



OUTWARD BOUND CANADA

THE PACKING LIST

Your clothing and personal items are all you are required to bring. The Clothing List has been developed from years of experience on the trail and with current feedback from participants at the end of their courses. It has been designed for your safety and comfort. Having the proper clothing is important for your comfort and overall experience on the course. Outward Bound Canada provides all the technical equipment and specialized gear particular to your course. If you have your own gear you are welcome to bring it and your instructors will help you to decide whether it is appropriate for your course. If you have any challenges finding the required items, please contact the Admissions Department for support.

SELECTING THE RIGHT CLOTHING FOR YOUR ADVENTURE

The information below will help you to carefully select the clothing to bring with you on your Outward Bound Canada course. Here is some detail on how your clothing plays an essential role in keeping you comfortable in a variety of weather conditions.

Clothing Layering System

Layering is key to staying comfortable and being prepared in the outdoors.

First Layer – Keeps you dry and warm. Ideally wicks away and does not trap perspiration next to your skin. Do not bring items that are made with any cotton. When cotton gets wet, it stays wet.

Second Layer (or layers) – Provides insulation. They need to retain your body heat and yet not restrict movement. Synthetic fleece and wool are great.

Third Layer – Offers protection from precipitation and wind.

Fabrics

Synthetic or wool fabrics are best for most clothing. These include polyester, polar fleece, merino wool and polypropylene. They are fine insulators and retain much of their warmth when wet. When the clothing list says “synthetic/fleece” or “wool” you need to pack synthetic garments made of any of the above or wool blends containing at least 75% wool with no cotton included.

Why Not Cotton?

Cotton and down (feathers) are ineffective as insulators when wet. Cotton is heavy compared to synthetics, especially when wet, and does not pack as well. Denim (especially blue jeans) is not appropriate. Do not bring them on your course (other than for wearing home). Cotton sweatpants are not a substitute for synthetic or wool pants.

Waterproof – Breatheables

Laminated fabrics with pores small enough to block rain/snow, yet large enough to allow perspiration to escape. Common brand names you will find are Gore-tex® and Entrant™. These are ideal for rain/wind jacket, overmitts, and even rain-pants, but can be expensive.



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WHAT OTHER ITEMS TO BRING

Contact Lenses and Glasses

Contact lenses that require no special care may be worn on the course. If you wear contact lenses, bring plenty of solution for cleaning them and an extra pair. Please also bring along a pair of old glasses in a hard case.

Prescription Medicine

Please bring two full sets of any prescription medication you are currently taking. Prescription medication must arrive in the original bottles and include the prescription dosage information.

When you arrive, please inform your instructors of your medication, and handover all of your medication for safe storage (youth courses). Instructors will dispense prescription medication to the participants. EpiPens and inhalers are held by the participant, with the instructors having the second set of these items. Please ensure that you record the proper medication names, schedule and dosage information on your Confidential Medical History form.

Camera

You'll be traveling through some spectacular scenery, so feel free to bring along a camera.

Disposable/waterproof/shockproof cameras pack well, or bring your own in a small protective case and a plastic bag to protect from the elements. Please do not bring a phone or iPod to use as a camera.

HOW TO PACK

Please pack your belongings in a lightweight duffle bag and label your bag with your full name and course code. This bag does not go on expedition with you, it is only for getting your belongings to and from the course.

Upon arrival you will transfer your "on trip" belongings into a pack provided by Outward Bound Canada. Anything you don't need on expedition (clothes for your return home, money, duffle bag, airline tickets, etc.) will be safely stored for you until your course ends. Please do not bring any unnecessary valuable items with you.

Electronic devices such as cell phones, laptops, tablets, music devices, or hand-held games are not allowed on expedition. We strongly recommend that you do not bring large amounts of cash, expensive jewellery, or electronic devices with you. Outward Bound Canada is not responsible for any loss or damage to personal property that may be incurred while you are with us.



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The Packing List – Urban Overnight Courses

Footwear			
<input type="checkbox"/>	Running/Hiking Shoes	1 pair	General purpose, broken in to ensure your comfort.
<input type="checkbox"/>	Camp Shoes	1 pair	Extra pair of old running shoes, for keeping dry and comfortable around the campsite (must be closed-toed).
<input type="checkbox"/>	Water Shoes	1 pair	For paddling courses only – closed-toed water shoe, with laces or straps for getting in and out of boats.
Clothing – Base Layer			
<input type="checkbox"/>	Socks	2-3 pair	Thick wool, polyester or synthetic is best.
<input type="checkbox"/>	Underwear	3-4 pair	Bring half the number of days of your course. Cotton is okay, but polyester/blend is best
<input type="checkbox"/>	Long Underwear Set	2 sets	No Cotton: top and bottoms, wool, synthetic or blend. To keep you warm at night and on cold days.
<input type="checkbox"/>	Sports Bra	2	Sports bra style recommended for comfort and support.
<input type="checkbox"/>	Short-sleeved T-Shirt	2	Quick drying, polyester or nylon.
Clothing – Insulating Layer			
<input type="checkbox"/>	Long-sleeved T-Shirt	1	No Cotton: Quick drying, polyester or nylon. Light in colour is best.
<input type="checkbox"/>	Pants	1 pair	No Cotton: Quick drying, fleece, synthetic or nylon. Layered with long underwear to keep you warm.
<input type="checkbox"/>	Warm Sweater	1	No Cotton: Your thick, warm layer, pullover or zip up. Synthetic, wool, polyester or fleece.
<input type="checkbox"/>	Warm Hat/Toque	1	Lightweight, wool or synthetic hat to keep warm (yes, even in the summer!).
<input type="checkbox"/>	Gloves/Mitts	1 pair	For spring/fall expeditions, lightweight, wool or fleece, synthetic work gloves are ok.
Clothing – Shell Layer			
<input type="checkbox"/>	Rain Jacket	1	With hood! Waterproof & sturdy, loose fitting, must they fit over all other clothing layers.
<input type="checkbox"/>	Rain Pants	1	Waterproof & sturdy, loose fitting, must they fit over all other clothing layers.
<input type="checkbox"/>	Shorts	1 pair	Quick drying, nylon. For sleeping or keeping cool on warm days.
<input type="checkbox"/>	Warm Jacket	1	For spring/fall expeditions, or if you get cold easily. Puffy coat or shell with some insulation.
Personal Items			
<input type="checkbox"/>	Toiletry Kit	1	Toothbrush, toothpaste (small tube), hairbrush/comb, hand cream/moisturizer (small tube).
<input type="checkbox"/>	Medications	As needed	Prescriptions, over the counter for “as needed”, vitamins or supplements. Please be sure to list all of these on your Confidential Medical History form.
<input type="checkbox"/>	Glasses/Contact Lenses	2 pair	If applicable, please bring a pair of old glasses as a backup and protective case.
<input type="checkbox"/>	Sunscreen	1	Small tube, SPF30 or higher.
<input type="checkbox"/>	Insect Spray	1	Optional – if the bugs bother you! Small container, pump spray – no aerosol if possible.
<input type="checkbox"/>	Sunglasses	1 pair	With retainer strap, in a protective case.
<input type="checkbox"/>	Lip Balm	1	With SPF protection.
<input type="checkbox"/>	Feminine Hygiene Supplies	As needed	Participants with a menstrual cycle should bring ample supplies of the products they are most comfortable using (tampons, pads, liners, hygienic wipes etc.) Stored in re-sealable plastic baggies is recommended.
<input type="checkbox"/>	Headlamp	1	With 1 extra set of batteries. Regular flashlight works too, but a headlamp is most convenient
<input type="checkbox"/>	Swimsuit	1	For summer season and paddling courses only. Quick drying, nylon.
<input type="checkbox"/>	Hat	1	With sun visor (ex: baseball cap)
<input type="checkbox"/>	Water Bottle	1	1L capacity, must be durable, Nalgene style is recommended.
<input type="checkbox"/>	Bandana / Neck Tube	1	1 is sufficient, 1-2 extra is recommended for longer (5 days or more) backpacking courses.
Optional Items			
<input type="checkbox"/>	Small day/backpack	1	Lightweight, small in size for packing/organizing and easy access to your belongings while on the move.
<input type="checkbox"/>	Ear Plugs	2-3 pair	Recommended for light sleepers.
<input type="checkbox"/>	Face Cloth / Hand Towel	1	Quick drying, small pack towel is recommended.
<input type="checkbox"/>	Sleep Pad/ Thermarest	1	Only if you have one, a foam pad will be provided by OBC for tent sleeping.
<input type="checkbox"/>	Camera	1	Lightweight with a protective case, OBC will provide a group camera. (No phone / iPod cameras).
<input type="checkbox"/>	Carabiner	1-2	Small, useful for attaching items to backpack/daypack for easy access.
<input type="checkbox"/>	Journal/Pen/Pencil	1	Small and compact.