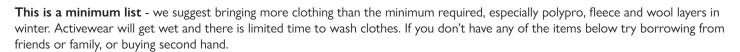
GEAR LIST FOR ADAPTED COURSES



Lissential items.	
	2 pairs running or cross trainer shoes - 1 pair will get wet!
	3 pairs quick-dry shorts suitable for running/tramping
	4 pairs warm wool or thermal socks for tramping
	4 pairs sport socks
	4 t-shirts - quick-dry recommended
	lightweight long sleeve shirts & lightweight trousers for hot, dry day
	1 pair jandals/slip-on footwear
	2 pairs trackpants
	sports bras - several
	underwear - lots
	swimwear
	2 towels
	pyjamas
	drink bottle - 600ml minimum
	head torch and spare batteries
	sunhat - wide brimmed recommended
	sunglasses
	set of cutlery, plastic mug and plate/bowl
	watch - waterproof recommended
	toiletries
	sanitary products - bring extra as exercise can affect your cycle
	chapstick
	sunscreen
	plastic bags for wet/dirty clothes
	2 pens or pencils

Optional items - but quite useful:

medication where required
prescription glasses/contact lenses plus spares
basic first aid - panadol, band-aids, strapping tape
insect repellent - there can be lots of sandflies
daypack (15/25L capacity) - useful for day activities
camera
down or synthetic jacket
lycra shorts or leggings - can help with chafing
gumboots - recommended in winter
gaiters
casual clothing - yes, there may be a chance to get out of your
active-wear!
envelopes, writing paper and stamps if you want to write home
ear plugs - you'll be sleeping in shared accommodation
musical instrument - guitars and harmonicas welcome!
coffee (tea is provided) - instant coffee or 'bean bags' only. Please
do not bring ground coffee, plungers, or similar.
EFTPOS card or cash. OB branded gear and watch photos can be
purchased from the Anakiwa shop

Not permitted while on course:

- × Mobile phones, tablets etc.
- x iPods/mp3 players
- x iPods/mp3 players
- Speakers
- × Books and magazines
- x Vapes/cigarettes
- x Non-prescription drugs & alcohol

You may bring these items with you when travelling. Once you arrive, we'll store them away for safekeeping. Please remember all Outward Bound courses are strictly smoke, vape, drug and alcohol free at all times.

Essential items continued:

☐ refillable pocket size hand sanitiser

Essential items

Items listed in this shaded box <u>are essential</u> but can be borrowed from Outward Bound if needed. <u>Please bring your own if you have them.</u> There is no need to reserve these items if you plan to borrow these from OB.

- □ 4 thermal long-sleeved tops 100% polypro or wool*
 □ 3 thermal bottoms 100% polypro or wool*
- ☐ 3 warm jerseys fleece or wool
- ☐ 2 pairs gloves fleece, polypro or wool
 - *At least one must be polypro to use for water activities.

- ☐ 2 hats fleece or wool
- □ waterproof raincoat seam-sealed
- □ waterproof over-trousers
- ☐ 1 pair sturdy walking shoes or tramping boots
- We recommend bringing your own tramping boots or sturdy walking shoes, which you have broken in before arriving at Anakiwa. Getting some walking/tramping practice in your boots will mean you're less likely to get blisters or a sprained ankle.
- Woollen or thermal layers are essential in all seasons. Cotton clothing is unsuitable for most activities.
- Bring your gear in a suitcase, pack or any other type of bag. You will be able to unpack and store your gear at Outward Bound.
- Please clearly name/label all of your gear and clothing. If you leave anything behind in Anakiwa after your course, please be aware that Outward Bound is unable to cover any costs involved with returning these items to you.

Gear Outward Bound will provide:

- ✓ Tramping pack 65 litre capacity
- ✓ Sleeping bag, sleeping bag liner, pillow, blanket
- ✓ Camping equipment such as tents, cookers, sleeping mats
- ✓ Personal journal for writing

- ✓ All specialist equipment such as wetsuits, helmets, life jackets
- ✓ Laundry soap for washing your clothes please do not bring your own laundry powder as it may not be suitable for our wastewater system

If you have any questions, please call us on 0800 688 927