

Leadership ACT Summer 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 one 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

- Long-sleeved **collared shirts**, quick-dry material recommended. Enough for total number of days of program.
- Long **hiking pants**, quick-dry material recommended. Not jeans, leggings or tracksuit pants.
- 1 Woollen or polypropylene **thermal long-sleeved top**
- 1 Woollen or polypropylene **thermal long pants**
- 1 Pullover **jumper** (polar fleece or wool)
- 1 Waterproof **raincoat**
- 1 **Broad brimmed hat**
- 1 **Beanie**
- 1 Pair of **hiking shoes**. Boots recommended for good ankle support.
- Enough **underwear** and **socks** for total number of days of program.
- 1 set of **pajamas**



Equipment Required

- 1 **Sleeping bag**. Comfort rating or 0 degrees or below. Synthetic or down fill with compression sack.
- 1 **pillow** with **pillowslip**
- 1 Bathroom **towel**
- Toiletries**, including personal medication, toothbrush, toothpaste, soap, feminine hygiene (as appropriate).
- 1 pair of **cabin shoes**. Must be fully enclosed.
- 1 **Daypack**
- 2 **Water bottles**
- 1 SPF 30+ **sunscreen** and **lip balm** for personal use
- 1 30ml **hand sanitiser** for personal use.
- 1 Small **notebook** or journal with **pen**
- 1 **Head torch** with 2 sets of **spare batteries**

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**
- 1 extra set of **thermals** (top and bottom)

Campout Equipment

- 6 heavy-duty **garbage bags** (orange Multix ones are the best)
- 1 **Bowl**, approx. 500mL capacity
- 1 **Spoon** and **fork**
- 1 **Mug**
- 1 **Toilet paper** roll
- 1 **Cleaning kit** - scourer, sponge and tea towel in a snap lock bag

Optional Extras

- 2 sets of personal medication as required. This must be declared on the medical form and brought in a zip lock bag with name and dosage information clearly written
- 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 Short-sleeved t-shirt with collar
- 1 Pair of quick drying shorts appropriate for outdoor activities and 1 pair of gaiters.
- 1 Sports tape
- 1 Pair of Gloves
- 1 Pair of waterproof over pants.
Highly recommended, especially if program is anticipated to have rain.

Do Not bring

The following items are not permitted on program.

- 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
- Mobile phones**
We anticipate that many participants will bring a mobile phone to program. These are not permitted in the field, and must be kept in your bag in your cabin during the program.