

Outward Bound Kit List

Clothes are likely to suffer wear and tear and get dirty and wet so you should bring several changes of old clothes.

All items must be named

Item	Number	Notes
Trainers	1 indoor 1 outdoor	Indoor shoes for wearing around centre and travelling. Your outdoor trainers should be a pair that you don't mind getting wet and muddy.
Wet activity footwear	1 pair	Old trainers or 'wet suit' shoes, if you have them, are ideal.
Sweatshirts, Jumpers, Hoodies or Fleece	3	Fleece 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	Lightweight trousers (not denim) such as walking trousers or tracksuit bottoms
T-Shirts	3	Aim for tops that cover your shoulders from the sun.
Long sleeved base layers / tops	1	
Shorts	1	Not denim
Nightwear and pyjamas	1	
Casual clothes for around the centre and travel	1 set	
Underwear (including socks)	7	This is a minimum number. Trainer socks aren't recommended as they may cause blisters. For young women, a sports bra may come in handy.
Thick walking socks	2 pairs	
Sun hat, sun cream, sunglasses	1 of each	Don't bring expensive sunglasses - they aren't known to float in water very well! Sun cream will need to be at least factor 30.
Warm gloves and hat	1 pair	We can provide these but feel free to bring your own
Towels	1	Quick drying microfibre towels are great. You will need a towel for showering and on activities, so bring at least one.
Watch (with alarm if possible)	Yes	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	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	Yes	Don't bring aerosols, wet wipes are handy, remember to bring medication if needed
Labelled bin bag	1	For wet and dirty clothing
£10 deposit plus spending money	Yes	You won't need more than £20 spending money. The centre has a small shop which sells healthy snacks and souvenirs
Flip flops or sandals	1 pair	Optional but handy if you have them

What not to bring

You will be provided with walking boots, waterproofs, a rucksack, roll mat and sleeping bag where appropriate as part of your £10 refundable kit deposit. However, you are welcome to bring your own kit as well.

Our advice is to leave valuables such as jewellery, phones, iPods, etc. behind.

Aerosols and penknives are strictly prohibited at the centre.