



I-Day Program Packing List

Welcome to Outward Bound Australia! We look forward to having you join us for a day program. Please take the time to read through this packing list to help you to prepare and ensure you have appropriate clothing and equipment for your activities. Outward Bound will provide all specialist equipment (eg helmets, harnesses).

If you don't have something, try borrowing it from friends and family, or buying second hand. Please ensure clothing items are NOT made out of cotton, as cotton has poor insulation properties when wet.

If you have any questions about the packing list, please contact your Client Manager or email mailbox@outwardbound.org.au

Items you need to bring

- ☐ I Long-sleeved collared shirt (quick-dry material recommended)
- ☐ I Pair of long hiking pants or hiking shorts (with optional knee-high gaiters) suitable for bushwalking
- ☐ I Pullover jumper (polar fleece or wool)
- ☐ I Waterproof raincoat (seam-sealed)
- ☐ I Broad brimmed hat
- ☐ I Pair of hiking shoes. Boots recommended for good ankle support
- ☐ I Large zip lock bag for personal rubbish
- ☐ I Small/pocket notebook with pen
- ☐ I Water bottle (1L capacity, puncture resistant)
- ☐ Hand sanitiser and SPF 30+ sunscreen for personal use
- ☐ Lunch and snacks. Please do not bring items with nuts listed in the main ingredient list.
- ☐ Day pack (Large enough to fit your loose items throughout the day)

We recommend labelling your belongings to avoid losing them

Optional Items

- ☐ Personal medication as may be required. This must be declared on the medical form and brought in a zip lock bag with name and dosage information clearly written
- ☐ Menstrual sanitary products
- ☐ Sunglasses and retainer strap
- ☐ Insect repellent (roll-on or liquid pump only)
- ☐ Sports tape
- ☐ Walking poles
- ☐ Lip balm