



OUTWARD BOUND SINGAPORE COURSE INFORMATION KIT

Thank you for taking up the challenge to participate in an Outward Bound Singapore (OBS) Course! Here's some information to help kick-start your OBS journey.

1 What is Outward Bound Singapore (OBS)?

OBS is a division of NATIONAL YOUTH COUNCIL, the national coordinating body for youth affairs

56 YEARS

OBS is a **PIONEER AND LEADER** in outdoor education, providing adventure-based experiential learning

Leadership training

Character building

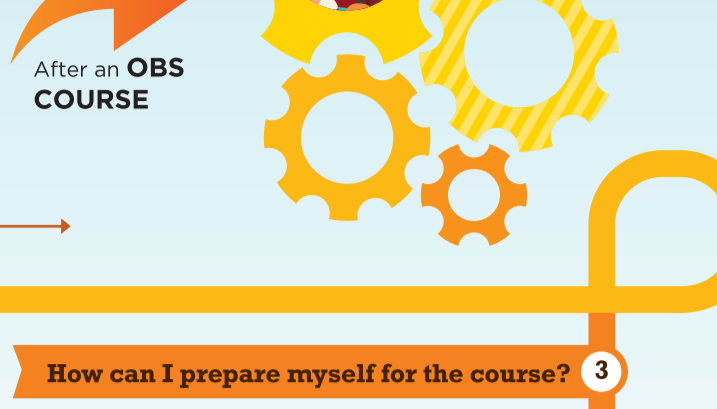
Values formation

Build rugged & resilient youths

2 What can I learn from an OBS Course?



LEARN TO



After an OBS COURSE

3 How can I prepare myself for the course?

Start with **LIGHT EXERCISES** such as jogging, swimming or cycling before the course

Have **SUFFICIENT SLEEP** the night before the course

Get your doctor to **CONDUCT** a **HEALTH CHECK**

Have a **GOOD BREAKFAST** before reporting to school

Bring **SUFFICIENT MEDICATION** for the duration of the course

4 What can I look forward to on the first day of the course?



We are individuals from different backgrounds, but together (in OBS) **WE ARE A WATCH!**

Hi! I'm your **INSTRUCTOR**

Activities will be **CONDUCTED OUTDOORS**

I'VE NEW FRIENDS!

NAME
All valuables

SAFELY KEPT during the course by OBS

5 Where can I get medical attention during the course?



Our Instructors & Registered Nurses will treat your **MINOR AILMENTS & INJURIES**

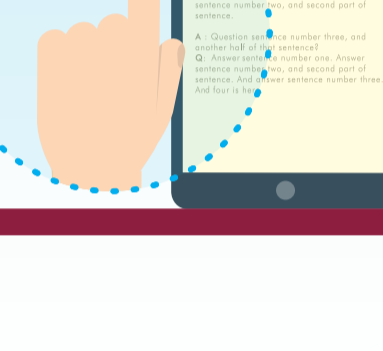
For any Doctor's consultation, you will be sent to relevant **MEDICAL FACILITIES**. Your parents will be notified.

IN THE EVENT OF FAMILY EMERGENCIES PARENTS CAN CONTACT THE **SCHOOL COORDINATOR** who will get in touch with OBS



6 I have more questions on the course! Who can I contact?

CHECK OUT <https://go.gov.sg/obsmocfaq>



SEND US AN EMAIL AT

OBS_Programmes@nyc.gov.sg

OBS 5-DAY EXPEDITIONARY COURSE PACKING LIST

This is a guide to help you pack. You are encouraged to borrow from friends and family if you do not have the items. Expedition items such as backpack, poncho, whistle will be provided. Do label your personal items. The recommended quantity depends on your preferred needs. Please keep your expensive items at home. You are encouraged to re-use or re-purpose the items that are used during the camp to work towards minimal or zero waste.

REPORTING ATTIRE ON DAY 1, WEAR:

- 1 pc Long-Sleeved T-shirt or T-shirt with Arm Sleeves
- 1 pair Long Pants
- 1 pc Covered Shoes and Socks



Long Pants & Long-Sleeved T-shirt
Protect against insect bites, abrasions and sunburn
*Military or camouflage print attire is not allowed

PACKING LIST

- 1 pc Broad Rimmed Hat or Cap
- 3 - 4 pc Long-Sleeved T-shirt or T-shirt with Arm Sleeves
• Mandatory for sea expedition
- 3 pairs Long Pants
• Mandatory for climbing activities/expeditions (three-quarter pants and jeans are not allowed)
- 3 pc Short Sleeved T-shirt
• For physical activities e.g. PE attire
- 2 - 3 pairs Shorts
• For physical activities e.g. PE attire
- Sufficient Undergarments
• Avoid disposables to minimise trash
- 2 pc Towels
• 1 for showering (est 60cm x 130cm)
• 1 small towel for expeditions (est 30cm x 80cm)
- 1 pair Additional Covered Shoes for Water Activities
• For protection from underwater rocks, barnacles during sea/ water activities
- 1 pair Sandals/ Slippers
• For use during non-activity period e.g. showering
- Sufficient Socks

Footwear
Covered shoes need to be worn throughout the day for all activities. Ensure that the soles are intact.
Wear shoes that fit well, are comfortable and provide support to prevent blisters or injuries.



Socks
Wear socks that cover the ankles to prevent blisters and protect against insect and sandfly bites.



IMPORTANT PERSONAL ITEMS

- 1 bottle Hand Sanitiser
- Sufficient Insect Repellent
- Sufficient Sun Protection
• Sunblock (SPF 30 or higher), lip balm, and after sun-lotion
- 1 - 2 bottles Water bottle(s) to hold at least 1 litre of Water
• E.g. 2x 0.5L water bottle
• Sharing of personal water bottle is not allowed for hygiene purposes
- 1 set Fork & Spoon
• Metal utensils recommended
- Sufficient Essential Toiletries
• For hygiene e.g. shampoo, body wash, toothbrush, toothpaste and sanitary napkins (for females only)
• For camping e.g. toilet roll, body powder or prickly heat powder
- Sufficient Prescribed Medication In Own Name
• e.g. inhaler, oral medication (all prescribed medication must be declared)
*OTC (over-the-counter) medications are not required
- Sufficient Torchlight & Spare Batteries
• For night/early movement around the campsite
- 1 set MOE-OBS Course Journal & Pen
- Sufficient Plastic Bags/Re-sealable Bags
- Sufficient Spare Spectacles or Contact Lenses
• Secure with spectacles bands
• Retainers and hooks are not encouraged
- 1 pc EZ Link card ID

Shop for OBS official merchandise at <https://go.gov.sg/obsshop>



Plastic Bags/ Re-sealable Bags
To keep your items dry during activities and to pack worn clothes and shoes

NAME
Put your valuables in a bag, label with your personal details e.g. name, class, school

Lipbalm
Broad brimmed Hat/cap
Sunblock
Insect Repellent, Sun Protection & Water Bottle
Must-haves to protect against insect bites, sunburn and dehydration.

For sun protection
Sunglasses
Tropical Lightweight Sleeping Bag
Gloves
Wrist-watch

OPTIONAL ITEMS

- Sufficient Tropical Lightweight Sleeping Bag or Mat
• Ensure that it is waterproofed
- 1 pair Gloves
- 1 pair Sunglasses
- 1 pc Rain Jacket
- 1 pc Wrist Watch

Here's how to pack effectively!

It is important to distribute the weight of your items in the backpack to ensure you have optimal balance when carrying it. Ensure all your items are strap down and avoid having it loose and dangling on your backpack.

IMPORTANT ITEMS



MOE-OBS Course Journal & Pen (put them in a re-sealable bag)

Place important personal items that you need easy access at the top of your backpack

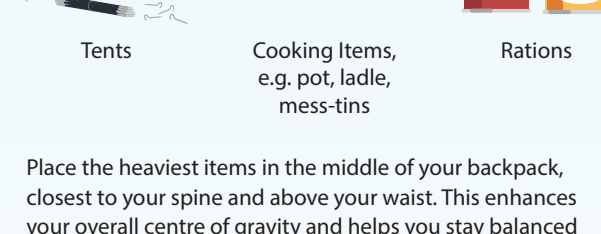
PERSONAL ITEMS



Label and waterproof your items in re-sealable or plastic bag, place items you will need later in the day at the bottom of your backpack.

These items help to form a structure for your backpack.

EXPEDITION ITEMS (provided by OBS and distributed among group members)



Tents, Cooking Items, e.g. pot, ladle, mess-tins, Rations

Place the heaviest items in the middle of your backpack, closest to your spine and above your waist. This enhances your overall centre of gravity and helps you stay balanced while carrying the pack.