

Outward Bound International Conference

Sultanate of Oman

January 14th-17th 2019



WHAT TO PACK

In addition to packing the normal items you would bring to attend a multi-day conference, we would suggest you consider the following (Tick when done);

	Headtorch
	A fleece top (temperatures may drop to single digits at night)
	Your own towel
	Think sun – the course will take place in the desert, so if you burn easily, remember a sun hat , a loose fitting long-sleeved shirt , some sun cream and sunglasses
	Accommodation on arrival will be in a 4-star Muscat hotel; thereafter it will be in a basic desert camp (for two nights), on a room sharing basis. The stars and night sky are a memorable part of anyone's desert experience, so for the more adventurous we would strongly suggest bringing a 2-season sleeping bag and thermarest , and sleeping out under the stars for at least one of the night's you're out at the camp.
	Footwear – you'll be on sand most of the time; normal trekking/approach shoes are fine, and crocs are good around camp as the sand drains out easily.
	Rain is unlikely, but possible – remember a lightweight waterproof top
	The final evening in Muscat will involve a gathering and buffet dinner, possibly attended by a few VIPs, including Ambassadors, so try to keep something clean for the last evening.

General - The bulk of the conference will take place in an area frequented by the Bedouin; clothing is therefore better to be more conservative, and respectful, rather than revealing.

Finally – remember to bring a copy of your travel and medical insurance with you. Delegates must ensure that they have adequate travel insurance in place, which includes repatriation cover in the event of a medical emergency.