



Outward Bound will provide:

- All specialist equipment such as helmets, lifejackets, communication devices, etc.
- Bedding items:
 - Fitted sheet
 - Pillow
 - Pillow slip

HAVE A QUESTION ?

EMAIL US AT MAILBOX@OUTWARDBOUND.ORG.AU

PACKING LIST - CABIN-BASED PROGRAM

This is your recommended packing list. You can pack all your items into whatever bag is suitable for you. We recommend having only the one, large bag, to avoid losing items. We recommend avoiding cotton material wherever possible, as this material gets wet and cold quickly, and stays that way.

Outdoor clothes

Long sleeved collared shirts and long legged loose fitting pants suitable for bush walking.

Rain clothes

Rain jacket and waterproof overpants. Seam sealed and not lined.

Warm layers

Woolen or polypropylene thermal top and bottoms set. Fleece jumper/s. Beanie. Neck warmer. Gloves.

Sun protection

Broad brimmed hat. SPF 30+ Sunscreen.

Shoes

Secure, flat, hard-soled, closed-in-toe shoes must always be worn when outside. You may wish to bring a pair of thongs for the shower, or a pair of slippers to wear in the cabin.

Water bottle x2

1-litre capacity each. Puncture resistant.

Notebook and pen

Small. Keep in a zip-lock bag for protection.

Toiletries and underwear

As needed, including any personal medications. Please bring your own bathroom towel. You may also wish to bring a bathroom floor mat.

Head torch & batteries

Two sets of fresh batteries recommended.

Bedding items and sleeping attire

Personal sleeping bag or blanket/doona/duvet. Pyjamas or additional thermal layers. Although we provide this, you may also wish to bring your own pillow.

Hand sanitiser

For personal use throughout the program. Factor approx. 50mL every two days of your program. As part of a COVID-Safe practice, this is a mandatory item.

Face masks (general use)

Optional, but encouraged when indoors, such as the conference/meeting room.

N95 mask

Precautionary item in case you present with flu-like symptoms. We have stock of these, so not compulsory, but we ask you help us with this limited supply item if you are able to.

Small backpack

Large enough to fit your water bottle, hand sanitiser, rain clothes, jumper, and any daily personal needs.