



DAY PROGRAM PACKING LIST

WHAT YOU SHOULD BRING

- comfortable sneakers or hiking boots
- clothes you can move in and get a little dirty
- sweatshirt or other warm layer
- ball cap or other sun protection hat
- small backpack to carry your things
- 1-2 water bottles/hydration system
- If **Kayaking**- shoes that can get wet and will stay on feet
- If you have asthma:
You MUST bring your inhaler!
- If you have anaphylactic allergies:
You MUST bring your Epi-pen!

OPTIONAL ITEMS TO BRING

- small bottle of sunscreen
- camera
- sunglasses (with retention strap if kayaking)

Outward Bound will provide lunch and snacks.

We also provide medical supplies, outdoor gear, and all necessary safety equipment.

WHAT NOT TO BRING

- weapons, drugs, alcohol
- jewelry and other valuables
- electronics – phones, iPods, etc.

CONTACT OUTWARD BOUND

For any questions before or during your course, please contact us during business hours by phone or email:

Sean Altman - Program Coordinator
saltman@outwardboundcalifornia.org

Russel Cowan - Program Coordinator
rcowan@outwardboundcalifornia.org

Program Office # - 415.316.0572

For emergencies only: Call our general line at 415-933-6222 and press 5 for access to our 24-hour on-call phone.

FREQUENTLY ASKED QUESTIONS

WHAT HAPPENS IF THE WEATHER IS BAD?

Most courses will continue regardless of weather. Dress accordingly!

If you are going rock climbing, we may need to reschedule due to rain.

SHOULD I BRING MONEY? LUNCH?

Nope – we will provide lunch and all necessary items for your course.

WHO ARE OUR INSTRUCTORS?

Outward Bound instructors are highly skilled and experienced outdoor educators, thoroughly trained in the latest instructional and safety management practices. There will be a minimum of two instructors with your group. All staff must pass background checks and be certified in First Aid and CPR. At least one instructor will be a Wilderness First Responder.

IS IT SAFE?

Outward Bound has an excellent safety record and the safety of our participants is a priority. We invest considerable time and resources in training our staff and reviewing our programs to ensure that they meet high standards of safety and quality. Families will be notified immediately in the case of an emergency.

