

# OBC 8-DAY KIT LIST



To help you prepare for your Outward Bound program here is a guide for what gear you should bring. We can provide some gear\* and you are welcome to bring more if you can fit it in your backpack!

What to bring	Quantity	Notes
<b>Tops</b>	2 x Hoodies, jumpers or fleeces	Fleeces are ideal as they dry quickly but other items are a good substitute. You should include at least one warmer fleece for your expedition
<b>T-shirts</b>	2 x long sleeved 2 x short sleeved	Aim for tops that cover your shoulders from the sun
<b>Trousers &amp; shorts</b>	2 x pairs of trousers you don't mind getting dirty 1 x pairs of shorts	Not denim, lightweight walking trousers are best
<b>Underwear and socks</b>	5 x pairs of socks and underwear (minimum)	Bring long socks rather than low cut as you will be less likely to get blisters
<b>Shoes</b>	1 x pair of sneakers 1 x pair of hiking boots 1 x pair of slippers	Your shoes should be ones you don't mind getting muddy
<b>Swimwear &amp; towel</b>	1 x swimwear 1 x towel	
<b>Toiletries &amp; medications</b>	Toothpaste, personal medication, lip balm, sunscreen etc	Sunscreen has to be at least SPF30

What to bring	Quantity	Notes
<b>Sleeping wear</b>	1 x pair of pyjamas	Or other sleepwear
<b>Sunhat and Sunglasses</b>	1 x pair of UV protective sunglasses 1 x sunhat	Don't bring expensive sunglasses because they can be easily broken or lost
<b>Wet weather gear</b>	1 x light raincoat	
<b>Water bottle</b>	1 x water bottle	minimum 1L
<b>Identification documents</b>	1 x passport	And other travel documents such as Identification card
<b>Optional</b>	Camera, Insect Repellent, Spending money, Watch	

A 10€ deposit is required for additional gear and damage insurance which will be returned at the end of the course.



We can store any valuable items that you bring in a safe place for the duration of your program. Such as phones, jewellery, ipods, travel documents etc.

\*OB can provide: backpacks, sleeping bags, camping mattresses, headlamps, wet weather gear, boots and slippers.

