



# 2-7 Day Expedition with Bike Riding Activity

## Packing List

Welcome to Outward Bound Australia. We look forward to having you join us for your expedition 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 activity equipment, a 65L hiking backpack, cooking utensils, sleeping shelter and a ground sheet/sleeping mat.

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. For Summer Programs, keep your materials light coloured and light weight wherever possible. We recommend breaking in boots and wearing your gear before joining us to ensure maximal comfort.

Please pack your items in one large, soft bag (i.e. a duffle bag, NOT a suitcase), and labelling your belongings to avoid losing them.

If you have any questions about the packing list, please contact your Client Manager or email [mailbox@outwardbound.org.au](mailto:mailbox@outwardbound.org.au)

### Items you need to bring

- ☐ 1 Long-sleeved collared shirt (quick-dry material recommended)
- ☐ 1 pair of long hiking pants or hiking shorts (with optional knee-high gaiters) suitable for bushwalking
- ☐ 1 Woollen or polypropylene thermal long-sleeved top (essential in all seasons)
- ☐ 1 Woollen or polypropylene thermal long pants (essential in all seasons)
- ☐ 1 Pullover jumpers (polar fleece or wool)
- ☐ 1 Waterproof raincoat, and waterproof overpants (seam-sealed)
- ☐ 1 Broad brimmed hat
- ☐ 1 Pair of hiking shoes. Boots recommended for good ankle support.
- ☐ Hand sanitiser and SPF 30+ sunscreen for personal use
- ☐ Beanie/Neck warmer and gloves
- ☐ Toiletries (including personal medication, toothbrush/toothpaste and menstrual hygiene products)
- ☐ Underwear and hiking socks (thick, and mid-calf length) for regular changes
- ☐ Head torch, with 2 sets of spare batteries
- ☐ Sleeping bag - 3-season, synthetic fill with compatible compression sack.
- ☐ Watch (waterproof and with alarm function)
- ☐ 1 Small/pocket notebook with pen
- ☐ 1 Water bottle (1L capacity, puncture resistant)
- ☐ Set of waterproof sacks (1x 30L, 1x 20L, 1x 10L) OR
- ☐ 6 heavy-duty garbage bags with 56L capacity
- ☐ 1 Large zip lock bag for personal rubbish
- ☐ 1 Bowl, approx 500mL capacity
- ☐ 1 Spoon
- ☐ 1 set of travelling clothes to wear home

### Items needed specifically for Bike Riding

- ☐ 1 Small backpack, large enough to carry lunch, snacks and water.
- ☐ 1 pair of shoes with a firm sole. Fully enclosed.
- ☐ 1 pair of bike shorts, OR sports shorts "just above the knee" in length.



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- ☐ 2 sets of 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. 1 set will go into the field, the other will remain on Campus.
- ☐ Sunglasses and retainer strap
- ☐ Insect repellent (roll-on or liquid pump only)
- ☐ Sports tape
- ☐ Walking poles
- ☐ Lip balm
- ☐ 2L Water bladder (instead of a water bottle)
- ☐ Mug
- ☐ Mozzie head net (particularly for coastal programs)

### Items that don't belong on Program

The following items are not permitted in the field. If you bring these with you, you will be required to leave them in your soft bag on Campus.

- Phones
- iPods or MP3 Players
- Speakers
- Books or magazines
- Knives
- Cosmetics/excessive toiletries
- Food from home
- Aerosols (including deodorant)
- Drugs not declared on your medical forms

You may wish to bring entertainment items and phones with you for your journey to and from Outward Bound, however once you arrive on Campus we will store them away for safekeeping - giving you the chance to really switch on to your program.

Phones will be used on the final day of program to complete a post-experience survey. You will have the opportunity to complete this at a later date if you do not have a phone with you.