

Extended Expedition Program with Water Activity Packing List



Welcome to Outward Bound Australia!

We look forward to you joining us on your Outward Bound Program. Please take the time to read through this packing list to help you to prepare for your journey and ensure you have the appropriate clothing and equipment.

If you don't have something on the list below, we recommend borrowing it from friends and family, or buying second hand. Please pack your items in one large, soft bag (i.e. a duffle bag, NOT a hard suitcase), and label your belongings to avoid losing them.

Core Principles of Outdoor Clothing & Equipment

- Clothing should be lightweight – no denim, no bulky jackets, no cotton hoodies
- Clothing should keep you warm, even when wet – this means NO cotton, as it does not keep you warm once it is wet and becomes very heavy. Materials such as wool and polypropylene are recommended.
- Clothing is more effective when layered – it is more effective to have two lightweight jumpers than one large jacket. Layering traps warm air in between items of clothing and is more effective at keeping you warm.
- Footwear needs to be sturdy & comfortable - we recommend breaking in boots to avoid blisters
- Space is limited – only bring the items listed below and keep them as light weight as possible

If you have any questions about the packing list, please contact your school coordinator or email mailbox@outwardbound.org.au

Equipment Outward Bound Supplies

- Hiking Backpack
- Tent or Sleeping Shelter with ground sheet
- Cooking equipment and cooking utensils
- All specialist Activity equipment (e.g. canoes, helmets, climbing harnesses, etc)
- All safety equipment including First Aid kit, Communications and GPS
- All food for the Program (except for lunch on day 1)

Packing Tips & Tricks

Check out these great videos by One Planet to prepare for your program

- [Layering and Fabrics](#)
- [Footwear Guide](#)
- [Waterproofing](#)
- [Packing a pack](#)
- [Hygiene](#)
- [Setting up a tent](#)



Clothing Required

- 2 Long-sleeved collared shirts (quick-dry material recommended)
- 2 Short-sleeved t-shirt with collar
- 1-2 Pair of long hiking pants (not jeans or tracksuit pants)
- 1-2 Pair of quick drying shorts appropriate for outdoor activities
- 2 Woollen or polypropylene thermal long-sleeved tops
- 2 Woollen or polypropylene thermal long pants
- 2 Pullover jumpers (polar fleece or wool)
- 1 Waterproof raincoat (as per BCGS clothing list)
- 1 Broad brimmed hat
- 1 Pair of hiking shoes. Boots recommended for good ankle support.
- 1 Beanie
- Enough underwear and hiking socks for regular changes
- 1 set of travelling clothes to wear home



Equipment Required

- 1 Sleeping bag with comfort rating of 0 degrees or below. Synthetic or down with compression sack (as per BCGS clothing list)
- 1 Sleeping mat. Closed cell foam or inflatable (as per BCGS clothing list)
- 1 Head torch with 2 sets of spare batteries
- 1 30ml Hand Sanitiser
- Toiletries (including personal medication, toothbrush/toothpaste)
- 2 Water Bottles; minimum 2 Litre combined capacity
- 6 heavy-duty garbage bags (orange Multix ones are the best)
- 1 SPF 30+ sunscreen and lip balm for personal use
- 1 Small notebook or journal with pen
- 1 Bowl, approx 500mL capacity
- 1 Spoon and Fork
- 1 Mug
- 1 Feminine Hygiene pack

Water Activity

- Additional heavy-duty garbage bags for waterproofing
- 1 Pair of water shoes, must be closed toed. No Crocs or thongs
- 1 Pair of quick dry shorts or bathers
- 1 extra set of thermals (top and bottom)

Optional Items

- 2 sets of personal medication as required. This must be declared on the medical form and brought as per BCGS policy including name and dosage information
- 1 Inner sheet for sleeping bag
- 1 pair of sunglasses and retainer strap
- 1 Book or playing cards
- 1 Insect repellent (roll-on or liquid pump only)
- 1 Pair of gaiters for bushwalking in shorts
- 1 Pair of waterproof overpants
- 1 Sports tape
- 1 Pair of Gloves

Do Not bring

The following items are not permitted in the field. If you bring these with you, you will be required to leave them in your soft bag from home.

- ✗ Mobile Phones
- ✗ Portable Speakers
- ✗ Alcohol/Cigarettes/Vapes
- ✗ Knives
- ✗ Cosmetics/excessive toiletries
- ✗ Food from home, including lollies/sweets
- ✗ Aerosols (including spray deodorant)
- ✗ Medication of drugs not declared on your medical forms