



PERSONAL CLOTHING & EQUIPMENT LIST

This list contains the items required for the various weather conditions and activities you may encounter during the program. **Please bring all listed items** as there are no shops along the way. Clothing should be hardwearing and durable.

Essential Items (Compulsory for program participation)

a) General Clothing

Tick	Item	QTY	Description
	Boots	1 pair	Light rubber soled walking boots or sturdy shoes suitable for lots of walking in different terrains. Must be durable, good condition, well broken in . NOT elastic sided boots. Recommend boots with ankle support.
	Raincoat	1	Waterproof jacket with hood. NOT lined. Lightweight but durable. See detailed notes p4. To be carried for entire program
	Waterproof overpants	1	To be carried for entire program
	Pullover Jumper	2	Light to Medium weight. For general use. Wool or Polar Fleece. COTTON IS NOT IDEAL, AS IT DOES NOT KEEP YOU WARM
	Long Pants	3	Loose fitting, comfortable, lightweight pants eg Cargo, ex-Army or King Gee pants for general use. Recommend quick dry material. NOT jeans, fleece track-pants or tight fitting pants. Used for harness activities and bush walking.
	Long Sleeve Collared Shirt or T-shirt	3	Loose fitting, comfortable, lightweight. Recommend quick dry material.
	Long Sleeve Thermal top	2	MUST be wool or polypropylene. NOT COTTON. Essential safety items for warmth.
	Thermal pants	2	
	Beanie or balaclava	1	Wool or polar fleece. NOT COTTON.
	Gloves	1	Wool or polar fleece. NOT COTTON.
	Socks	As needed	Preferably light to medium wool or wool/nylon mix
	Underwear	As needed	Comfortable and practical
	Sun hat	1	Wide brim hat for sun protection eg Cricketers hat or surf hat. Lightweight.
	Travelling clothes	1 set	Comfortable and warm clothes to wear while travelling home from Outward Bound Australia. Will remain at basecamp until last day. (Pants/shorts, t-shirt, Jumper, a pair of comfortable shoes / runners)



b) Water activity clothing

Tick	Item	QTY	Description
	Joggers	1	Sandshoes or joggers. Durable, cover entire foot. NOT sandals. Compulsory for all water activities.
	Swimsuit and Board shorts	1	Board shorts recommended, to be worn over swimmers in water activities.

c) Toiletries

Further toiletries are listed under **OPTIONAL ITEMS**. Bring only **essential and sufficient quantities** of toiletries for the duration of the program (half-used tubes of sunscreen, toothpaste, or place in small lightweight travelling containers, which are secure and durable). Toiletries should be carried in a separate lightweight toiletry/plastic bag to avoid leakage onto clothing and sleeping equipment.

Tick	Item	QTY	Description
	Sunscreen	1	SMALL and lightweight. SPF 30+
	Lip balm	1	Sunscreen protection. SPF 30+
	Medication	2 sets	Ventolin, Insulin, tablets. NO PANADOL etc unless prescribed by a doctor and written on the medical form. All medication MUST BE NOTED ON MEDICAL FORM AND LABELLED WITH DOSAGE INFORMATION
	Toothbrush / toothpaste	1	SMALL quantity of toothpaste. NO electric toothbrushes.
	Sanitary pads/ tampons		Girls/ladies: best to be prepared even if not due as the environment and exercise may alter the regular menstrual cycle.
	Dettol/ Purrell Hand Sanitiser	50ml Bottle	Additional to Outward Bound's health and hygiene practices.

d) Equipment

Tick	Item	QTY	Description
	Wrist watch	1	Cheap wrist watch with alarm – for time management
	Torch	1	Lightweight, durable, small. Head torches recommended +batteries
	Bowl	1	Lightweight, durable, non-breakable
	Mug	1	Lightweight, durable, non-breakable
	Cutlery	1 set	Fork, spoon, knife (no pocket knives)
	Sipper bottle	1	Minimum 1litres of water carrying capacity
	Garbage bags	10	Heavy-duty large garbage bags. At least 56L. For waterproofing clothing and garbage. NOT with drawstring or ties – this is essential for effective waterproofing.
	Stationery	1	Small notebook (in waterproof bag), pencil/pen for reflection/journal.



Optional Items

Tick	Item	QTY	Description
	Handkerchief	A few	Rather than tissues.
	Baby Wipes or Wet Ones	Small packet	Good for freshening up during course.
	Camera	1	A waterproof disposable camera can capture some of the magic of course, without risking damage to expensive digital or other camera equipment (and no chance of flat batteries!)
	Sunglasses (& retainer strap)	1	Appropriate eye protection from sun exposure. Attach to a retainer strap to prevent from losing. No expensive sunglasses, must be practical.
	Insect repellent	1	SMALL and lightweight. NO AEROSOLS.
	Deodorant	1	SMALL roll-on. NO AEROSOLS.
	Sports tape	1 roll	For strapping especially if you have a history of ankle or other joint injuries.
	Mozzie head net	1	Small head net only (not entire body). Extra personal protection from mosquitoes at night.
	Walking poles	1 set	To assist with balance and relieve some pack weight. Especially if you have any weakness or history of ankle/leg injuries.
	Thermal Top	1	A spare (3 rd) set in addition to the above mentioned sets.
	Thermal Pants	1	
	2L water bladder	1	If you happen to have one, bring it along – great additional water carrying capacity to make up your 1L.
	Small bath towel	1	For drying after water activities and shower

NO OTHER ITEMS will be permitted on course.

Commonly Asked Questions

1. What does Outward Bound Australia supply?

Outward Bound Australia issues all necessary camping equipment (backpacks, shelters, sleeping mats and cooking utensils) for which there is no additional charge. However if participants lose or irresponsibly damage gear, they will be expected to pay for its replacement or repair.

2. What should I NOT bring?

Technology including mobile phones, radios, MP3 players, iPods, games, extra food/drinks, confectionery, cosmetics, excessive toiletries, reading materials, knives (flick, sheath, or pocket), tents or other specialist camping gear.

3. How much money should I bring?

You will not require money on program. However, students may have the opportunity to buy lunch on the way to or from the course. Please check with the coordinating teacher.

4. Do I need to carry all items at once?

Yes mostly, however on longer programs there will be opportunities to swap clothes mid-way to minimise the amount being carried at once.

5. Why wool/wool mix jumpers and socks?

Wool is a good fabric for staying warm in wet/cold conditions. It naturally absorbs very little moisture, so continues to feel warm and continues to insulate effectively even if it is wet. Check the label to be sure the



garment is at least 70% wool. Two light-to-medium weight woollen pullovers are more versatile than one thick pullover. (So participants can 'layer' clothing and more effectively regulate body temperature)

Synthetic fabrics such as Polypropylene or Chlorofibre (as used in long 'thermal' underwear and polar fleece) are a suitable (but usually more expensive) replacement for wool.

Cotton pullovers are **TOTALLY UNSUITABLE** as a fabric to keep you warm in the bush.

DO NOT BRING cotton 'sweatshirts', football jumpers, tracksuit tops, etc.

6. Why 'Chlorofibre', 'Polypropylene' or Woollen Thermals?

It is cheaper to purchase cotton long johns or spencers, they look the same and participants might think they are a suitable alternative to Chlorofibre, Polypropylene or Wool thermals. However, Cotton is **TOTALLY UNSUITABLE** as a fabric to keep you warm in the bush, particularly as a thermal layer. Cotton draws and holds moisture, rather than wicking or repelling it. Cotton materials get wet, stay wet and take a very long time to dry. If worn when wet (even from perspiration) they will draw warmth away from the body. **DO NOT** bring cotton long johns or spencers.

7. Why a 'Waterproof' Jacket?

This is an ESSENTIAL item of great importance since you will be outdoors for the whole course. An effective waterproof jacket will provide protection from cold, wet and wind. It must:

- Have an effective hood that protects head, neck and face from rain and wind
- Be **ABSOLUTELY** 100% waterproof
- Reach at least half way down your thighs
- Durable and preferably breathable, to wear whilst hiking

What jackets are NOT suitable?

- Ski parkas, cotton/material lined or quilted jackets (they are not waterproof)
- Plastic jackets, capes, ponchos or other flimsy raincoats (they tear on undergrowth)
- "Showerproof" spray jackets (they are not waterproof and may be too short)

How can I check whether my jacket is waterproof?

Try sucking air through the jacket material. Generally, if air can get through, then so can water. Also check the seams to see if they have been taped or heat sealed. If they are, it is usually an indication that the jacket material is waterproof. Manufacturers do not usually bother waterproofing seams if the rest of the jacket is not waterproof. "Gortex" and similar waterproof fabrics are excellent, but can be expensive. These materials do not allow water liquid (rain) to penetrate, but still allow water vapour to pass through. This allows perspiration inside to escape so inner clothing does not become damp, while water on the outside cannot enter. A suitable alternative that meets the essential criteria listed above can usually be found.

8. What should I bring my clothes in?

PACK all items in a soft lightweight bag with carry straps e.g. sports bag, duffle bag. All items will be checked on the first day of program for appropriateness and these 'soft bags' will remain at basecamp until the end of course. Outward Bound Australia provides all participants with a backpack to carry gear once the program commences.

9. Where can I find these clothes?

Many items can probably be found in the old clothes bag at home, or economically at disposals shops or second hand clothing stores. Fashion is NOT important. However, you may need to visit an outdoor shop to buy or hire an effective waterproof jacket and thermals.

We look forward to seeing you on program!