



OUTWARD BOUND PROFESSIONAL

Additional Information: Packing for the Outward Bound Experience

As you begin to prepare for our three-day adventure with Outward Bound, know that Outward Bound is eager to make your packing as simple as possible. Please review the following sections and let Outward Bound know if you have any questions or need to borrow any gear. If you would like to borrow gear, please send your request to your Course Advisor at professional@hiobs.org two weeks before the program starts.

Items You Can Borrow from Outward Bound

In the event that you do not own items that appear on the packing list, please know that Outward Bound can lend you a number of items. We have a wide range of men's and women's sizes. We are eager to make sure you have everything you need to feel comfortable in an outdoor setting, so you can truly enjoy the experience.



INSULATED SYNTHETIC SLEEPING BAG



RIDGEREST SLEEPING PAD

Items You Can Borrow from Outward Bound (continued)



RAINJACKET



RAIN PANTS



LONG UNDERWEAR TOP



LONG UNDERWEAR BOTTOMS

Items You Can Borrow from Outward Bound (continued)



FLEECE JACKET



SYNTHETIC HIKING PANTS



FLEECE or WOOL HAT



DAY PACK



HEADLAMP WITH BATTERIES



SUN HAT

What Shoes Should I Bring for Outward Bound?

Outward Bound recommends that you arrive with at least one pair of close-toed shoes that will protect your feet during the various activities. Since many of the activities involve being in a wooded setting, it is important to have the right kind of footwear. Below are examples of footwear that is suitable for the Outward Bound experience.



HIKING SHOES



HIKING BOOTS



RUNNING SHOES



TRAIL RUNNING SHOES