



Equipment/Kit List for standard Outward Bound Oman course

EQUIPMENT/KIT LIST

When packing, you need only to bring the minimum clothes and items, packed in one bag. The list opposite covers most items that you need to pack. If your course is in the mountains, or in the desert in the winter months, remember that it can get quite cold at night, so you might need an extra layer.

In all locations, at all times of the year, protection from the sun is very important.

DIGITAL CAMERAS

Due to the damage that even the smallest grain of sand can cause, we recommend not bringing digital cameras. If you prefer to take the risk, we advise packing them in plastic zip lock bags for protection.

WATER BOTTLES

We will issue you with two 1.5 litre water bottles when you arrive on the course. To identify them as yours, we ask you to write your name on both bottles. To be kind to the environment, the bottles will be yours throughout the course, and you will have the opportunity to refill them each day.

HOW TO PACK

You are only away from home for a very short time. Bring the minimum, in one small bag. Only bring what is essential.

You will be given a backpack when the course begins, and your small bag will be stored in the back of an Outward Bound vehicle.

CLOTHES

PACKED

T-shirts (one long sleeved is advisable for sun protection)

Lightweight trousers for walking – **not jeans**

Underwear

Sun hat, warm hat and/or scarf (a scarf is good for keeping sand out during a sandstorm)

Socks

Sturdy training/sports shoes or walking boots

PERSONAL EQUIPMENT

Sun-glasses, sun-cream, lip cream

Toothbrush, toothpaste (very small tube)

Wet wipes (small packet)

Personal medication e.g. painkiller, blister plasters, prescribed medication (for asthma, please bring extra spare inhaler)

Torch or head-torch (Small size with spare batteries)

OTHER

Spoon/Fork

Plastic Cup to drink from

Plastic Bowl to eat from

Pens/pencil

Insect Repellent