



Your clothing and personal items are all you are required to bring.

The list has been developed from years of experience on the trail and with current feedback from participants at the end of their courses. It has been designed for your safety and comfort. Having the proper clothing is important for your comfort and overall experience on the course. Outward Bound Canada provides all the technical equipment and specialized gear particular to your course including but not limited to: shelter/sleeping system, cooking/eating utensils, whistle, water bottle, and something to pack your belongings into. If you have any challenges finding the required items, please contact the Admissions Department for support.

SELECTING THE RIGHT CLOTHING FOR YOUR ADVENTURE

The information below will help you to carefully select the clothing to bring with you on your Outward Bound Canada course. Here is some detail on how your clothing plays an essential role in keeping you comfortable in a variety of weather conditions.

CLOTHING LAYERING SYSTEM

Layering is key to staying comfortable and being prepared in the outdoors.

First Layer:

Keeps you warm. Ideally wicks away moisture and does not trap perspiration next to your skin. Do not bring items that are made with any cotton. When cotton gets wet, it stays wet.

Second Layer (or layers):

Provides insulation. They need to retain your body heat and yet not restrict movement. Synthetic fleece and wool are great.

Third Layer:

This is your outside/rain layer and offers protection from precipitation and wind.

FABRICS

Synthetic or wool fabrics are best for most clothing. These include polyester, polar fleece, merino wool and polypropylene. They are fine insulators and retain much of their warmth when wet. When the clothing list says "synthetic/fleece" or "wool" you need to pack synthetic garments made of any of the above or wool blends containing at least 75% wool with no cotton included.

WHY NOT COTTON?

Cotton and down (feathers) are ineffective as insulators when wet. Cotton is heavy compared to synthetics, especially when wet, and does not pack as well. Denim (especially blue jeans) is not appropriate. Do not bring them on your course (other than for wearing home). Cotton sweatpants are not a substitute for synthetic or wool pants.

WATERPROOF - BREATHABLE

Laminated fabrics with pores small enough to block rain/snow, yet large enough to allow perspiration to escape. Common brand names you will find are Gore-tex® and Entrant™. These are ideal for rain/wind jacket, gloves, and even rain-pants, but can be expensive.

WHAT OTHER ITEMS TO BRING

CONTACT LENSES AND GLASSES

Contact lenses that require no special care may be worn on the course. If you wear contact lenses, bring plenty of solution for cleaning them and an extra pair. Please also bring along a pair of old glasses in a hard case.



MEDICATION

Please bring two full sets of any prescription medication you are currently taking. Prescription medication must arrive in the original bottles and include the prescription dosage information.

When you arrive, please inform your instructors of your medication, and handover all of your medication for safe storage (youth courses). Instructors will dispense prescription medication to the participants. EpiPens and inhalers are held by the participant, with the instructors having the second set of these items. Please ensure that you record the proper medication names, schedule and dosage information on your Confidential Medical History form.

CAMERA

You'll be traveling through some spectacular scenery, so feel free to bring along a camera. Disposable/waterproof/shockproof cameras pack well, or bring your own in a small protective case and a plastic bag to protect from the elements. Please do not bring a phone or iPod to use as a camera.

MONEY

You may want to bring some money (cash or credit card) to cover the following possible expenses: pre-and post-course meals or accommodation, airport improvement fees (if you are traveling by air), or emergency funds to cover any unanticipated travel costs.

HOW TO PACK

Please pack your belongings in a lightweight duffle bag and label your bag with your full name and course code. This bag does not go on the expedition with you, it is only for getting your belongings to and from the course.

Upon arrival, you will transfer your "on trip" belongings into a pack or canoe barrel provided by Outward Bound Canada. Anything you don't need on the expedition (clothes for your return home, money, duffle bag, airline tickets, etc.) will be safely stored for you until your course ends. Please do not bring any unnecessary valuable items with you.

Electronic devices such as cell phones, laptops, tablets, music devices, or hand-held games are not allowed on expedition. We strongly recommend that you do not bring large amounts of cash, expensive jewelry, or electronic devices with you.

Outward Bound Canada is not responsible for any loss or damage to personal property that may be incurred while you are with us.

FOOTWEAR – CANOEING COURSES		
<ul style="list-style-type: none"> Water Shoes 	1 pair	Closed-toed water shoe, with laces or straps for getting in and out of boats. Old running shoes that lace up are perfect for water shoes!
<ul style="list-style-type: none"> Camp Shoes 	1 pair	Lightweight, running shoes (closed-toe) for keeping dry, comfortable and safe at site during camp chores. Optional, for spring/fall courses only, for keeping warm/dry while at the campsite.
<ul style="list-style-type: none"> Rubber Boots 	1 pair	
CLOTHING – BASE LAYER		
<ul style="list-style-type: none"> Heavyweight Socks 	3-4 pair	<u>No Cotton</u> : Thick wool, polyester or synthetic is best. Will keep you warm when wet.
<ul style="list-style-type: none"> Light Socks Underwear 	3-4 pair 3-10 pair	<u>No Cotton</u> is preferred. Can be layered with heavier socks or worn on their own. Bring half the number of days of your course. Cotton is okay, but polyester/blend is best.



<ul style="list-style-type: none"> • Long Underwear S • Sports Bra • Short-sleeved T-Shirt 	2 sets 2-3 2-3	<p><u>No Cotton</u>: top and bottoms, wool, synthetic or blend. To keep you warm at night and on cold days.</p> <p>Quick-dry, sports bra style recommended for comfort and support.</p> <p>Quick drying, synthetic, polyester or nylon.</p>
---	----------------------	---

CLOTHING – INSULATING LAYER

<ul style="list-style-type: none"> • Long-sleeved T-Shirt • Long-sleeved button-down shirt • Pants • Warm Sweater • Warm Hat/Toque • Gloves/Mits 	1-2 1 1 pair 1 1-2 1 pair	<p><u>No Cotton</u>: Quick drying, polyester or nylon. Light in colour is best.</p> <p>Quick drying, for protection from bugs and sun.</p> <p><u>No Cotton</u>: Quick drying, fleece, synthetic or nylon. Layered with long underwear to keep you warm.</p> <p><u>Fleece or Synthetic</u>: your thick layer for keeping warm, pullover or zip up.</p> <p>Lightweight, wool or synthetic hat to keep warm (yes, even in the summer!).</p> <p>Lightweight, wool or fleece, synthetic work gloves work well.</p>
--	--	---

CLOTHING – SHELL LAYER

<ul style="list-style-type: none"> • Rain Jacket • Rain Pants • Shorts 	1 1 1 pair	<p>With hood! Waterproof & sturdy, loose fitting, must they fit over all other clothing layers.</p> <p>Waterproof & sturdy, loose fitting, they must fit over all other clothing layers.</p> <p>Quick drying, nylon. For sleeping or keeping cool on warm days.</p>
---	------------------	---

PERSONAL ITEMS

<ul style="list-style-type: none"> • Toiletry Kit • Medications • Glasses/Contacts • Sunscreen • Insect Spray • Sunglasses • Lip Balm • Menstrual Supplies • Hand Sanitizer • Hand Cream • Soap • Headlamp • Swimsuit • Hat • Water Bottle • Bandana / Neck Tube • Watch • Journal/Pen/Pencil • Shampoo/Soap/ Small Towel • Change of clean clothes 	1 2 pair 1 1 1 pair 1 As needed 1 1 1 1 1 1 2 1-2 1 1 1 each 1	<p>Toothbrush, toothpaste (small tube), hairbrush/comb.</p> <p>Prescriptions, over the counter for “as needed”, vitamins or supplements. Please be sure to list all of these on your Confidential Medical History form.</p> <p>If applicable, please bring a pair of old glasses as a backup and protective case.</p> <p>Small tube, SPF30 or higher.</p> <p>Optional – if the bugs bother you! Small container, pump spray – no aerosol if possible.</p> <p>Durable, must have UV protection, with retainer strap, in a protective case.</p> <p>With SPF protection.</p> <p>Participants with a menstrual cycle should bring ample supplies of the products they are most comfortable using, even if they do not expect menstruation while on course (Bodies change and adapt in new environments). Stored in re-sealable plastic bags is recommended.</p> <p>100ml-120ml, Personal or travel sized. At least 60% alcohol-based.</p> <p>Small tube, unscented.</p> <p>Small container, for hand washing and mask washing between uses.</p> <p>With 1 extra set of batteries. Regular flashlight works too, but a headlamp is most convenient.</p> <p>For summer season courses only. Quick drying, nylon.</p> <p>With sun visor (ex: baseball cap)</p> <p>1L capacity (each), must be hard-sided and durable, Nalgene style is recommended. 1 is sufficient, 1-2 extra is recommended for backpacking courses.</p> <p>Should have an alarm function, no valuables or smartwatches.</p> <p>Lightweight and compact, in a resealable plastic bag to protect from the elements.</p> <p>Small containers for cleaning up before travelling home (longer courses)</p> <p>For travel to/from your course.</p>
---	--	--



OPTIONAL ITEMS		
• Warm Jacket	1	For spring/fall courses, or if you get cold easily. Puffy coat or shell with some insulation.
• Bug Jacket	1	Mesh, for extra protection against bugs in the spring/summertime.
• Dry Bag	1-2	Small in size for packing/organizing.
• Small backpack	1	Lightweight, small in size for packing/organizing and easy access to your belongings while on the move.
• Ear Plugs	2-3 pair	Recommended for light sleepers.
• Face Cloth / Hand Towel	1	Quick drying, small pack towel is recommended.
• Sleep Pad	1	Only if you have one, a foam pad will be provided by OBC for tent sleeping.
• Camera	1	Lightweight with a protective case, OBC will provide a group camera. (No phone / iPod cameras).
• Carabiner	1-3	Small, useful for attaching items to backpack/daypack for easy access.

We are aware that access may be an issue with regard to attaining some of the above items. Please do not hesitate to reach out to us with any questions or concerns that you may have in relation to the above items and we will do our very best to help accommodate you and ensure that you have the best experience with us.