



### **Packing List Schloss Kröchlendorff - Summer Camp 2019**

When packing for Outward Bound it is good to remember that you will be living an active lifestyle. In general you should be packing clothes that breath well and keep you warm (Focus on function, not fashion!). Even in summer it might slightly cool in the evening and nights. Layering is essential: it is better to wear a few lighter layers instead of one thick layer ("Onion" Principle).

- Answered medical questionnaire + registration form (beforehand)
- Insurance card (copy or beforehand)
- Rain jacket/ Poncho (be prepared for rain)
- Rain pants (optional)
- Non cotton active outer wear (top)
- Long and short Pants (might get dirty)
- Leggings/ Jogging trousers
- 1-2 fleece sweater
- Hiking socks
- Undergarments
- Towel (one small/ one medium) and toiletries
- Bathing suit
- Hiking boots or solid (sport) shoes to walk in
- Sport shoes
- Indoor shoes/ Flip Flops/ Sandals
- Suntan cream, sun hat/ base cap
- Mosquito/ Tic repellent
- Drinking bottle (1 litre\*)
- Bowl/plate, mug, cutlery (break-proof)\*\*\*
- Head-Torch or small Flashlight
- Journal and pen/ pencil
- Necessary medication: please make inform our Team about necessary medication
- Backpack 30 -50 l \*\*\*
- Daypack 15-20 l
- Sleeping Bag and Thermal Mat \*\*\*
- Music instruments/ Games (optional)
- Blistering plaster (optional)
- Safety cord for glasses, Contact lenses (option)
- We recommend to leave electronical devices at home.

\* A 1 litre Nalgene bottle (for hot/cold drinks, 10,-) as well as a lunch box (2,50) can be purchased at the Outward Bound shop on site

\*\*\* Outward Bound can provide some of these items if you do not have them. Sleeping bag rental is 6,-€. Please let us know beforehand!