

Gutsy Girls Adventure Program Packing List



Welcome to Outward Bound Australia!

We look forward to you joining us on your Outward Bound Program. Please take the time to read through this packing list to help you to prepare for your journey and ensure you have the appropriate clothing and equipment.

If you don't have something on the list below, we recommend borrowing it from friends and family, or buying second hand. Please pack your items in one large, soft bag (i.e. a duffle bag, NOT a hard suitcase), and label your belongings to avoid losing them.

Core Principles of Outdoor Clothing & Equipment

- Clothing should be lightweight – no denim, no bulky jackets, no cotton hoodies
- Clothing should keep you warm, even when wet – this means NO cotton, as it does not keep you warm once it is wet and becomes very heavy. Materials such as wool and polypropylene are recommended.
- Clothing is more effective when layered – it is more effective to have two lightweight jumpers than once large jacket. Layering traps warm air in between items of clothing and is more effective at keeping you warm.
- Footwear needs to be sturdy & comfortable - we recommend breaking in boots to avoid blisters
- Space is limited – only bring the items listed below and keep them as light weight as possible

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

Equipment Outward Bound Supplies

- Hiking Backpack
- Sleeping Mat
- Tent or Sleeping Shelter with ground sheet
- Cooking equipment and cooking utensils
- All specialist Activity equipment (e.g. canoes, helmets, climbing harnesses, etc)
- All safety equipment including First Aid kit, Communications and GPS
- All food for the Program

Packing Tips & Tricks

Check out these great videos by One Planet to prepare for your program

- [Layering and Fabrics](#)
- [Footwear Guide](#)
- [Waterproofing](#)
- [Packing a pack](#)
- [Hygiene](#)
- [Setting up a tent](#)



Clothing Required

- ☐ 2 Long-sleeved **collared shirts** (quick-dry material recommended)
- ☐ 2 Long-legged **hiking pants**, quick-dry material recommended. Not jeans, leggings or tracksuit pants.
- ☐ 2 Woollen or polypropylene long-sleeved **thermal tops**.
- ☐ 2 Woollen or polypropylene long-legged **thermal pants**.
- ☐ 2 Pullover **jumpers** (polar fleece or wool)
- ☐ 1 Waterproof **raincoat**
- ☐ 1 Broad brimmed **hat**
- ☐ 1 **Beanie**
- ☐ Enough **underwear** and **socks** for regular changes during program.
- ☐ 1 Pair of **hiking shoes**. Boots recommended for good ankle support.
- ☐ 1 set of **travelling clothes** to wear home



Equipment Required

- ☐ 1 **Sleeping bag**. Comfort rating of 0 degrees or below. Synthetic or down fill, with compression sack.
- ☐ 1 **Head torch** with 2 sets of **spare batteries**.
- ☐ 1 **Bowl**, approx. 500mL capacity
- ☐ 1 **Spoon** and **Fork**.
- ☐ 1 **Mug**.
- ☐ 2 **Water bottles**, 1lt capacity each
- ☐ **Toiletries**, including personal medication, toothbrush, toothpaste, feminine hygiene (as appropriate).
- ☐ 1 SPF 30+ (minimum) **sunscreen** and **lip balm**. For personal use.
- ☐ 1 30ml **hand sanitiser**. For personal use.
- ☐ 1 Roll **toilet paper** in snap lock bag
- ☐ 1 **Cleaning Kit** - scourer, sponge, tea towel in a snap lock bag.
- ☐ 6 heavy-duty **garbage bags** (orange Multix ones are the best).
- ☐ 1 Small **notebook** with **pen**.

Water Activity

- ☐ 2 heavy-duty **garbage bags** for waterproofing
- ☐ 1 Pair of **water shoes**. Must be closed toed. No Crocs or thongs
- ☐ 1 Pair of quick dry **shorts** or **bathers**

Optional Items

- ☐ 2 sets of personal medication as required. Must be declared on the medical form and brought in a zip lock bag with name and dosage information clearly written.
- ☐ 1 pair of quick dry shorts and gaiters
- ☐ 2 quick dry t-shirts
- ☐ 1 Inner sheet for sleeping bag
- ☐ 1 pair of sunglasses and retainer strap
- ☐ 1 Book or playing cards
- ☐ 1 Insect repellent (roll-on or liquid pump only)
- ☐ 1 Sports tape
- ☐ 1 Pair of Gloves
- ☐ 1 Pair of campsite shoes. Lightweight and enclosed.
- ☐ 1 Pair of waterproof overpants - recommended in cooler temperatures or if rain predicted.
- ☐ 1 small travel towel and mini soap. Highly recommended for a shower on your Final Day.

Do Not Bring

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 from home.

- ✗ Mobile Phones
- ✗ Portable Speakers
- ✗ Alcohol/Cigarettes/Vapes
- ✗ Knives
- ✗ Cosmetics/excessive toiletries
- ✗ Food from home, including lollies/sweets
- ✗ Aerosols (including spray deodorant)
- ✗ Medication of drugs not declared on your medical forms