



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

50 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?



After an **OBS COURSE**



I can make a **DIFFERENCE!**


3 How can I prepare myself for the course?



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



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



Inform Instructors if you're **ON MEDICATION** and bring **SUFFICIENT DOSAGE** for the duration of the course

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



SAFELY KEPT
during the
course

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

Hi! I'm your
INSTRUCTOR

Activities will be
**CONDUCTED
OUTDOORS**

I'VE NEW FRIENDS!



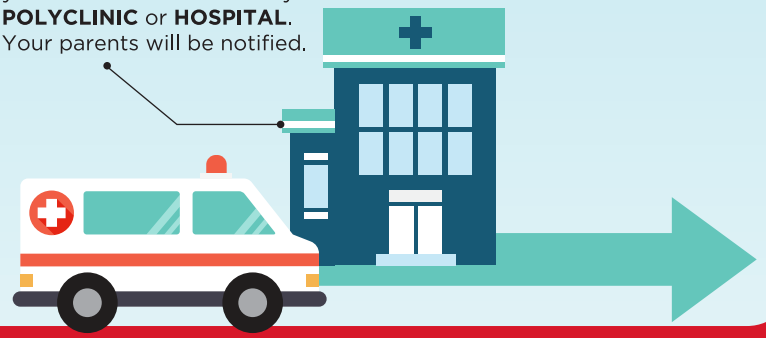
5 Where can I get medical attention during the course?

**IN THE EVENT OF
FAMILY EMERGENCIES
CONTACT YOUR
SCHOOL COORDINATOR**
Please state your **child's full name,**
school and the course



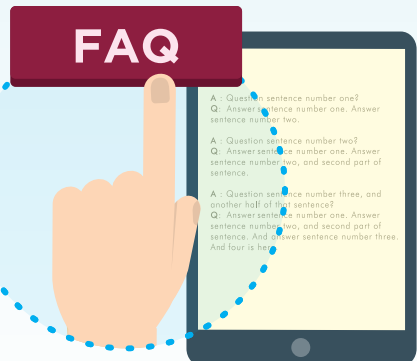
For any Doctor's consultation,
you will be sent to a nearby
POLYCLINIC or **HOSPITAL.**
Your parents will be notified.

Our Instructors &
Outdoor Nurse Practitioner will treat your
MINOR AILMENTS & INJURIES



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

CHECK OUT
<https://tinyurl.com/FAQOBS>



MOE-OBS CHALLENGE PROGRAMME 5-DAY EXPEDITIONARY COURSE PACKING LIST

This is a guide to help you pack for your 5-day expeditionary course at OBS. The appropriate quantity is dependent on the course duration, programme activities and individual preferred needs. It is important to have comfortable gear that will last the duration of the course. *Military or camouflage-print attire are **not** encouraged.

TICK	ITEM		QUANTITY
<input checked="" type="checkbox"/>			
<input type="checkbox"/>	T-shirts*	Long-sleeved (for sun protection and to minimise insect bites)	min. 4 - 5
<input type="checkbox"/>		Short-sleeved	min. 2 - 3
<input type="checkbox"/>	Shorts*	Suitable for physical activities	min. 2 - 3
<input type="checkbox"/>	Long pants*	Suitable for climbing activities/expeditions (three-quarter pants and jeans are not allowed)	min. 4 - 5
<input type="checkbox"/>	Undergarments	For personal hygiene (avoid disposables)	Sufficient
<input type="checkbox"/>	Towels	Hand (est. 30cm x 80cm) and bath towels (est. 60cm x 130cm)	min. 1 each
<input type="checkbox"/>	Shoes	Covered shoes for protection from underwater rocks, barnacles during sea/water activities	min. 1 pair
<input type="checkbox"/>		Covered shoes that are in good working condition, well cushioned for running and general outdoor/land activities	min. 1 pair
<input type="checkbox"/>		Sandals / Slippers for use during non-activity period, e.g. showering	min. 1 pair
<input type="checkbox"/>	Socks	Long enough to cover ankles to prevent blisters at heels	Sufficient
<input type="checkbox"/>	Personal protection	Insect repellent	min 1 each
<input type="checkbox"/>		Sun protection: Sunblock (SPF 30 or higher) and lip balm	
<input type="checkbox"/>		Others: Hat / cap and gloves	
<input type="checkbox"/>	Other personal items	Fork & spoon (non-disposable)	Sufficient
<input type="checkbox"/>		Essential Toiletries – incl. hand sanitizer, body powder or prickly heat powder, toilet roll (for camp out purposes), sanitary napkins for females only, small plastic bag(s) to dispose used toilet rolls, sanitary napkins etc	
<input type="checkbox"/>		Prescribed medication under own name e.g. inhaler, oral medication (all prescribed medication must be declared)	
<input type="checkbox"/>		Torchlight & spare batteries	
<input type="checkbox"/>		Writing materials – small notebook & pen	
<input type="checkbox"/>		If applicable, spare spectacles (include spectacles retainers/hooks*)	
<input type="checkbox"/>	Other equipment	1 litre water bottle: To contain drinking water e.g. hard-shell bottle (avoid mineral water bottles)	min. 1 bottle
<input type="checkbox"/>		Plastic bags / ziplock bags / trash bags for waterproofing of personal items, lining the inside of the expedition backpacks	min. 5
<input type="checkbox"/>	Optional Items	Quick drying synthetic clothing for wet activities e.g. rash guard, short tights...etc	Sufficient
<input type="checkbox"/>		After-sun lotion, wrist-watch, sunglasses	
<input type="checkbox"/>		Personal first aid e.g. plasters, antiseptic cream, ointment	
<input type="checkbox"/>		Thin sleeping bag / mat (ensure it is waterproof)	
<input type="checkbox"/>		Camera & spare battery (no charging facilities available)	