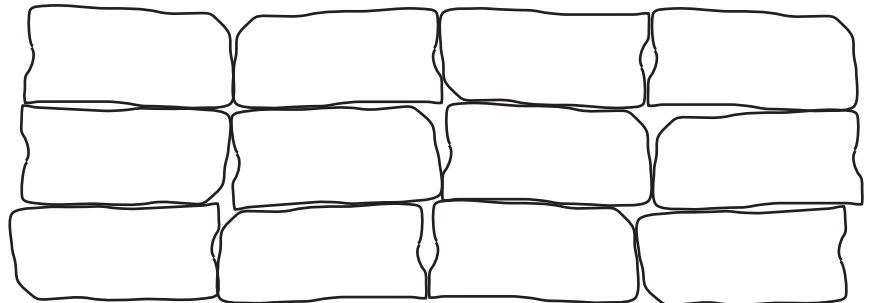
Things that do not:

- A.
- B.

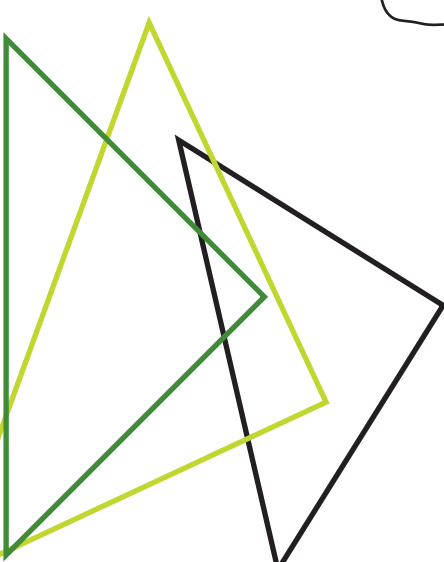
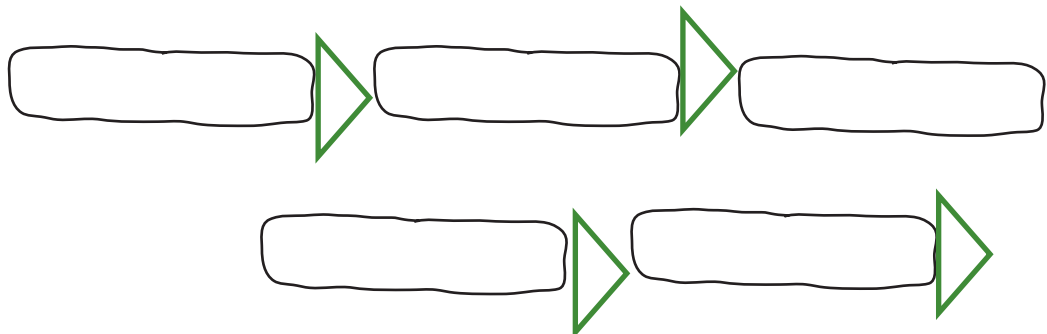


My skills wall

Write down in the skills wall below the things you are good at e.g. climbing, swimming, camping and team work.



Things I would like to learn on my course:



THE OUTWARD BOUND TRUST

Adventures for life