



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.

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.

- ❑ 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
- ❑ 2 beanies - fleece or wool
- ❑ 4 pairs warm wool or thermal socks for tramping
- ❑ Waterproof raincoat - seam-sealed
- ❑ Waterproof over-trousers
- ❑ 1 pair tramping boots
- ❑ Head torch and spare batteries

**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 your own tramping boots, which you have broken in before course. Some walking/tramping practice in your boots 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 shoes - 1 pair will get wet!
- ❑ 3 pairs quick-dry shorts for running/tramping
- ❑ 6 pairs sport socks - lots will get wet
- ❑ 4 T-shirts - quick-dry, no cotton
- ❑ 1 pair jandals/slip-on footwear
- ❑ Casual clothing - hoodie, sweatpants, T-shirts
- ❑ Sports bras - several
- ❑ Underwear - several pairs
- ❑ Swimwear
- ❑ 2 towels. Hooded towels are useful for changing
- ❑ Drink bottle - 600ml minimum
- ❑ Sunglasses and sunhat - wide brimmed recommended
- ❑ Set of cutlery, plastic mug and plate/bowl
- ❑ Watch - waterproof
- ❑ Toiletries - sunscreen, SPF chapstick
- ❑ Sanitary products - bring extra as exercise can affect your cycle
- ❑ Day pack / school bag - 15/25L capacity
- ❑ 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
- ❑ Envelopes, writing paper and stamps to write home
- ❑ Ear plugs and eye mask - you'll be sleeping in shared accommodation
- ❑ Musical instrument
- ❑ Coffee (tea is provided) - bring instant coffee or 'bean bags' only.
- ❑ Debit/credit card or cash. Outward Bound branded gear can be purchased from the Anakiwa shop (paywave not available)
- ❑ Charger to charge phone after course ends
- ❑ Colouring book & pencils

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. Students will cover any cost to return lost property.
- **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 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 as things take longer to dry.
- 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.
- Remember to bring a charger for your phone so you can charge it on the last day.
- **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
- ✗ Novels and magazines - religious texts allowed.
- ✗ Vapes/cigarettes
- ✗ Non-prescription drugs & alcohol

It's fine to bring these items with you travelling. Once you arrive, we'll store them for safekeeping. All 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.

If you are bringing your own tramping boots, you must break them in prior to the course to avoid pain, blisters and discomfort. Boots provided by Outward Bound are broken in.