



## Gear Outward Bound will provide:

- Hiking Pack (65 Litres)
- Sleeping mat
- Bivouac/Shelter
- Cooking utensils

We'll also provide:

- All specialist equipment such as helmets, lifejackets, communication devices, etc.

## GEAR LIST FOR GUTSY GIRLS

### Items you need to bring

This list details the minimum items you need to bring for your program. For Summer programs, keep your materials very light coloured and light weighted wherever possible. If you don't have any of the items below try borrowing from friends or family, or buying second hand. Please ensure all clothing items are not made of cotton. This material is not appropriate for your program due to its poor insulation properties.

- ☐ 2 long-sleeved collared shirt. Recommend quick-dry material.
- ☐ 2 loose fitting long pants suitable for bush walking
- ☐ 2 thermal long-sleeved top (100% polypro or wool)
- ☐ 2 thermal leggings (100% polypro or wool)
- ☐ 2 pullover jumper (fleece or wool)
- ☐ 1 waterproof raincoat (seam-sealed)
- ☐ 1 waterproof over-trousers (seam-sealed)
- ☐ 1 broad-brimmed hat
- ☐ 1 beanie (fleece or wool)
- ☐ 1 pair of gloves (fleece, polypro or wool)
- ☐ Underwear and woollen hiking socks. For regular changes.
- ☐ 1 pair hiking boots. Recommend with good ankle support.
- ☐ Watch. Waterproof and with alarm function.

- ☐ Sleeping bag. 3-season, synthetic fill, with compatible compression sack
- ☐ Set of waterproof sacks: x1 30L, x2 20L & x1 10L
- OR
- ☐ 6 heavy-duty garbage bags of 56L capacity
- ☐ 2 large zip-lock bags. For personal rubbish.
- ☐ 2 water bottles. 1L capacity for both. Puncture resistant.
- ☐ 1 bowl; approx. 500mL capacity
- ☐ 1 spoon
- ☐ 1 head torch with 2 sets of fresh batteries
- ☐ Sunscreen. SPF 30+ minimum.
- ☐ Toothbrush & toothpaste
- ☐ Hand sanitiser. For personal use. Approx. 50mL every 2 days.

- ☐ Stationery kit - 1 notebook and pen / pencils with sharpener. Keep in small zip-lock bag for waterproofing.
- For water activity:
- ☐ 1 additional heavy-duty garbage bag or waterproof sack
- ☐ 1 pair of sports shoes. Fully enclosed; will get wet.
- ☐ 1 set rash top, board shorts, swimming costume
- ☐ In cooler months, you may wish to bring x1 extra set of thermals
- ☐ Small towel and soap. For shower on final day if available.
- ☐ 1 set of travelling clothes to wear home



## OPTIONAL ITEMS

Personal medication. As may be required. Must be declared in the medical form. Pack into zip-lock bag with name and dosage information clearly written.

Female sanitary products. Bring even if not expecting to need these, as increased exercise can affect your cycle.

Sunglasses & retainer strap

Insect repellent (non-aerosol)

Sports/strapping tape

Walking poles

Lip balm

2L water bladder. Instead of bottles.

Additional meal kit items. Mug, fork, knife.

Mozzie head net, if going on a coastal program.

N95 mask. Precautionary item in case you present with flu-like symptoms.

## Items that don't belong on your program

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 experience if you go without the following during your course:

- phones
- iPods or MP3 players
- speakers
- books or magazines
- knives
- cosmetics / excessive toiletries
- food from home
- aerosols (including deodorant, roll-on is fine)
- drugs not declared in your medical form

You may wish to bring some of these items along for your journey to and from Outward Bound, 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 hiking boots or sturdy walking shoes, which you have broken in before arriving at Outward Bound.

Getting some walking/hiking 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 group mates.

Woollen or thermal layers are essential in all seasons. Cotton clothing is not appropriate for all activities.

Bring your gear in a lightweight soft bag such as a duffle bag or sports bag. You will be able to unpack and store your gear at Outward Bound.

Remember that it's not a fashion parade. These items can be found in op shops or borrowed from friends and family.

## GOT A QUESTION ABOUT THE KIT LIST?

EMAIL US AT [MAILBOX@OUTWARDBOUND.ORG.AU](mailto:MAILBOX@OUTWARDBOUND.ORG.AU)