



## **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](mailto: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)



**RAIN JACKET**



**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**