



THE
OUTWARD
BOUND TRUST

SUMMER ADVENTURES HANDBOOK

YOU DETERMINE
YOUR PATH...



PREPARE FOR TAKE OFF

NAME: _____

ADVENTURE: _____

DATE: _____

I don't know about you, but barely a day goes by where I don't find myself scrolling through my phone watching the adventures of others unfold before my eyes.

From Instagram's inspirational quotes to Snapchat stories filled with beautiful landscapes. Sometimes it can feel like those places – that sense of authentic adventure – are a long and distant way away.

But for you, a life-shaping adventure is now just around the corner and, trust me, it's going to be awesome.

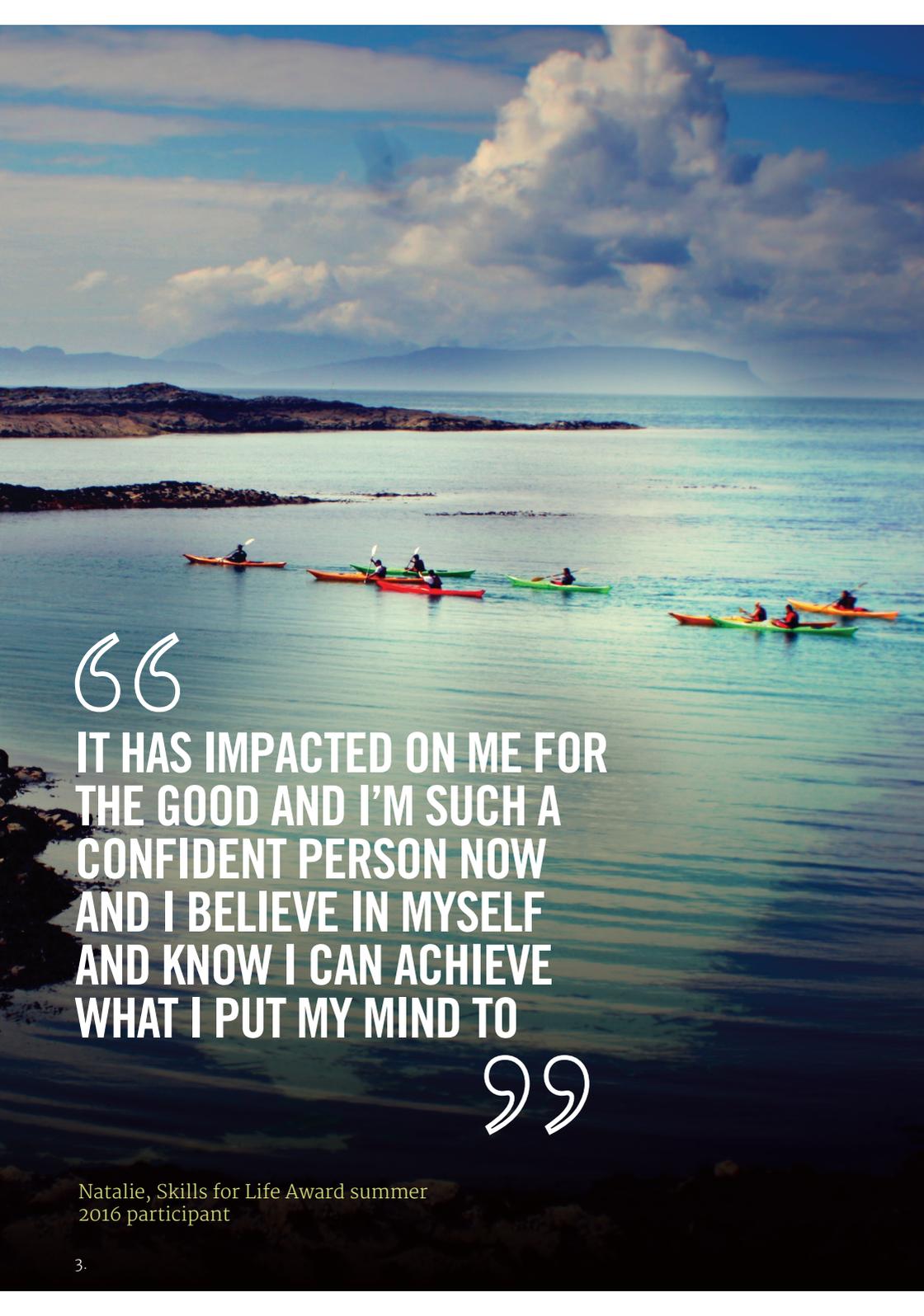
With over 75 years in the making, your Outward Bound® summer adventure promises to be one that you'll never forget. Leaving you feeling more confident, more determined and better prepared for whatever life may throw at you in the future.

This is your adventure.

OLI BLOMFIELD
HEAD OF SUMMER ADVENTURES

If you find this handbook, please return it to The Outward Bound Trust, Hackthorpe Hall, Hackthorpe, Cumbria, CA10 2HX

This handbook was designed and printed in the United Kingdom in 2017 for the benefit of Outward Bound summer adventure participants.
Outwardbound.org.uk | @outwardbounduk | #skillsforlife



“

IT HAS IMPACTED ON ME FOR THE GOOD AND I'M SUCH A CONFIDENT PERSON NOW AND I BELIEVE IN MYSELF AND KNOW I CAN ACHIEVE WHAT I PUT MY MIND TO

”

Natalie, Skills for Life Award summer 2016 participant

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HISTORY OF THE OUTWARD BOUND TRUST

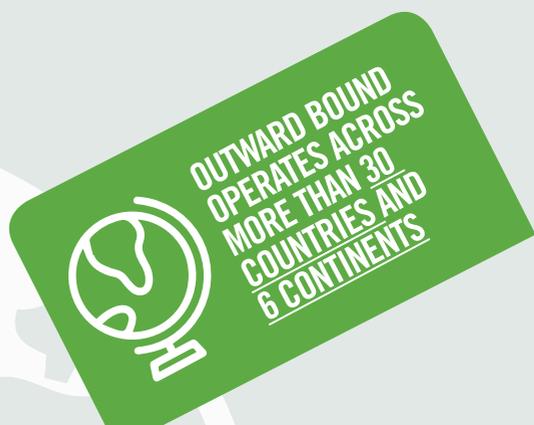
Outward Bound was established in 1941 as a school for merchant seamen during World War Two by Kurt Hahn and Lawrence Holt at Aberdovey, Wales.

Our founding mission was to give young people the ability to survive harsh conditions at sea by teaching confidence, tenacity, perseverance and to build experience.

Since that time, Outward Bound has made an impact on the lives of more than 1.2 million young people from across the United Kingdom and further afield.

Our purpose remains the same, to unlock the potential in young people through learning and adventure in the wild, with a renewed focus on supporting them in their journey to, and within, employment.

Today, Outward Bound schools operate across more than 30 countries and 6 continents, making our contributions to the field of outdoor education world-renowned.



1941

KURT HAHN
LAWRENCE HOLT



IMPACT ON THE LIVES
OF MORE THAN
1.2 MILLION
YOUNG PEOPLE

To unlock the potential
in young people through
learning and adventure
in the wild



THE JOURNEY

No matter which path you've chosen, all participants who complete their Summer Adventure will be awarded an Outward Bound adventure patch.

THOSE THAT COMPLETE ONE OF OUR MORE CHALLENGING 19-DAY ADVENTURES WILL ALSO RECEIVE THE FAMOUS OUTWARD BOUND METALLIC PIN BADGE.



YOUR COMMITMENT TO THE OUTWARD BOUND EXPERIENCE

To help each and every participant get the most from their time with Outward Bound, we ask that you:

- 1 Commit to your path and put in 100% effort
- 2 Show respect for other people
- 3 Regard differences in others as positive qualities
- 4 Understand what you are required to do
- 5 Respect and protect the environment
- 6 Follow rules and instructions for your own and other people's safety
- 7 Communicate effectively by listening to others and sharing thoughts and opinions
- 8 Are on time and prepared for every event
- 9 Consider the impact of your decisions on other people and the wider environment
- 10 Recognise the right to privacy when attending to personal needs
- 11 Allow others to share their fears and concerns free of ridicule, resentment or retribution





There is no wifi in the mountains, but our centres have a better connection



BERGHAUS

Get 15% off Berghaus kit exclusively for Outward Bound summer adventure participants.

To redeem, visit berghaus.com and use the code: **OUTWARDB17** at the checkout.



WIFI

At our centres wifi is available in most of our common areas, but due to the beautiful and remote locations the speed can be limited.



GET SOCIAL

Did you know that before the summer begins there are lots of ways you can get involved and start your Outward Bound adventure online? From joining the conversation on Twitter and Instagram with **#outwardbounduk** and **#skillsforlife** to leaving us a message on our Facebook page. We'd love to hear from you and what you're looking forward to most about the summer.

DON'T FORGET: Skills for Life Award participants can join our exclusive Facebook Group at: facebook.com/groups/skillsforlife2017



YOUR OUTWARD BOUND ADVENTURE WILL BE BOTH PHYSICALLY AND MENTALLY CHALLENGING, WITH OUR LONGER ADVENTURES OFFERING THE HIGHEST LEVEL OF CHALLENGE.

Every path will involve an exciting mountain expedition over two days or more. As part of this, you'll be carrying your personal and group equipment in a rucksack, which is provided by the centre. Having a reasonable level of fitness means that you'll enjoy your experience more and will have the energy to try new things. However, having plenty of enthusiasm is equally as important.

If you feel you need to improve your fitness in preparation for your path, we recommend using fitness apps like Nike+, Fitbit, Strava, Ease into 5K or even Park Run.



COACH TRANSFER

Don't forget, a return coach transfer is included in your all-inclusive package. To take advantage of this, you must book a place on the coach, no later than **two weeks** before the start of your path. To book your place visit:

outwardbound.org.uk/summer



WHERE DO I MEET?

Loch Eil: **Glasgow Buchanan Bus Station**

Statue next to information desk.

Loch Eil: **Glasgow International Airport**

International arrivals lounge area, by the Travelex counter at the far right-hand side of the airport.

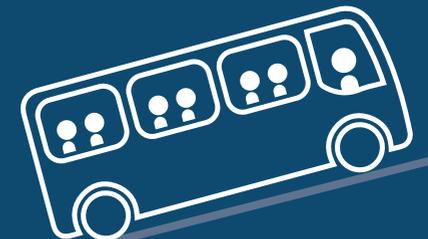
(Please note: this is not Prestwick Airport.)

Aberdovey: **Birmingham International Train Station**

In the open area at the top of the escalators that lead down to the exit doors (departure boards overhead). If you're flying in, note that the station is connected to the airport and you can take the air-rail link to reach the meeting point.

Ullswater: **Penrith Train Station**

In the car park at the front of the station. Penrith is on the main West Coast line and can be reached directly from London Euston or Glasgow stations.



COACH TRANSFER

	LOCH EIL				ABERDOVEY		ULLSWATER	
MEETING POINT	Glasgow Buchanan bus station		Glasgow airport		Birmingham International train station		Penrith train station	
ARRIVAL/ DEPARTURE	Arrival	Departure	Arrival	Departure	Arrival	Departure	Arrival	Departure
COLLECTION TIMES	13:00	12:00	14:00	11:30	13:30	12:00	15:45 & 16:45	08:30 & 09:30
START DAYS: MONDAYS AND SATURDAYS END DAYS: FRIDAYS, SATURDAYS AND SUNDAYS								

Outward Bound staff will meet or drop off participants at our designated meeting points and will transfer them to or from their destination centre. Please note that we are unable to offer an unaccompanied minor escort service, please make sure your airline does not require this.

We will endeavour to ensure that the times below are adhered to as far as possible; however, we would ask you to ensure that your travel plans allow for flexibility for circumstances beyond our control. Please ensure that your flight times allow sufficient time to clear customs, collect your luggage and make your way to the meeting point. Return flight times must allow sufficient time for check-in from the return drop-off time.

Please use the following numbers if you have any problems with the coach transfer or if you need to contact the centre in an emergency during your journey:

Aberdovey: 01654 767464

Loch Eil: 01397 772866

Ullswater: 01768 485000



KIT LIST

ITEM	7 DAY ADVENTURE	SKILLS FOR LIFE AWARD	ULTIMATE EXPEDITION	NOTES
TRAINERS	2	2	1 outdoor	Indoor shoes for wearing around centre and traveling. Your outdoor trainers should be a pair that you don't mind getting muddy.
WET ACTIVITY FOOTWEAR	1 pair	1 pair	1 pair	These shoes will get wet on a number of occasions. Old trainers or 'wet suit' shoes, if you have them, are ideal.
SWEATSHIRTS, JUMPERS, HOODIES OR FLEECES	3	4	4	Fleeces are ideal as they dry quickly but any of the other items are a good substitute. You should include at least one warmer fleece for your expedition.
TROUSERS	3	4	4	Lightweight trousers (not denim) such as walking trousers or tracksuit bottoms.
T-SHIRTS	3	6	4	Aim for tops that cover your shoulders from the sun.
LONG SLEEVED BASE LAYERS/ TOPS	1	2	3	
SHORTS	1	2	2	Not denim.
NIGHTWEAR AND PYJAMAS	1	1	-	
CASUAL CLOTHES FOR TIME AROUND THE CENTRE AND TRAVEL	1 set	2 set	1 set	
UNDERWEAR INCLUDING SOCKS	7	7	7	This is a minimum number. Trainer socks aren't recommended as they'll likely cause blisters. For ladies, a sports bra may come in handy.
THICK WALKING SOCKS	2 pairs	4 pairs	5 pairs	
SUN HAT, SUNGLASSES, SUN CREAM	1 of each	1 of each	1 of each	Don't bring expensive sunglasses - they aren't known to float in water very well! Suncream will need to be at least factor 30.
WARM HAT AND GLOVES	1 pair	1 pair	1 pair	We can provide these but feel free to bring your own.
TOWEL	1	2	1	You will need a towel for showering and for use of activities, so bring at least one.





ITEM	7 DAY ADVENTURE	SKILLS FOR LIFE AWARD	ULTIMATE EXPEDITION	NOTES
WATCH (WITH ALARM IF POSSIBLE)	1	1	1	Don't just bring a phone for telling the time - the battery won't last long enough.
SWIMWEAR PLUS T-SHIRT AND SHORTS FOR USE IN WATER	1	1	1	This is a minimum number. Bring a rash vest if you have one. It's also a good idea to bring a couple of bin bags with you to carry any wet clothes in.
TOILETRIES, inc. blister kit, insect repellent, personal medication, lip salve, hand sanitiser, wet wipes etc.	Yes	Yes	Yes	Don't bring aerosols. Miniature toiletries would work well for saving space on the Ultimate. Don't forget asthma inhalers or epipens if needed.
£10 KIT DEPOSIT PLUS SPENDING MONEY	£	£	£	You won't need more than £10-15 per week for spending money. All centres have a small shop which sell healthy snacks and souvenirs.
SMART CLOTHES FOR CELEBRATION EVENING DINNER	-	1	-	The Skills for Life Award includes a final evening celebration, so bring smart/casual clothes.
FLIP FLOPS	1 pair	1 pair	1 pair	Makes taking your shoes off to get in your tent a lot easier (optional)!
OPTIONAL: CAMERA - IN ADDITION TO A PHONE	1	1	1	For taking home those amazing memories!

WHAT NOT TO BRING!

You will be provided with walking boots, waterproofs, a rucksack and sleeping bag where appropriate as part of your £10 refundable kit deposit.

Our advice is to leave valuables such as jewellery, phones, iPods etc behind. Participants will have access to a safety deposit box and those travelling from abroad should ensure their passports and important travel documents are placed in it.

Aerosols and penknives are strictly prohibited at our centres.

WASHING FACILITIES

Aberdovey – A washing service is available to participants who are participating on our 19 day adventures. This service is free of charge and will be available at the end of the first and second weeks of your path.

Loch Eil – there is a wash, dry and fold service available to all participants, charged at £2 per bag (washing powder included).

Ullswater – washing machines are available to all participants and cost £2. The machines takes £1 and 50p coins and participants can buy soap sachets in the centre shop for 20p. There is also a tumble dryer facility, which costs £1.



SAMPLE MENU

During your path you will be catered for throughout.

BREAKFAST

Freshly made porridge, (vegetarian) sausage, bacon, hash brown, baked beans, grilled tomatoes, poached eggs, toast and a selection of cereals.

LUNCH

Bread rolls/wraps: tuna mayo, egg mayo, ham, cheese, chicken. Flapjack, shortbread, chocolate brownie, crisps and fruit.

DINNER

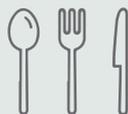
Mains: chicken and mushroom pie, tuna and pasta bake, pizza, chips, garden peas, cauliflower. Puddings: lemon sponge with custard, assorted yoghurts, fresh fruit and jelly.

SUPPER

Hot chocolate and biscuits.

This is a sample menu only and is subject to change depending on which centre you are visiting. Please inform the kitchen staff in advance of any particular dietary requirements you may have.

Due to the nature of the Ultimate Expedition path participants will experience a different menu.



FAQS

1. IS THERE PARKING AVAILABLE AT THE CENTRES?

There is parking available to drop off participants but we encourage you to use the coach transfer service, where possible.

2. HOW MANY PEOPLE WILL BE IN MY GROUP?

You will form part of a mixed group of no more than 14 people from throughout the UK and often, all over the world.

3. WHAT ACTIVITIES WILL I BE DOING?

Your programme will be dependent on a number of factors including your path choice, ability of your group and the weather conditions. However, typically you can expect to take part in some of the following: gorge scrambling, rock climbing, overnight expedition, hill walking, kayaking and canoeing. For a full itinerary please visit outwardbound.org.uk/summer

4. WHAT'S THE ACCOMMODATION LIKE?

When you're not camping outside or in a cabin you'll be staying in single-sex dorm-style accommodation, with people of your own age. Most of our rooms have en-suite facilities and nearby charging facilities. We provide bed linen but you will need to bring your own towels.

5. WHAT IS THE SMOKING AND ALCOHOL POLICY?

We actively discourage smoking, those under 16 are not permitted to smoke. If you are over 16 and must smoke you will be directed to a designated smoking area, this is the only smoking area. There is no smoking on activities including expeditions. Consumption of alcohol during an Outward Bound summer adventure is banned at all centres.

**FOR FURTHER FAQS REGARDING SUMMER ADVENTURES VISIT:
OUTWARDBOUND.ORG.UK/SUMMER**

OUTWARD BOUND HAS TAUGHT ME:

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WHAT I WILL DO DIFFERENTLY:

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THE ADVENTURE DOESN'T END HERE

BOOK NOW FOR SUMMER
2018 AND GET 10% OFF
WITH THE CODE: ADVENTURE18



PS. DON'T FORGET TO LEAVE
A REVIEW BY VISITING
OUTWARDBOUND.ORG.UK AND
VISITING THE PAGE FOR YOUR PATH





THE
OUTWARD
BOUND TRUST

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Est. 1941



[@OUTWARDBOUNDUK](#) [#SKILLSFORLIFE](#) TEL: 01931 740000

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