



Cabin-Based Program Packing List

Welcome to Outward Bound Australia! We look forward to having you join us on Campus. 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). We do not provide any linen or towels in the cabin unless prearranged.

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. We recommend packing your items in one large bag, 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

Items you need to bring

- ☐ Long-sleeved collared shirts (quick-dry material recommended)
- ☐ 1 pair of long hiking pants or hiking shorts (with optional knee-high gaiters) suitable for bushwalking
- ☐ Woollen or polypropylene thermal layers (top and bottom)
- ☐ 1 Pullover jumper (polar fleece or wool)
- ☐ 1 Waterproof raincoat, and waterproof over pants (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 and menstrual hygiene products)
- ☐ Underwear
- ☐ Bathroom towel (you may also wish to bring a bathroom floor mat)
- ☐ Head torch, with 2 sets of spare batteries
- ☐ Bedding items (personal sleeping bag or blanket/doona/duvet, and a bottom sheet).
- ☐ Pillow
- ☐ Sleeping attire (thermals or appropriate pyjamas)
- ☐ Small/pocket notebook with pen
- ☐ Water bottle (1L capacity, puncture resistant)
- ☐ Day pack (Large enough to fit your loose items throughout the day)

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
- ☐ Thongs for the shower, or slippers for in your cabin
- ☐ Sunglasses and retainer strap
- ☐ Insect repellent (roll-on or liquid pump only)
- ☐ Sports tape
- ☐ Walking poles
- ☐ Lip balm