



OUTWARD BOUND CALIFORNIA

1-DAY PROGRAM PACKING LIST

WHAT YOU SHOULD BRING:

- ☐ **Comfortable sneakers or hiking boots. Must be closed-toe shoes. No sandals or crocs.**
- ☐ **Warm Layers!** We will be outside all day in an exposed area. **At the ropes course, it is typically colder & windier than other places in SF.**
- ☐ **Clothes you can move in and get a little dirty**
- ☐ **Ball cap** or other sun protection hat
- ☐ **Small backpack to carry your things**
- ☐ **Water bottles**
- ☐ **Packed lunch and snacks**
- ☐ If you have asthma:
You MUST bring your inhaler!
- ☐ If you have anaphylactic allergies:
You MUST bring your EpiPen!
- ☐ Optional: A Face Mask for COVID-safety

OPTIONAL ITEMS TO BRING

- ☐ small bottle of sunscreen
- ☐ camera
- ☐ sunglasses

Outward Bound provides medical supplies, outdoor gear, and all necessary safety equipment.

*Outward Bound California **DOES NOT** provide lunch.*

WHAT NOT TO BRING:

- weapons, tobacco, drugs, alcohol
- jewelry and other valuables
- electronics you don't want to lose



OUTWARD BOUND
CALIFORNIA

FREQUENTLY ASKED QUESTIONS:

WHAT HAPPENS IF THE WEATHER IS BAD?

Most courses will continue regardless of weather. Dress accordingly! Depending on the severity of the rainfall, wind or other environmental factors, we may adjust the program for safety reasons.

SHOULD I BRING LUNCH?

Yes, you should bring lunch with you – there will **not** be an opportunity to leave and go out for lunch.

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.

WHAT COVID-19 PRACTICES ARE IN PLACE?

All staff are up to date with their COVID vaccines and are tested each week. We encourage frequent hand washing and sanitizing after contact with others on the course. No equipment will be shared and all gear will be properly cleaned.

Contact Outward Bound California

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

Xander Tartter - Bay Area Program Manager
xtartter@obca.org

For emergencies only: Call our general line at 415.933.6222 and press 5 for our 24 hour on-call phone.