



EQUIPMENT KIT LIST

We will provide you with all specialist activity and safety equipment. However, you are welcome to bring your own kit and use it, providing it meets our safety standards. Participants will need to bring personal clothing and footwear.

PREPARATION: WHAT DO YOU BRING?

CLOTHING

All courses will involve getting wet at some point, so please make sure you have plenty of spare, dry clothes to change into. It is best to dress in layers: A thin synthetic under layer, possibly an intermediate layer, a fleece or wool sweater on top and a windproof jacket.

- Casual t-shirts;
- Sweatshirts
- Thermal tops;
- Fleece tops;
- Jumpers;
- Synthetic trousers for walking (not jeans);
- Jeans (for around the centre only);
- Underwear;
- Shorts;
- Underwear and walking socks per day;
- Possibly long thermal underwear against the cold;
- Windproof jacket;
- Hat and gloves;
- Sun hat/cap;
- Jog or sports clothing;
- Cycle shorts with pad;
- Cycle helmet;
- Towel and swimwear.

RAIN GEAR

- You need to have rain gear for the entire program. A rain suit: jacket and pants (such as for on a bike) is sufficient.

SHOES

- Pair of comfortable low or high walking shoes with good grip;
- 2 Pairs of trainers (one which can get wet);
- Pair of clean light shoes for indoor use.
- Pair of watershoes (no slippers);

TO SLEEP

- One-person duvet cover;
- Pillowcase;
- An under sheet for one person;
- Sleepwear;
- Earplugs for the shared sleeping location.

TOILETRIES

- Toiletries such as toothbrush, toothpaste, shampoo, shower gel, etc. Please bring small bottles with you;
- 1 large, 1 small towel, 1 dish towel;
- Glasses cord
- Sunglasses and cord;
- Sun-cream and after sun.

OTHER

- Drinking bottle;
- Small day backpack;
- Headlight (or flashlight), with spare batteries;
- Notepad and pen;
- Small handy camera;
- Binoculars, if you have one;
- Jewellery can best be left at home.

MEDICATION AND MEDICAL FACILITIES

- Your prescribed medication and make it known to your trainer upon arrival;
- Telephone number of your own doctor;
- There is an extensive first aid box. Trainers are competent first aiders.

- Documentation and Insurance
- Passport or other Identification Card;
- Health insurance card;
- In addition to your own compulsory health insurance you need a travel insurance.

MOBILE PHONE / CAMERA

- You may be asked not to use your mobile phone during the week. Bring a separate camera for making pictures.

**CONTACT DETAILS FOR OUTWARD BOUND
NETHERLANDS**

Phone: +31 (0)6 12119655

Email: info@outwardboundnetherlands.com