



## Gear Outward Bound will provide:

- Tramping pack (65 litre capacity)
- Sleeping bag
- Tent

We'll also provide:

- Pillow, blanket and sleeping bag liner
- All specialist equipment such as wetsuits, helmets, lifejackets
- Soap for washing your clothes - please don't bring your own as it may not be suitable for our wastewater system.

## GEAR LIST FOR 8 AND 21 DAY COURSES

### Items you need to bring:

**This is a minimum list** - it's a good idea to bring more for winter months (especially polypro, fleece and wool layers). If you don't have any of the items below try borrowing from friends or family, or buying second hand.

- 4 thermal long-sleeved tops (100% polypro or wool)
- 3 thermal bottoms (100% polypro or wool)
- 3 jerseys (fleece or wool)
- 2 pairs gloves (fleece, polypro or wool)
- 2 hats (fleece or wool)
- waterproof raincoat (seam-sealed)
- waterproof over-trousers
- 1 pair tramping boots

If you don't have any of the items listed above, you can borrow these from us when you arrive.

- 2 pairs running or cross trainer shoes - they'll 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
- 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/cap
- sunglasses
- set of cutlery, plastic mug and plate/bowl
- watch - waterproof recommended
- toiletries
- sanitary products - bring extra as exercise can affect your menstrual cycle
- chapstick
- sunscreen
- hand sanitiser - please don't bring wipes
- 5 plastic bags - big enough to hold dirty clothes
- 2 pens or pencils



## Optional items

- medication where required
- envelopes, writing paper and stamps if you want to write home
- daypack (15/25l capacity) - useful for day activities
- lycra shorts (can help with chafing)
- camera
- insect repellent
- gumboots (recommended in winter)
- gaiters
- musical instrument - guitars and harmonicas welcome!
- prescription glasses/contact lenses plus spares
- basic first aid (paracetamol, band-aids, strapping tape)
- cotton t-shirts and long sleeved shirts for hot dry days
- 2 sets of casual clothing (yes, there may be a chance to get out of your active-wear!)
- down or synthetic jacket
- ear plugs - you'll be sleeping in shared accommodation
- coffee (tea is provided at the school)
- EFTPOS card or cash. OB branded gear and watch photos can be purchased from the Anakiwa shop.

## Items that don't belong on your course:

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 course if you go without the following during your course:

- phones (bring a camera or GoPro if you'd like to take photos)
- iPods or MP3 players
- speakers
- books or magazines

You may like to bring some of these items along for your journey to and from Anakiwa, however once you arrive we'll store them away for safekeeping – giving you a chance to really switch on to your course.

## Top tips

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. 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 watchmates.

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.

**GOT A QUESTION ABOUT THE GEAR LIST?**

**CALL US ON 0800 688 927 OR EMAIL  
INFO@OUTWARDBOUND.CO.NZ**