



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. You can send any course or gear questions to our Custom Programs Coordinator at professional@hiobs.org.

What Outward Bound Provides

While you are certainly welcome to bring your own sleeping bag and sleeping pad, Outward Bound will provide every participant with a clean sleeping bag and a sleeping pad. You will spend the first night at the Outward Bound base camp in Newry in a backwoods cabin with bunk beds and a mattress. The second night, weather permitting, will offer a chance to sleep under the stars as part of the overnight solo. In addition to the sleeping pad, you will also receive a nylon tarp that you will use to set up your shelter.



INSULATED SYNTHETIC SLEEPING BAG



RIDGEREST SLEEPING PAD

Items You Can Borrow from Outward Bound

In the event that you do not own clothing that appears on the packing list, please know that Outward Bound can lend you a number of items from our gear room at the Newry base. 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.

When you arrive at the Outward Bound base camp in Newry, we will ask you to let us know what additional clothing or equipment you need. There is no need to contact us in advance unless you have a special request. If you do, please contact our Custom Program Coordinator at professional@hiobs.org.



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