



## OUTWARD BOUND SOUTH AFRICA GEAR LIST

The items on this list are guidelines to ensure a reasonable level of comfort and to cope with varying weather conditions. **This list applies ALL year round. Bring old clothing.** You do not need to worry about your appearance in the field. It is suggested you label all items with your name and keep a list of what you have brought in your bag. **DO NOT** purchase any of the items **UNLESS** you can make use of them after your course. You will find that neighbours, friends, or relatives will be able to cover most of the items.

### To Bring

- Sleeping Bag
- Old running shoes for water activities (toes must be closed so no sandals) **NB!**
- Strong walking boots / running shoes **NB!**
- Woollen socks
- Trousers / tracksuit pants
- Sweatshirt / fleece
- Shorts
- T-shirts
- Underwear

- Swimwear
- 2L Water bottle (e.g. empty Coke bottle)
- Woollen hat / beanie
- Sunhat / cap
- Toiletries
- Sunscreen
- Towel
- Warm jacket
- Raincoat

### Optional

- Camera & Film
- Extra Track suit / pants
- Extra socks
- Torch (small) and batteries
- Gloves (winter)
- Insect repellent
- Pillow

### Not recommended

- Snack food
- Tank tops or jeans
- Valuable items (such as jewellery, cell phones, radios)

**Two pairs of shoes are required. One pair should be sturdy and able to stand up to wetting, as you have to wear them for all water activities (Please do not bring strops or sandals for water activities. Shoes must be closed-toed – an old pair of running shoes is perfect).** The second pair will be used for exercises, running and hiking (boots / strong running shoes). Either leather or synthetic boots for hiking are recommended (e.g. Hi Tec). The most important thing is to ensure you do not bring brand new boots on course. Make sure you have had some time to wear them in to avoid blisters on course.

The weather can be very hot or very cold at times. Long sleeve **fleeces** may be adequate for colder days as well as for protection from sunburn. Wool is a natural fiber that is warm when wet. The weather can also be very cold, as late as November. Woollen jerseys are recommended, or if you have a Polartec jersey (polyester), bring that. It is essential that you bring a waterproof raincoat with a hood. Examples of such waterproof materials are K-Way, Japara, Ventex, Reflex, Goretex and PVC plastic.

A **beanie / Woollen hat** is important, especially during winter as we lose a large percentage of body heat through our heads. By wearing a Woollen hat you reduce heat loss and stay warmer.

A **hat** is essential to avoid sunburn. A broad brimmed cricket style hat is the best as it protects the back of your neck. Bring sunscreen. The sun can be very hot and severe sunburn could ruin your course.

**Please do not bring valuable items on course.** Outward Bound will make an effort to ensure the safety of any items you do choose to bring, but cannot be held responsible for the loss of or damage to any such items.