



## BALTIMORE CHESAPEAKE BAY OUTWARD BOUND SCHOOL

### WELCOME TO YOUR OUTWARD BOUND PROFESSIONAL PROGRAM!

Outward Bound works with professional groups worldwide in a variety of settings. At the heart of the Outward Bound experience is learning by doing. Outward Bound Professional programs use a variety of outdoor activities and exercises as vehicles for learning, reflection, and change.

### WHAT IS AN OUTWARD BOUND PROFESSIONAL PROGRAM?

Each activity is chosen carefully to address the unique strengths and needs of your group. Activities include problem-solving initiatives and complex group challenges that demand creative problem solving, collaboration, effective communication, and leadership. We tie these experiences together with opportunities to reflect on your actions and share what you've learned.

Each program offers clients the opportunity to climb on our beautiful wooded challenge course. We climb in a team context, just like the work you do back in the office. We use climbing to highlight the team strengths and strategies that emerge in a supportive and challenging environment.

### WHERE IS CAMPUS LOCATED?

Our campus is located in Baltimore's Leakin Park at [1900 Eagle Drive, Baltimore, MD 21207](https://www.outwardbound.org/locations/baltimore). The entrance to the park off Windsor Mill Road has ample parking. Continue walking down the service road until you start to see Outward Bound banners and our welcome area.

### WHEN DOES THE DAY BEGIN?

Programs usually begin at 9am, but your group may get going earlier or later so check with your organization's point of contact before heading to campus on the day of your program.

### WHAT DO I NEED TO BRING?

- Comfortable clothes to be outside all day. That might mean an extra layer, sun hat, or gloves.
- Comfortable closed-toe shoes (tennis shoes, lightweight hiking shoe or boot)
- Rain shell or windbreaker (or water repellent shell) weather dependent, if you have one. We have plenty of extras if you need one!
- Water Bottle

### WILL I HAVE ACCESS TO MY CELL PHONE?

We recommend leaving cell phone in your cars or with your belongings. If you require carrying your phone with you on the program, we ask that it be turned to silent in order to remain present and engaged.

### WHAT HAPPENS IN INCLEMENT WEATHER?

Your program will most likely be outdoors but you may be both indoors and outdoors throughout the day. We deliver programming rain and shine.

### WILL PARTICIPANTS BE REQUIRED TO DO ALL THE ACTIVITIES?

All of our programs use a "Challenge by Choice" philosophy that enables participants to define their own level of challenge in a supportive setting. During your program, all we ask is that you be accountable for yourself and others, be open to new experiences, and engage fully.

**FOR MORE INFORMATION AND FAQs, PLEASE VISIT [OUTWARDBOUNDBALTIMORE.ORG/PRO](https://www.outwardboundbaltimore.org/pro)**