



## Packing list summer

When packing for Outward Bound it is good to remember that you will be living an active lifestyle. Focus on function, not fashion! In general you should be packing clothes that breathe well and keep you warm. Layering is essential: it is better to wear a few lighter layers instead of one thick layer.

If you think of your clothing in terms of day clothes and night time clothes it will help minimize the amount you need to pack. For example, what will you wear during the day to stay dry and active? What will you want to put on at night to stay comfy and warm? The top layers stay the same, while you may want to bring fresh base layers to change.

▪ Rain jacket*	
▪ Hiking pants	
▪ Non cotton active outer wear	
▪ Casual bottoms and top to wear at base	
▪ Warm sweater/ fleece	
▪ Active underwear	
▪ Thin gloves, scarf	
▪ Towel	
▪ Hiking boots*	
▪ Sport shoes	
▪ Swimwear /shorts	
▪ Indoor shoes/ slippers	
▪ Hiking socks (non cotton)	
▪ Sun-screen, sunglasses	
▪ Drinking bottle (no glass, 2x500ml or 1L) (high- quality Nalgene bottle can be bought for 10 €)	
▪ Lunchbox (can be bought for 3 €)	
▪ Bed linen (can be borrowed for 6 €)*	
▪ Backpack* or bag to carry clothes (min. 40L)	
▪ Headlight / flashlight (could be shared)	
▪ Music instruments (optional for base camp)	
▪ Photocopy of international insurance card and passport	
▪ Inform and deliver school nurse necessary medication	
▪ Table tennis racket* (optional)	

\* Outward Bound can provide these items for those that do not have them. Please don't go out and spend a great deal of money just for this trip. Though probably the own clothing fits best.