



**OUTWARD BOUND  
GERMANY**

## Packing List OUTWARD BOUND Baad

\* Please bring bed linen (pillow case, bottom sheet, duvet cover). If you do not have these, you can rent them from the house for EUR 6,00. Towels cannot be rented from the house.

\*\* Participants are required to wear ankle high boots with stiff soles (category B/C) while hiking. Boots can be rented from the House for no additional charge, but “no shoe fits as well as your own”. You can also rent a backpack from the house. (45-60 L)

Your Equipment	packed
Bed linen 3 parts	*
Backpack <b>45 L – 60 L</b>	**
Solid ankle high hiking boots ( <b>category B/C</b> ) (Please check the category, shoes without solid sole can't be used. If you're not sure, rather rent some from us than buy some!)	**
Daypack	
Towels	
swimsuit	
Camera (Cell phones <b>cannot</b> be used during the course!)	
Toiletries	
Rain jacket, poncho (be ready for rain)	
Hiking pants and shorts (quick-drying material)	
Sport shirts	
Warm underwear top and bottom (no cotton), beanie, scarf and gloves ( <b>also during summer!</b> )	
2 fleece sweaters	
1 warm jacket	
2 pairs of hiking socks (ankle-high!)	
Indoor shoes	
Sun-screen, sun hat/ baseball cap, sunglasses	
Replacement glasses, safety cord for glasses, contact lenses	
Water bottle ( <b>plastic, aluminium... - NO GLASS!</b> )	
2 lunch boxes (one for bread, one for veggies)	
Small umbrella	
Watch / alarm clock	
Head-Torch/Flashlight	
Blister Band-aids	

***We are looking forward to having you here, Your OUTWARD BOUND team!***