

Junior 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, bulky jackets or 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 better 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. If buying hiking boots, ensure to break them in to avoid blisters.
- Pack 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 Client Manager or email mailbox@outwardbound.org.au

Equipment Outward Bound Supplies

- Hiking backpack
- Sleeping mat
- Tent or tarp 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 from lunch on Day 1 to lunch on Day 5

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](#)

Need to hire something? Check out [CampList](#) (hyperlinked). Type "Outward Bound Australia" in the search bar and select "All camps".



Clothing Required

- ☐ 1 long-sleeved **collared shirt**, quick-dry material recommended
- ☐ 1 long-legged **hiking pants**, quick-dry material recommended
 - Not jeans, leggings or tracksuit pants
- ☐ 1 pullover **jumper**, polar fleece or wool
- ☐ 1 woollen or polypropylene long-sleeved **thermal top**
- ☐ 1 woollen or polypropylene long-legged **thermal pants**
- ☐ 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 travelling clothes to wear home.



Equipment Required

- ☐ **Sleeping bag**. Comfort rating of 0 degrees or below
 - Synthetic or down fill with compression sack
- ☐ **Toiletries**,
 - Including toothbrush, toothpaste, and feminine hygiene (as appropriate)
- ☐ 2 **water bottles**, 1L each preferred
- ☐ 1 SPF 30+ **sunscreen** and **lip balm** for personal use
- ☐ 1 30ml **hand sanitiser** for personal use
- ☐ 1 small **notebook** with **pen**
- ☐ 1 **head torch** with 2 sets of **batteries**
- ☐ 1 pair of **sunglasses** and retainer **strap**
- ☐ 6 **heavy-duty garbage bags**
 - orange Multix ones are the best
- ☐ 1 **meal kit**
 - 500ml bowl, mug, spoon and fork
- ☐ 1 roll **toilet paper**
- ☐ 1 **cleaning kit**
 - scourer, sponge and tea towel in zip lock bag

Water Activity

Water activities are not guaranteed, but please provide the following items to be ready if available.

- ☐ 2 extra heavy-duty **garbage bags**
 - For storage after activity
- ☐ 1 pair of **water shoes**
 - Must be closed toed; no Crocs or thongs
- ☐ 1 pair of quick dry **shorts** and **bathers**
- ☐ 1 small **towel**
 - Hand towel size is suitable

Optional Extras

- ☐ 2 sets of personal medication as required
 - **All medications 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 book or playing cards set
- ☐ 1 insect repellent (roll-on or liquid pump only)
- ☐ 1 roll sports tape
- ☐ 1 pair of gloves
- ☐ 1 pair of waterproof over pants
 - Highly recommended, especially if program is anticipated to have rain
- ☐ 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 on program.

- ✗ Portable speakers
- ✗ Alcohol/cigarettes/vapes
- ✗ Knives
- ✗ Cosmetics/excessive toiletries
- ✗ Food from home, including lollies/sweets
- ✗ Aerosols, including spray deodorant/sunscreen
- ✗ Medication or drugs not declared on your medical form

✗ Mobile phones

We anticipate that participants may bring a mobile phone. Participants are not permitted to have their phones during program. All phones must be kept in their personal soft bag.