



Clothing Information

Below is a checklist of the basic clothing requirements while at Aoraki Bound. Woollen or thermal layers are absolutely essential in all seasons as they withstand the demands of a course and give the best insulation. You may bring extra clothing if you wish.

Outward Bound provides all specialist equipment, eg. packs, helmets, harnesses, kayaks, spray-decks, lifejackets, etc.

Note: You may be liable for items of equipment should they be ill-treated or damaged.

You do not need to carry all gear at all times. There is storage provided.

ITEM	QTY	DESCRIPTION	✓
Hats	1 of each	WARM: Fleece or woollen hat SUN: sun hat or cap	
Gloves	1	Woollen or polypropylene	
Parka	1	Light nylon type for kayaking/running etc. Optional	
Raincoat * & over-trousers*	1 of each	Waterproof	
Thermal Layers *	3 x tops 3 x pants	Woollen or polypropylene long sleeved tops and bottoms	
Tops	3	Tee shirts	
Fleece Tops * Jerseys *	3	Warm polarfleece tops or woollen jerseys	
Trousers	2	Comfortable warm trousers (track-pants, fleece pants *, jeans-for OB site only)	
Shorts	3/4	Comfortable. Preferably nylon or bike pants (quick drying)	
Underwear & pyjamas		Your own requirements. Please do not bring boxer shorts as they can cause chaffing	
Socks	4 x heavy 3 x normal	Heavy woollen, polypropylene, and normal (for running)	
Gaiters		Optional	
Towels	2	Not too big. Fast drying is best. <i>Note: Visit outdoor shop for 'pack/travel' towel</i>	
Footwear		Good comfortable tramping boots* with thick woollen socks. Do not bring steel capped boots. Sandals/jandals Two pairs of good condition running shoes. Be prepared to get both pairs wet Gumboots are optional.	
Swimwear	1		
Sleeping bags*		Sleeping bags and liners are provided, but bring your own if you wish	
Pack *		Packs are provided, but bring your own if you wish	
Daypack		15/25 litres - Very useful for everyday activities.	
Plastic Bags	3 x Large few small	Assorted sizes that are large enough to hold a sleeping bag and changes of dirty/wet clothes.	
Personal items		Toiletries, insect repellent, lip salve and sunscreen, sunglasses, water-proof watch, ear plugs (if required for sleep). It is recommended that women bring sanitary products as exercise can affect the menstrual cycle.	
Medication		Where required. <i>Note: sea sick patches or similar if you need these for the sailing component</i>	
Sticking Plaster	1	Approx 75mm wide roll with centre dressing strip. 'Second Skin' is useful for blisters/prevention	
Strapping		Participants with a history of joint injuries should bring their own tape	
Water bottle	2	1 Large plastic soft-drink bottle (eg 2L coke bottle). 1 Smaller sturdy drink bottle for travel. Please make sure these are clearly named.	
Cutlery	1	Knife, fork, spoon, mug, unbreakable plate/bowl, pot scrubber Folding pocket knives are permitted but no sheath knives please	
Torch	1	Remember spare batteries. Head torches are ideal.	
Pen and Pencil	2		
Music maker		It is great to have a guitar or harmonica, etc. No MP3 / IPOD players please	
Money		A small amount of money or an EFTPOS card to cover spending at the school shop, whilst travelling, or for emergencies. (This can be held by instructors)	

Some of these clothing items can be purchased very inexpensively from second-hand and Salvation Army shops. All clothing taken to the School should be **marked with your name**. No cotton clothing is to be worn on expeditions.

Note: Items in list marked with an * can be provided by Outward Bound.

Outward Bound Shop

There is a small shop at Outward Bound (which is open by appointment only) that sells toiletries, clothing, souvenirs and batteries. Cash, cheques, EFTPOS and credit cards are all accepted. Aoraki Bound merchandise will be available via www.ngaitahu.iwi.nz