

THINGS TO KNOW BEFORE YOUR COURSE



HOW TO GET TO AND FROM ANAKIWA

Our courses start and finish at 12:30pm at the Picton Interislander Ferry Terminal.

All students (participants) are required to organise their own travel to and from Picton.

Outward Bound staff will meet students at the baggage claim area of the Picton Interislander Ferry Terminal on the ground floor.

Look for the Outward Bound signs and check-in with our staff, who will be wearing branded clothing.

If you are delayed call us on 0800 688 927. We will call your next of kin if you do not arrive.

Remember to eat a good sized lunch before your course begins.

On the final day of course, Outward Bound will drop students back at the Picton Interislander Ferry Terminal at 12:30pm to make their way home.

We recommend booking travel home from 2pm onwards to ensure you have ample time to arrive and check in for your ferry, flight or bus.

GEAR

Attached is a gear list with everything that students are required to bring with them on course.

It may seem like a lot, but it's important to remember that on course there will be limited time to wash and dry belongings. Footwear will get wet – therefore it is important to bring more than one pair of shoes.

Don't underestimate the weather, and bringing extra gear and clothing items is always a good idea on our courses.

You can pack your gear and belongings into any bag that you have (suitcase, backpack, etc). You will be able to unpack and store everything safely in your watch house (bunk house) while on course.

Large tramping packs are provided by Outward Bound for each student. Day backpacks are not essential but may be useful for transporting small amounts of gear.

Students will have the opportunity on the first day of course, and throughout the course, to borrow gear listed in the grey shaded box on the gear list.

We have a large array of sizes, so there is always enough for all students. You do not need to pre-arrange this, or pay to borrow anything.

Please name all clothing and gear that you bring to Anakiwa. Gear can get mixed up with other students' throughout the course.

ON COURSE

Students will be staying in an open-plan, mixed gender watch house with their group. All sleeping gear will be provided for you, but you are welcome to bring your own travel pillow.

Some nights will be spent in the great outdoors – tents and all other necessary equipment is provided by Outward Bound.

Students are not given an itinerary for their course. Course structure differs for each intake – our instructors create the course based around each group of students, so every course is unique.

The Outward Bound experience is very much about learning to live in the moment, but some of the activities the students will participate in are:

- On the water - kayaking, sailing, coasteering
- Up high - ropes course, rock climbing
- In the bush - tramping, camping
- For your community - environmental and service projects
- For you - reflection time, goal setting and values evaluation, running

Although you won't be able to use a mobile phone on course, you are more than welcome to bring along a camera or GoPro and take photos/video during your Outward Bound course.

KEEPING IN CONTACT

No news is good news while a student is on an Outward Bound course. Family and friends at home likely won't hear from a student while they are on course, and this means they are safe and sound, making the most of their experience.

If you wish to send any correspondence to a student while they are on course, we recommend sending it to the OB school in Anakiwa within the first week of their course starting. This is to ensure it arrives on time as the school is based in a rural postage location.

Letters sent to our **private bag** are the best way to keep in touch with students whilst at Anakiwa:

Private bag

Outward Bound School
Private Bag 403
Picton 7250

Students may also receive 'care packages' (sweet treats, a fresh pair of socks etc.) while on course. All care packages must be sent by courier to our **physical address** in Anakiwa:

Physical address

Outward Bound School
387 Anakiwa Road
RDI, Picton 7281

Please remember students will be unable to keep in phone or email contact during their course. Phones will be handed into our instructors upon arrival and kept safe until the course has finished.

FURTHER QUESTIONS

If you have any questions about your course, or anything on this infosheet, please don't hesitate to give us a call on 0800 688 927 (Mon-Fri, 8.30am-5pm). Or send us an email - info@outwardbound.co.nz.