

OUTWARD BOUND® 7 DAY KIT LIST



We hope you're looking forward to your Outward Bound adventure.

To help you prepare, here's a guideline kit list. The figures shown in the boxes below represent the minimum number of items required for you to be comfortable on your programme. You are, of course, welcome to bring more - provided you can fit it in your suitcase!

ITEM	NO. NEEDED	NOTES
TRAINERS (INDOOR AND OUTDOOR PAIRS)	1 of each	Indoor shoes for wearing around centre and travelling. Your outdoor trainers should be a pair that you don't mind getting muddy.
WET ACTIVITY FOOTWEAR	1 pair	These shoes will get wet on a number of occasions. Old trainers or wet suit shoes, if you have them, are ideal.
SWEATSHIRTS, JUMPERS, HOODIES OR FLEECES	3	Fleeces are ideal as they dry quickly but any of the other items are a good substitute. You should include at least 1 warmer fleece for your expedition.
TROUSERS (NOT DENIM)	3	Lightweight trousers such as walking trousers or tracksuit bottoms.

ITEM	NO. NEEDED	NOTES
T-SHIRTS	4	Aim for tops that cover your shoulders from the sun.
LONG SLEEVED BASE LAYERS/ TOPS	1	
SHORTS	2	Not denim.
UNDERWEAR INCLUDING SOCKS	7	This is a minimum number. Trainer socks aren't recommended as they'll likely cause blisters. A sports bra for ladies may come in handy.
THICK WALKING SOCKS	2 pairs	
SUN HAT, SUNGLASSES, SUN CREAM	1 of each	Don't bring expensive sunglasses - they aren't known to float in water very well! Suncream will need to be at least factor 30.
WARM HAT AND GLOVES	1 pair	We can provide these but feel free to bring your own.



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WATCH (WITH ALARM IF POSSIBLE)	1	Don't just bring a phone for telling the time – the battery won't last long enough.
NIGHTWEAR AND PYJAMAS	1	
SWIMWEAR PLUS T-SHIRT AND SHORTS FOR USE IN WATER	1 of each	This is a minimum number. Bring a rash vest if you have one.
TOWEL	1	
TOILETRIES, INC. BLISTER KIT, INSECT REPELLANT, PERSONAL MEDICATION, LIP SALVE ETC	yes	Don't bring aerosols. Don't forget asthma inhalers or epipens if needed.
CASUAL CLOTHES FOR TIME AROUND THE CENTRE AND TRAVEL	1 set	There might be an opportunity to use a washing machine during the course, so tablets will come in handy as will bags to store wet or dirty kit.

ITEM	NO. NEEDED	NOTES
£10 KIT DEPOSIT PLUS SPENDING MONEY	£	You won't need more than £10-15 per week for spending money.
OPTIONAL: FLIP FLOPS	1 pair	Makes taking your shoes off to get in your tent a lot easier!
OPTIONAL: CAMERA - IN ADDITION TO A PHONE	1	For taking home those amazing memories!

WHAT NOT TO BRING!

You will be provided with walking boots, waterproofs, a rucksack and sleeping bag where appropriate as part of your £10 refundable kit deposit.

Our advice is to leave valuables such as jewellery, phones, iPods etc behind. Participants will have access to a safety deposit box and those travelling from abroad should ensure their passports and important travel documents are placed in it.

Aerosols and penknives are strictly prohibited at our centres.

