

# WHAT TO BRING?

## DIVE INTO YOURSELF PROGRAM

We don't expect everyone to own all the equipment you'll need for a multi-day stay outdoors. We take care of that. It's up to you to bring your clothes and footwear, hygiene articles, and the medicine you usually use.

To help you prepare, we've prepared a packing list:

✓ ITEM?	AMOUNT	REMARK
<input type="checkbox"/> Underwear and socks	8x	Don't bring trainer socks
<input type="checkbox"/> Short sleeve shirts	8x	If possible quick dry Avoid cotton
<input type="checkbox"/> Long sleeved shirts	2x	Fleece or sweater
<input type="checkbox"/> Hiking pants	2x long, 1x short	Don't bring jeans! The pants need to be comfortable for walking in. If you have waterproof pants, bring them, too.
<input type="checkbox"/> Jacket	1x	
<input type="checkbox"/> Raincoat	1x	If your jacket is waterproof, you don't need a raincoat
<input type="checkbox"/> Footwear	1x hiking boots, 1x extra trainers, 1x flip flops or sandals (for the camp)	If you don't already own a pair of hiking boots, rather bring a pair of sports trainers you already broke in. Avoid buying a new pair of shoes before the course, as they can cause blisters.
<input type="checkbox"/> Sleeping clothes	1x	Long sleeves and pants

<input type="checkbox"/>	Hat/cap and sunglasses	1x	
<input type="checkbox"/>	Swimsuit/swimming trunks	1x	
<input type="checkbox"/>	Toiletries and personal medicine	1x	Toothbrush and toothpaste, towel, lip balm, sunscreen
<input type="checkbox"/>	Water bottle	1x	Containing at least 2 l
<input type="checkbox"/>	Personal documents	1x	ID or passport, health insurance card
<input type="checkbox"/>	Camera or GoPro	1x	Optional
<input type="checkbox"/>	Sleeping bag for 5°C	1x	Free rental in the center
<input type="checkbox"/>	Sleeping mat	1x	Free rental in the center
<input type="checkbox"/>	Head lamp	1x	Free rental in the center
<input type="checkbox"/>	Hiking backpack 60 l	1x	Free rental in the center

To cover possible damages on the rented equipment and education center, we ask for a 50 HRK deposit from all participants which we return at the end of the course, if everything has been returned in the original state.

You can store all valuable items you bring with you (e. g. watch, jewelry, personal documents, money, iPod, etc.) safely in the education center during your expedition.



**OUTWARD BOUND  
CROATIA™**