



**OUTWARD BOUND
HONG KONG™**

Participant Handbook For Journey Base Courses



Welcome letter

Dear Applicant,

I am very pleased to learn that you have enrolled in one of our courses. I am sure it will be a very rewarding and important personal experience for you.

I would like to take this opportunity to explain to you more clearly the nature of the challenges you will undertake, because in an unpredictable outdoor environment the risk is naturally greater than you would encounter in everyday life.

As you may know, all our courses are physically and mentally demanding. However, they are carried out within the different capabilities of the average person. The degree of difficulty varies depending on the goals that each group considers appropriate. Our staff will encourage you but will not compel you, and the necessary motivation and the resulting success of the course will rest with you and the group.

Your course may involve hill-walking and carrying backpacks weighing about 25% of your body weight. You may also be sailing, rowing, rock climbing or canoeing. When on expedition in Hong Kong, your group could be at least 2 hours from the nearest communication point

On our expeditions overseas, groups may be out of communication for several days. Emergency mobile phones, which our staff carry at all times, do not always work in the wilderness.

In winter, you may encounter cold and wet weather in the hills and at sea. However, the safety of your group is greatly strengthened by the experience of our staff, the training you will receive, proper equipment and the awareness you will develop. In summer, the weather can be very hot and humid. In Hong Kong, it is important to guard against the risk of heatstroke. However, acclimatization to heat by regular exercise before the commencement of the course will result in an increased tolerance for exercise in a hot environment.

I would like to stress once again the importance of pre-course conditioning. Start exercising regularly as soon as possible. It will significantly add to your enjoyment of the course. Since the establishment of Outward Bound® Hong Kong, more than 100,000 people have safely and successfully taken the challenge. It remains a precious, memorable experience that has a lasting impact on their lives. Soon you will be one of them as well.

I look forward to seeing you on the course.

Yours sincerely,

Nick Cotton
Executive Director



Contents

Welcome letter.....	1
Contents.....	2
General information.....	3
Outward Bound® objectives.....	3
Mental attitude.....	3
Outward Bound® training conditions and rules.....	3
Insurance.....	3
Sleeping arrangements.....	4
Care of Outward Bound® equipment.....	4
Medical matters.....	4
Valuables.....	4
Weather.....	4
Emergencies.....	5
Pre-course preparation.....	5
Technical equipment supplied by Outward Bound®.....	5
Required clothing and equipment list for courses.....	5
CLOTHING.....	6
FOOTWEAR.....	6
TOILETRIES.....	6
WINTER ADDITIONS.....	6
ADDITIONAL EQUIPMENT.....	7
Essential clothing all Courses.....	7
A note on footwear and ankle injuries.....	6
Special clothing list for courses on the Spirit of Outward Bound® Hong Kong.....	7
Tai Mong Tsai Courses.....	8
Start / Finish times.....	8
Public transport.....	9
Private Transport / Taxi.....	9
Souvenir shop.....	10
Parking.....	10
Map (From Sai Kung to Outward Bound®).....	10
Wong Wan Chau Courses.....	10
Start / finish times.....	11
Public transport.....	11
Private Transport / Taxi.....	11
Stay connected after your course ends.....	12

General information

Outward Bound® objectives

Outward Bound® helps people discover and develop their potential to care for themselves, others and the world around them through challenging experiences in unfamiliar settings

Outward Bound Hong Kong is the first accredited outdoor experiential education organisation within Asia
Ver: Oct 2017



Outward Bound® aims to stimulate personal development and generate understanding between people by:

- Encouraging participants to venture out of their comfort zone
- Setting new challenges in a demanding adventure programme and
- Providing an experience which inspires responsibility, self-reliance, teamwork, confidence, compassion and community service

Further to this, each course has specific learning outcomes that the facilitators will actively help you to achieve.

Mental attitude

A positive attitude is essential. You will be expected to:

- Demonstrate a commitment to the course and a willingness to try new and challenging things
- Push yourself and encourage your team-mates when engaging in challenging activities
- Make choices, take on responsibilities and learn new skills
- Test your self-imposed limitations

Outward Bound® training conditions and rules

To promote a healthy lifestyle, maintain a high safety standard and ensure that all participants focus solely on their training, the use of the following substances or devices is **strictly forbidden** on any Outward Bound® course.

- Alcohol, tobacco, illegal drugs
- Radios, personal audio items (MP3)
- Camcorders (video cameras) CD/MD/VCD players
- Electronic Games
- Mobile phones, pagers or any form of electronic communication devices.

Note: Anyone found using any of these may be asked to leave the course. The course fees will not be refunded.

Insurance

OBHK carries third party liability insurance. In the event of an accident or illness during the course requiring external treatment, government hospitals or clinics will be utilised, unless in the case of minor illness or accidents whereby private clinics may be used. Participants will be required to pay all private clinical costs. Participants can arrange their own personal insurance or join through the scheme offered by Zurich Insurance Company Limited to participants aged between 8 and 65 years. The scheme carries a maximum of HK\$500,000 in the event of accidental death or permanent disablement during any OBHK course, and HK\$20,000 for accidental medical expenses.

For full details, please visit www.outwardbound.org.hk

Follow these three steps: → Why Outward Bound? • → How to Enrol • → Insurance

Sleeping arrangements

Both on base in dormitories and while camping inside tents, participants will always be segregated by gender. There are no mixed-gender sleeping arrangements for any age group.

Care of Outward Bound® equipment

Training equipment is provided free of charge. If, through blatant misuse or carelessness, a piece of

equipment is lost or damaged, the person or team responsible will be liable to pay for the replacement cost.

Medical matters

Participants must complete the **Confidential Medical History and Physical Examination Record**. You must declare any pre-existing medical and psychological conditions, allergies and your recent medical history. Those who do declare any such conditions could be asked to submit a **Medical Clearance Form** that has been completed by a doctor. This is for the safety of everyone.

If a participant is taking any prescribed medication, such information should be declared on the **Enrolment Form**, and should also be given to the group instructor at the beginning of the course. This medication should be in its original packaging and accompanied by the doctor or pharmacist's instructions regarding dosage and frequency.

Participants with a history of asthma should bring two current inhalers with them.

Warning!

If during the course a participant is found to have wilfully withheld any information regarding pre-existing medical or psychological conditions from Outward Bound® Hong Kong, he or she may be asked to leave the course, and the course fees will not be refunded.

Valuables

You are discouraged from bringing valuables to the course. Your valuables (money, mobile phone, wallets, etc) will be collected for safekeeping at the beginning of the course and returned to you on the last day. Cameras (not video cameras) may be brought at your own risk. Outward Bound® Hong Kong will not accept responsibility for the loss of, or damage to personal belongings not handed in for safekeeping.

Weather

Please check the 9-Day Weather Forecast at the Hong Kong observatory before arriving at Outward Bound®. <http://www.weather.gov.hk/wxinfo/cumwx/fnd.htm>

What to do if the following weather warnings are hoisted on the first day of your course:
If the Hong Kong Observatory at 7:00a.m announces that a red or black rainstorm warning or typhoon signal No.8 is hoisted, the courses that start at 9:15a.m. will be postponed to 1:30pm. Participants should report to Outward Bound® at 1:30p.m on the same day.

If the Hong Kong Observatory at 12:00pm (noon) announces that a red or black rainstorm warning or typhoon signal No.8 is hoisted, all courses will be cancelled on that day. Participants should report to Outward Bound® at 9:15 a.m. on the following day.

We will try our best not to cancel or postpone courses due to bad weather, but sections of the course may change due to unforeseen circumstances.

While a course is in progress, participants WILL NOT be sent home but will be accommodated at the training bases.

Emergencies

An important part of the Outward Bound® experience is to get the participants away from city life. Therefore, it is our policy that participants DO NOT MAKE OR RECEIVE TELEPHONE CALLS whilst attending a course. Please make sure your family, friends and colleagues are aware of this.

In the event of an EMERGENCY ONLY, please call:

- During office hours (Monday to Friday: 8:30 am - 5:00 pm):
Outward Bound® Headquarters - 2792 4333
- After office hours:
Duty Co-ordinator – 9738 9779

Please be ready to provide the following information:

1. Participant's name	4. Caller's company, school or organisation (if applicable)
2. Course code	
3. Caller's name	5. Caller's contact number

Pre-course preparation

Your course will be much more enjoyable if you have done some physical preparation beforehand. We suggest that you try to incorporate 3 x 30 minutes of active exercise into your weekly routine. Walking, swimming, cycling, aerobics, running or other active sports are good; these together with some strengthening exercises will make a big difference. We recommend that a minimum conditioning program should be carried out for at least two weeks, preferably longer, prior to the start of your course.

Technical equipment supplied by Outward Bound®

Backpack	Sleeping Bag	Sleeping mat	Bowl and eating utensils
Cooking stove	Backpack (For Wild Camp)	Rain Jacket	1L Water bottle

Required clothing and equipment list for courses

The following list outlines the type and amount of clothing and equipment you should bring. The clothing items, such as sun hats and breathable long sleeve shirts and pants are used for protection from the sun and are essential to your safety and well-being; please ensure that you bring them. The instructors will screen all personal items very closely BEFORE you pack them into your rucksacks or bags for your journey.

Shower and washing facilities will be limited during journey courses.

CLOTHING	Minimum quantity
Sun hat with wide brim and retaining strap (Essential) A cap is ineffective in protecting the face and ears against sunburn. Choose light colours and 'breathable' materials.	1
Long-sleeved top (Essential) Synthetic material is preferable. These are compulsory for water activities and sun protection.	2
Long Pants/Trousers (Essential) Must be full length. NO JEANS - Jeans cause extensive chafing AND they become heavy and cold when wet	2
T-shirt Must have sleeves, (no vest tops/singlets)	1
Shorts	1
Underwear (sets)	Enough for the length of your course, plus spares
Lightweight rainproof jacket	1
Swimming costume	1
Bandana / BUFF / HAD type neck protector	1
FOOTWEAR	Minimum quantity
Wet shoes for water activities NO CROCS, SANDALS OR FLIP FLOPS – Shoes must provide full protection to the feet, including the heel, and no skin is to be exposed	1
Sports socks / Hiking socks (pair)	1 pair per day
Deep lugged high traction trail trainers or cross-training running shoes	1

TOILETRIES	Minimum quantity
Sunscreen (SPF 30 or higher)	1
After-sun lotion	1
Insect repellent Pack a small non-aerosol plastic bottle; do not bring an aerosol spray can as they can spray inside luggage. Do not bring mosquito stickers to avoid producing excess trash.	1
Tooth brush / tooth paste	Enough for the length of your course
Talcum powder	Enough for the length of your course
Tampons / sanitary napkins	Enough for the length of your course (if required.)
Wet wipes	Optional
Lip balm with sun block	Optional
Comb	Optional
Travel towel (Best if micro- or soft-fibre)	1

WINTER ADDITIONS	Minimum quantity
Warm long-sleeved shirt (polyester pile)	1
Fleece sweater (polyester)	1
Warm hat (polyester)	1
Gloves	Optional
Scarf	Optional
Warm outer jacket	Optional

ADDITIONAL EQUIPMENT	Minimum quantity
Watch (Waterproof and with a strong strap)	1
Sunglasses and retaining strap	1
Torch / headlamp and spare batteries (Best if waterproof)	1
Large and strong plastic bags (To keep personal items dry)	Several
Packable bar of soap and shampoo	For everyday use
Pen / pencil	1-2
Small notebook	1
Trekking poles, sports wrap or athletic tape Good for students with history of knee or ankle injuries	Optional
Sun Protective Gloves	Optional
Camera and adequate film	Optional
Swimming goggles	Optional
Please do not bring knives, razors, first aid kits, or expensive items that may become damaged or lost on your journey course.	

Essential clothing all courses

A note on footwear and ankle injuries

One of the most common injuries on an Outward Bound® course is an ankle twist or strain. Bringing appropriate footwear and using it correctly will help you to minimise your risk of such an injury. If you have a history of ankle injuries consider bringing sports wrap, tape or trekking poles. Discuss your history and concerns with your instructors at the start of the course, as they may have further recommendations.

A pair of deep lugged high traction trail trainers or cross-training running shoes are acceptable footwear: as seen in the pictures below.

Overly stiff boots along with motorcycle or industrial safety boots are not appropriate as these can cause blisters while hiking. Wearing tennis shoes, basketball shoes or other footwear that have shallow treads or do not offer adequate ankle support can lead to sprained ankles. If you already own a pair of hiking boots, please feel free to bring them with you, but please test them out prior to assure that they fit properly.

Special clothing list for courses on the *Spirit of Outward Bound® Hong Kong*

To ensure that you have a comfortable sea journey, we suggest you bring the following:

- Breathable, easy to dry, non-cotton based tops and pants (synthetic)
- You **MUST** bring a pair of trainers or deck shoes suitable for walking on deck, (refer to photos below)
- Wellington boots (for winter courses from November to March)

Examples of appropriate sun protective shirts and hats required for all courses.



Appropriate footwear required for Land Activities.



Trekking poles are recommended for all participants on land expeditions, especially those who have a history of ankle injuries.



Appropriate footwear required for Water Activities. If for sailing courses, please make sure plimsolls do not have black soles.



Sun Protective Gloves for Sea Kayak or Sailing expeditions are recommended especially in summer months to prevent sunburn.



Tai Mong Tsai Courses

All courses scheduled to run at Tai Mong Tsai Base will start at our base in **Tai Mong Tsai**. We will notify the participants if there are changes to the assembly time and/or place.

Address: 210 Tai Mong Tsai Road, Sai Kung, New Territories, Hong Kong

Start / Finish times

Course name	Start time	End time
Youth Adventure Course	9:15am	3:30pm
School/University Course		
Classic Achievers Course		
Leadership and Team Development Course		
Personal Development Course		
Youth Sea Course		

Public transport

From New Territories and Kowloon to Sai Kung Town:

Transportation	Bus No.	Route
Bus	92	Diamond Hill MTR Station to Sai Kung Town
Bus	94	Wong Shek Pier to Sai Kung Town

Bus	299X	Shatin New Town Plaza to Sai Kung Town
Bus	99	Ma On Shan, Heng On Estate to Sai Kung Town
Green Minibus	1A	Choi Hung MTR Station (Exit C) to Sai Kung Town
Green Minibus	1	Kowloon Bay (Telford Plaza) to Sai Kung Town
Green Minibus	101M	Hang Hau MTR Station (Exit B) to Sai Kung Town
Red Minibus	N/A - Sai Kung Pier	Dundas Street, Mong Kok to Sai Kung Town

From Sai Kung Town Centre to Tai Mong Tsai Base:

Bus No. 94 from Sai Kung Town to the Wong Shek Pier bus terminal (leaves every half hour and on the hour). **Bus stop: Ah Kung Wan**

Private Transport / Taxi

1. Via Sai Kung
 - Drive down Hiram's Highway to Sai Kung Town Centre
 - When you come to a roundabout, follow signs for **Pak Tam Chung**
 - You will encounter 2 more roundabouts, follow signs for **Pak Tam Chung**
 - Follow Tai Mong Tsai Road when you reach **Yan Yee Road** (Crossroads). Take a right turn.
 - Follow the road for 500M and pass through the green gate; you will eventually reach our base.
 - It takes about 5 minutes from Sai Kung Town Centre to our base.

2. Via Shatin
 - Go to the end of the Sai Sha Road following signs for Sai Kung until you reach the Mak Pin roundabout.
 - Take the first exit following signs for **Pak Tam Chung** and drive down the Tai Mong Tsai Road until you reach **Yan Yee Road** (Crossroads). Take a right turn.
 - Follow the road for 550M and pass through the green gate; you will eventually reach our base.
 - It takes about 3 minutes from Mak Pin roundabout to our base.



All courses held at Tai Mong Tsai Base end at 3:00pm. Parents and guests who wish to pick up participants are requested to arrive at the base no earlier than 2:30pm.

Souvenir shop

At our Tai Mong Tsai base we have a souvenir shop. The income from all souvenirs is used to subsidise deserving applicants in our community sector so that



they can participate in courses. Please check with your instructors if you are interested. Outward Bound merchandise can be found at www.outwardbound.org.hk. Your support is highly appreciated!!

Parking

There are no parking facilities at Outward Bound® Hong Kong. It is possible to drop participants at the entrance to 210 Tai Mong Tsai Road and then walk in for the remainder of the way. There is also a public car park near Tai Mong Tsai village on the left-hand side of the road, approximately 100 metres past the turn-off to our base.

Attention: For safety reasons, non-staff vehicles are prohibited from entering the base as a crowd-control measure. Please park and/or drop passengers off at the public car park nearby.

Map (From Sai Kung to Outward Bound®)



Wong Wan Chau Courses

All courses scheduled to run at Wong Wan Chau Base will start at Wong Shek Pier.

Start / finish times

Course name	Start time	End time
Youth Adventure Course	9:15am	3:30pm
School/University Course		
Leadership and Team Development Course		
Personal Development Course		

*We will notify the participants if there are changes to the assembly time and/or place

Warning!

Wong Wan Chau is a remote island that is not accessible by land and public transport. If you arrive late, you will have to arrange your own transport at your own expense, otherwise you will miss the chance to participate in the course. In the eventuality that you are unable to catch the ferry to Wong Wan Chau, There is still a possibility to book a 'water taxi' that may charge approximately \$600 for a one-way trip from Wong Shek Pier. However, there is no guarantee of a successful booking to be made on the day and highly likely to incur significant delays which will affect your course programme and other participants involved. Please arrive punctually. .

Pak Tam Chung is the gate to the Sai Kung Country Park, NO PRIVATE CARS ALLOWED WITHOUT PERMIT.

Public transport

Bus No. 94 from Sai Kung Town to the Wong Shek Pier bus terminal (leaves around every half hour)

Private Transport / Taxi

1. Via Sai Kung

- Drive down Hiram's Highway to Sai Kung Town Centre
- When you come to a roundabout, follow signs for **Pak Tam Chung**
- You will encounter 2 more roundabouts, follow signs for **Pak Tam Chung**
- Follow Tai Mong Tsai Road until you reach Pak Tam Chung.
- Pass through the country park gates until you reach Wong Shek Pier
- From Sai Kung Town Centre to Wong Shek Pier will take approximately 30 minutes



2. Via Shatin

- Go to the end of the Sai Sha Road following signs for Sai Kung until you reach the Mak Pin roundabout.
 - Take the first exit following signs for **Pak Tam Chung** and drive down the Tai Mong Tsai Road until you reach Pak Tam Chung
 - Pass through the country park gates until you reach Wong Shek Pier
 - From Mak Pin roundabout to Wong Shek Pier will take approximately 15 minutes.
- Participants will be transported back to Wong Shek Pier by ferry to catch the 3:30 pm No. 94 Bus to Sai Kung Town Centre.

Stay connected after your course ends

There is a variety of ways you can either find out information about Outward Bound® Hong Kong, or continue to support us after your course.

Website	http://outwardbound.org.hk
Enquiry	info@outwardbound.org.hk
Facebook / Instagram	Outward Bound Hong Kong
Twitter	http://twitter.com/Outwardboundhk