



**This is a minimum list** - we suggest bringing more clothing than required, including extra underwear, bras and socks. **You will be hand washing and line drying all clothes.** Activewear will get wet and there is limited time to wash clothes. Contact us if you have any questions on 0800 688 927 or [info@outwardbound.co.nz](mailto:info@outwardbound.co.nz).

## Essential Items:

These items **can be borrowed from Outward Bound.** Please bring your own if you have them. **There is no need to reserve these items,** there will be time on day 1 for you to borrow what you need. We can provide sizes up to 3XL in clothing and 15 in tramping boots.

- ❑ 3 thermal long-sleeved tops - 100% polypro or wool\*
- ❑ 2 thermal bottoms - 100% polypro or wool\*
- ❑ 3 warm jerseys - fleece or wool
- ❑ 2 pairs warm wool or thermal socks for tramping
- ❑ 4-6 pairs sport socks - lots will get wet.
- ❑ 1 pair gloves - fleece, polypro or wool
- ❑ 2 beanies - fleece or wool
- ❑ Waterproof raincoat - seam-sealed
- ❑ Waterproof over-trousers
- ❑ Sturdy walking shoes

*\*At least one must be polypro to use for water activities.*

**Woolen or thermal layers are essential in all seasons.**  
**Cotton clothing is unsuitable for most activities.**

We recommend bringing sturdy walking shoes, which you have broken in before arriving at Anakiwa. Getting some walking/tramping practice in your shoes will mean you're less likely to get blisters or a sprained ankle.

Please clearly name/label all of your gear and clothing. If you leave anything behind after your course, please be aware that Outward Bound is unable to cover costs involved with returning these items to you.

## Essential Items continued:

- ❑ Prescription medication - to last whole time, and non-prescription medication if required.
- ❑ Prescription glasses/contact lenses plus spares
- ❑ 2 pairs running or cross trainer shoes - 1 pair will get wet!
- ❑ 3 pairs quick-dry shorts suitable for running/tramping
- ❑ 3 t-shirts - quick-dry recommended, no cotton
- ❑ Lightweight long sleeve shirts & light trousers for hot, dry days
- ❑ 1 pair jandals/slip-on footwear
- ❑ 1 pair comfy trackpants
- ❑ Sports bras - several
- ❑ Underwear
- ❑ Swimwear
- ❑ 2 towels. Hooded towels are useful for changing
- ❑ Drink bottle - 600ml minimum
- ❑ Head torch and spare batteries
- ❑ Sunhat - wide brimmed recommended
- ❑ Sunglasses
- ❑ Set of cutlery, plastic mug and plate/bowl
- ❑ Watch - waterproof
- ❑ Toiletries - sunscreen & prescription medication essential.
- ❑ Sanitary products - extra as exercise can affect your cycle
- ❑ Plastic bags for wet/dirty clothes
- ❑ 5 pens or pencils
- ❑ Refillable pocket size hand sanitiser

## Optional Items - but useful:

- ❑ Basic first aid - panadol, band-aids, strapping tape, blister pads, nail clippers
- ❑ Insect repellent - there can be lots of sandflies
- ❑ Camera - digital or disposable
- ❑ Down or synthetic jacket
- ❑ Lycra shorts or leggings - can help with chafing
- ❑ Gumboots - recommended in winter
- ❑ Ear plugs and eye mask - you'll be sleeping in shared accommodation
- ❑ Musical instrument
- ❑ Coffee (tea is provided) - instant coffee or 'bean bags' only. Please do not bring ground coffee, plungers, or similar.
- ❑ Debit/credit card or cash. Outward Bound branded gear can be purchased from the Anakiwa shop. Paywave not available.

# PACKING TIPS

- **Name everything.** There isn't a lot of time to wash and dry your clothes, so it's important that everything is clearly initialled to save confusion within your watch.
- **You will be handwashing your clothes** - bring more than what is suggested on the gear list if you have access to it.
- Outward Bound can lend you essential clothing in up to 3XL, and boots up to size 15.
- One pair of your running shoes will get wet and stay wet, so it's important to bring **at least two pairs** with you. If you can, bring three pairs if attending between April-November.
- Bring **plenty** of socks, bras, and underwear, especially if you're attending between April-November.
- Big rubbish bags are handy to pack into when you are leaving Anakiwa if your gear hasn't had sufficient time to dry or is still dirty.
- A portable charger can be useful for charging your devices on the way home from Anakiwa, and for your cameras and watches while on course.
- **Do not bring any beauty products** - they take up valuable space in your bag and are rarely used. Useful toiletries include blister pads, anti-chafe, nail clippers, and hair ties.
- Pens and pencils are super useful for journalling and writing home - they're easy to misplace so bring plenty of spares!
- **Pack into any bag you have** - you will have the chance to unpack and store your gear upon arrival to Anakiwa.
- Hooded towels are useful for changing quickly and privately.
- Op shops often have items on our gear list for a lower cost than buying brand new - check your local shops to see what they have.

# DO NOT BRING

## Not permitted on course:

- ✗ Phones, tablets, laptops etc.
- ✗ iPods/mp3 players
- ✗ Speakers
- ✗ Books and magazines
- ✗ Vapes/cigarettes
- ✗ Non-prescription drugs & alcohol

It's fine to 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.

## 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 hand washing your clothes - please do not bring your own laundry powder as it may not be suitable for our wastewater system

# SAFETY INFORMATION

Cotton is not suitable for almost all activities. Cotton dries slowly, and dries cold, which poses a safety risk for our students. Wool, fleece, and polypro layers are essential at all times of year.

Your sturdy walking shoes must be broken in prior to the course to avoid pain, blisters and discomfort. Tramping boots are not necessary for 5 day leadership courses, but if you do not have sturdy shoes for day walks, you are able to borrow tramping boots up to size 15 once you arrive.