

OUTWARD BOUND® SUMMER PROGRAMMES KIT LIST



We hope you're looking forward to your Outward Bound adventure. To help you prepare, here's a guideline kit list. The figures shown in the boxes below represent the minimum number of items required for you to be comfortable on your programme. You are, of course, welcome to bring more - provided you can fit it in your suitcase!

ITEM	DISCOVER ADVENTURE	SERIOUS ADVENTURE	SERIOUS ADVENTURE - ROCK	SERIOUS ADVENTURE - WATER	SERIOUS ADVENTURE - BIKE	SKILLS FOR LIFE AWARD	ULTIMATE EXPEDITION	NOTES
TRAINERS (INDOOR AND OUTDOOR PAIRS)	1 of each	1 of each	1 of each	1 of each	1 of each	1 of each	-	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	1 pair	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	3	3	3	3	5	3	Fleecees are ideal as they dry quickly but any of the other items are a good substitute. You should include at least 1 warmer fleece for your expedition.
TROUSERS (NOT DENIM)	3	3	3	3	3	4	3	Lightweight trousers such as walking trousers or tracksuit bottoms.
T-SHIRTS	4	4	4	4	4	6	2	Aim for tops that cover your shoulders from the sun.
LONG SLEEVED BASE LAYERS/ TOPS	1	1	1	1	1	2	3	
SHORTS	2	2	2	2	2	2	1	Not denim.
UNDERWEAR INCLUDING SOCKS	7	7	7	7	7	7	7	This is a minimum number. Trainer socks aren't recommended as they'll likely cause blisters. A sports bra for ladies may come in handy.

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THICK WALKING SOCKS	1 pair	1 pair	1 pair	1 pair	1 pair	4 pairs	5 pairs	
LAUNDRY TABLETS PLUS BIG BAGS	-	-	-	-	-	2 tablets and bags	-	There will be an opportunity to use a washing machine during the course, so tablets will come in handy as will bags to store wet or dirty kit.
SUN HAT, SUNGLASSES, SUN CREAM	1 of each	1 of each	1 of each	1 of each	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	1 pair	1 pair	1 pair	1 pair	We can provide these but feel free to bring your own.
WATCH	-	1	1	1	1	1	1	Don't just bring a phone for telling the time - the battery won't last long enough.
NIGHTWEAR AND PYJAMAS	1	1	1	1	1	1	-	
TOILETRIES, INC. BLISTER KIT, INSECT REPELLANT, PERSONAL MEDICATION, LIP SALVE ETC	YES	YES	YES	YES	YES	YES	YES	Don't bring aerosols. If you're on the Ultimate, miniature toiletries would work well for saving space. Don't forget asthma inhalers or epipens if you need them.
SWIMWEAR PLUS T-SHIRT AND SHORTS FOR USE IN WATER	1	1	1	1	1	1	1	This is a minimum number. Bring a rash vest if you have one.

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TOWEL	1	1	1	1	1	1	1	
£10 KIT DEPOSIT PLUS SPENDING MONEY	£	£	£	£	£	£	£	You won't need more than £10-15 per week for spending money.
CASUAL CLOTHES FOR TIME AROUND THE CENTRE AND TRAVEL	1 set	1 set	1 set	1 set	1 set	2 sets	1 set	There will be an opportunity to use a washing machine during the course, so tablets will come in handy as will bags to store wet or dirty kit.
SMART CLOTHES FOR CELEBRATION EVENING DINNER	-	-	-	-	-	1	-	The Skills for Life Award includes a final evening celebration, so bring smart/casual clothes.
OPTIONAL: FLIP FLOPS	1 pair	1 pair	1 pair	1 pair	1 pair	1 pair	1 pair	Makes taking your shoes off to get in your tent a lot easier!
OPTIONAL: CAMERA	1	1	1	1	1	1	1	For taking home those amazing memories!