



# OUTBACK TEAM BUILDING

THE ULTIMATE GUIDE  
TO OUTDOOR TEAM  
BUILDING



# THANKS FOR CONSIDERING OUTBACK TEAM BUILDING

Outback Team Building has over 25 years of experience executing team building, training, and coaching solutions for corporate groups throughout North America.



# TABLE OF CONTENTS

4

[About Us](#)

5

[Why choose us?](#)

6

[Part One: What is Outdoor Team Building?](#)

7

[1. Five Benefits of Outdoor Team Building](#)

8

[Part Two: Four Types of Outdoor Team Building](#)

9

[1. 7 Charitable Outdoor Team Building Activities](#)

10

[2. 5 Hands-On Outdoor Team Building Activities](#)

11

[3. 24 Physical Outdoor Team Building Activities](#)

14

[4. 12 Laid-back Outdoor Team Building Activities](#)

16

[Part Three: Your 25 Point Checklist For Planning and Hosting Outdoor Team Building](#)

20

[Simplify Your Outdoor Team Building Activity With Expert Help](#)

21

[Team Building Testimonials](#)

22

[Get in Touch](#)





# ABOUT US

At Outback Team Building, our mission is building relationships through memorable experiences.

We're passionate about helping teams—big and small—achieve their goals and address a wide range of business challenges. Whether you're looking to improve communication, foster collaboration, or celebrate success, we have over 60 unique and engaging activities designed to captivate, motivate, and entertain your group.

Since our founding, we've grown to become North America's leading provider of team building and training solutions, with thousands of events executed seamlessly across the continent. Our activities are tailored to fit individual group dynamics, ensuring your team has a fun and memorable experience every time.

We love what we do and pride ourselves on executing every event brilliantly. Our team takes care of all the details so you can sit back, relax, and know that your event is in good hands. Our clients consistently remark on the energy and passion our event coordinators bring to the table, helping create an outstanding experience for everyone involved.

At the end of the day, our goal is simple: to deliver an experience that not only entertains but also brings your team closer together.



# WHY CHOOSE US?

## WE'RE RECOMMENDED

With over 14,000 successful events under our belt and consistently high ratings from clients, we've become a trusted partner for organizations across North America. From startups to Fortune 500 companies, our clients love our passion, energy, and commitment to creating memorable team building events.

## WE'RE FLEXIBLE

No matter the size, goals, or dynamics of your team, we offer over 60 unique activities designed to fit your needs. Whether you're looking for an in-person event, a virtual experience, or a hybrid solution, we handle all the details so you can focus on what matters most: enjoying the event.

## WE'RE FAST

We understand that time is of the essence, which is why our event planning process is seamless and efficient. From initial booking to event execution, our dedicated support team works quickly to ensure your team building experience is stress-free and runs smoothly, even on short notice.



# PART ONE: WHAT IS OUTDOOR TEAM BUILDING?



*Getting outside with your coworkers is one of the best ways to build stronger, happier, more cohesive teams.*

## What is Outdoor Team Building?

Originally published in 2020, this guide quickly became one of our most popular resources—and it's no surprise why. Getting outside with your team is one of the most effective ways to break routine, build trust, and recharge morale. Outdoor team building creates shared moments that are memorable, energizing, and impactful.



In this updated edition, we've refreshed the content to reflect the needs of today's teams—balancing connection and flexibility, supporting hybrid collaboration, and offering experiences that meet your people where they are.

We'll cover four key types of outdoor activities—charitable, hands-on, physical, and laid-back—plus tips for picking the right venue, planning your day, and keeping things fun, smooth, and stress-free.





# 6 BENEFITS OF OUTDOOR TEAM BUILDING

Outdoor team building isn't just about fresh air (though that certainly helps). Research shows that not only does being in nature decrease anxiety, but it also improves cognitive function.

**Along with getting you out of the office and into the fresh air, outdoor team building has a huge range of other benefits to reap.**

## 1. Build Relationships Through Memorable Experiences

Shared experiences build trust. In fact, 75% of employees say team building improves communication with coworkers—especially across departments or locations.

**Source:** Peak Sales Recruiting

## 2. Get Out of the Office

No matter how much you love your job, sitting inside all day can lead to burnout. Outdoor team building provides a welcome change of scenery—one that encourages movement, laughter, and fresh thinking.



## 3. Re-Energize as a Team

Being outside isn't just good for individuals—it's good for teams. Research shows that time in nature can boost creativity and cognitive function, helping teams approach challenges with renewed energy.



## 4. Explore Your Location

Whether you're hosting a retreat, traveling for a conference, or organizing a local offsite, outdoor activities give your team a chance to engage with their surroundings in new ways.

## 5. Easy to Plan

Outdoor team building activities often come with fewer logistical headaches than indoor ones—especially for large groups. Parks, courtyards, and city streets offer flexible, accessible spaces with built-in energy and ambiance.

## 6. Support Well-Being

A study found that spending time in nature lowers anxiety and improves overall mental health—something every team can benefit from.

**In short? Outdoor team building strengthens teams from every angle: connection, creativity, well-being, and ease. And that's why it continues to be a smart, strategic choice for businesses of all sizes.**



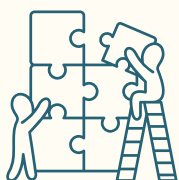
## PART TWO: 4 TYPES OF OUTDOOR TEAM BUILDING

*From charitable to hands-on and beyond, here are 48 outdoor team building ideas.*

What are the best outdoor activities that can help you bond with your coworkers and achieve your goals? From philanthropic efforts to chilled-out challenges, there are four main types of outdoor team building activities that we'll feature in this guide:



**1. Charitable Activities:** go out into your community and give back in a meaningful way.



**2. Hands-On Activities:** Create something tangible with construction challenges.



**3. Physical Activities:** Get your body moving with activities that will have you pushing your limits.



**4. Laid-Back Activities:** Strengthen connections with your colleagues while taking it easy.

**Let's dive into them each in more depth and detail!**







## 7 Charitable Outdoor Team Building Activities

*Giving back feels good—and brings teams closer.*

Research from the National Institutes of Health shows that charitable acts activate parts of the brain linked to trust, pleasure, and social connection. That “warm glow” translates into the workplace:

- **93% of employees** who volunteer through work report being happy with their employer
- **54% of employees** who are proud of their company’s social contributions are engaged at work

**These outdoor philanthropic activities help your team give back while building stronger bonds:**

**1. Random Acts of Kindness** - A smartphone scavenger hunt where teams race to complete 60+ good-deed challenges—like bagging groceries, sharing inspiring notes, or helping someone move.

**Recommended Venue:** Any city.

**2. Organized Charity Walk/Run** - Join a walk or run that supports a meaningful cause. Use Active Network to find and register for a local event.

**Recommended Venue:** Any city route or trail.

**3. Tree Planting** - Team up with a reforestation group like OneTreePlanted and plant trees to give back to the planet.

**Recommended Venue:** Organized planting site or city-approved green space.

**4. Flower Pot Decorating** - Decorate flower pots, add seasonal blooms, and donate them to a nearby nursing home.

**Recommended Venue:** Organized planting site or city-approved green space.

**5. Beach Cleanup** - Spend the day removing trash and recyclables from your local shoreline, lake, or riverfront.

**Recommended Venue:** Beaches, lakes, rivers, or public parks.

**6. Feed the People** - Assemble lunch kits or care packages and hand them out in your local community.

**Recommended Venue:** Any public area where outreach is appropriate.

**7. Community Garden Project** - Any public area where outreach is appropriate.

**Recommended Venue:** Schools, community centers, or unused land plots.



## 5 Hands-On Outdoor Team Building Activities

These activities are all about rolling up your sleeves and solving problems as a team. From building boats to mastering survival skills, each one encourages creativity, critical thinking, and collaboration.

**1. Cardboard Boat Building Challenge** - Teams design and build cardboard boats using just cardboard and tape—then race them across a body of water. Presentations add a fun, competitive twist before the big test: staying afloat.

**Recommended Venue:** Any outdoor location with a safe body of water (pool, pond, lake, or calm shoreline).

**2. Egg Drop** - Each group receives a raw egg and basic supplies (e.g. newspaper, tape, rubber bands) to build a contraption that protects the egg from a high drop. If more than one egg survives, increase the drop height until only one winner remains.

**Recommended Venue:** Any open outdoor space—parking lots or grassy areas work well.



**3. Incoming Tide Survival** - Teams are “stranded” on a sandbank and must build a structure—using poles and ropes—that lifts everyone off the ground before the (fictional) piranha-filled tide rolls in.

**Recommended Venue:** A sandy beach.

**4. Catapult Launchers** - Using basic materials like popsicle sticks, rubber bands, and bottle caps, teams build catapults in under 30 minutes—then launch items (water balloons, oranges, etc.) to see who can fire the furthest.

**Recommended Venue:** Parks or any open outdoor area.

**5. Survival Skills Workshop** - Learn fire-starting, shelter-building, and navigation with a compass or natural cues. Turn it into a competition or keep it educational—it’s a great way to build resilience and teamwork.

**Recommended Venue:** Forested areas or outdoor education centers.







## 24 Physical Team Building Activities

For teams that thrive on movement and momentum, these high-energy outdoor activities are a great way to build trust, boost morale, and have a ton of fun.

**1. The Olympiad Challenge** - Inspired by the Olympic Games, teams form “nations,” design flags, take the Olympic Oath, and compete in fast-paced physical challenges.

**Recommended Venue:** Local park or open field.

**2. City Chase** - A downtown scavenger hunt filled with trivia, video, and photo challenges centered around local landmarks.

**Recommended Venue:** Any city or urban environment.



**3. Beach Volleyball** - Set up a court, split into teams, and hit the sand. For a twist, try a giant volleyball to keep things lighthearted.

**Recommended Venue:** Beach or park.

**4. The Amazing Chase** - Inspired by The Amazing Race, this challenge combines problem-solving and physical activity across city landmarks and checkpoints.

**Recommended Venue:** Any city—great for conferences or retreats.

**5. Hiking** - Choose a trail and take your team into nature for some fresh air and informal connection. Bonus idea: start a monthly hike club.

**Recommended Venue:** Local trails via [AllTrails](https://www.alltrails.com).

**6. Corporate Castaways** - A Survivor-style event where teams form tribes and compete in both physical and mental challenges—like puzzle hunts or food dares.

**Recommended Venue:** Parks or large fields.

**7. Sports Day** - Host your own track-and-field day with events like sack races, tug-of-war, long jump, and relays.

**Recommended Venue:** Parks, fields, or schoolyards.



**8. Archery Tag** - Think dodgeball with arrows—safe foam-tipped ones. Teams compete for points by tagging opponents or targets

**Recommended Venue:** Check out [ArcheryTag](#), locations near you.

**9. Squirt Gun Fight** - Keep it casual (and cool) with a team water gun battle. A nostalgic, easygoing way to shake off stress.

**Recommended Venue:** Parks or large fields.

**10. Blind Retriever** - One team member is blindfolded and guided by teammates to retrieve an item using only verbal instructions.

**Recommended Venue:** Park, field, or beach.

**11. Ziplining** - Soar through the treetops and push personal boundaries with a local zipline course.

**Recommended Venue:** Book through a licensed ziplining company near you.

**12. Running Club** - Pick a route and run together—whether it's laps around the block or a scenic city loop.

**Recommended Venue:** Trails, parks, beaches, or mapped routes via [MapMyRun](#).

**13. Paintball**- Fast, tactical, and high-adrenaline. Great for more adventurous teams (but not everyone's cup of tea).

**Recommended Venue:** Local paintball facilities.



**14. California Kickball** - A hybrid of soccer and baseball—easy to learn and a lot of fun.

**Recommended Venue:** A hybrid of soccer and baseball—easy to learn and a lot of fun.

**15. Water Balloon Toss** - Toss water balloons back and forth, taking a step back with each round. Last team with a balloon intact wins.

**Recommended Venue:** Park, field, or parking lot.

**16. Wild Goose Chase** - A photo- and video-based scavenger hunt with quirky, creative challenges using a smartphone app.

**Recommended Venue:** Any city or neighbourhood.





**17. Capture the Flag** - Split into teams, hide your flags, and try to steal the other team's while avoiding capture.

**Recommended Venue:** Parks or fields.

**18. Ultimate Frisbee** - A team sport that balances competition and sportsmanship. Great for large groups.

**Recommended Venue:** Parks or school fields.

**19. Kayaking or Canoeing** - Hit the water for a relaxing paddle—just make sure everyone feels confident and safe.

**Recommended Venue:** Local lakes or rental locations.

**20. Freeze Tag** - Tag, freeze, unfreeze. Simple, effective, and always fun.

**Recommended Venue:** Parks, fields, or playgrounds.

**21. Rafting** - Plan a whitewater trip with a professional outfitter for a thrilling, guided adventure.

**Recommended Venue:** Local rafting companies.

**22. The Mine Field** - Blindfolded teammates navigate through a “minefield” of objects using only voice directions.

**Recommended Venue:** Park or fields.

**23. Campus Goose Chase** - A student-friendly version of Wild Goose Chase, with challenges centered around school life and campus landmarks.

**Recommended Venue:** Any college or university campus.

**24. Outdoor Yoga and Mindfulness** - Host a wellness session outdoors with yoga flows, guided meditation, or breathwork. Use an app or hire a local instructor.

**Recommended Venue:** Quiet parks, gardens, or beachfronts.



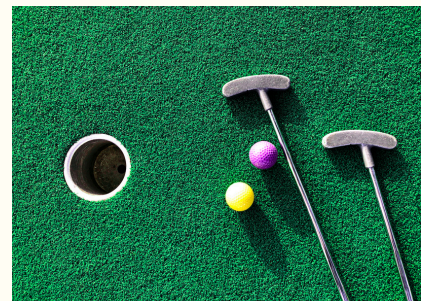
# 12 LAID-BACK OUTDOOR TEAM BUILDING ACTIVITIES



Not every team building experience needs to be high-energy. These easygoing activities are perfect for creating space to relax, reconnect, and enjoy the outdoors—together.

**1. Picnic Party Games** - At your next team BBQ, break out this lighthearted challenge: a smartphone-based game with goofy photo and video tasks like food-launching contests or koala-style tree hugs.

**Recommended Venue:** Any open park, green space, or beach.



**2. Mini-Golf** - Pair friendly competition with a casual vibe as teams take on the local mini-golf course.

**Recommended Venue:** Use [GolfLink](#) or Google Maps to find nearby locations.

**3. Live Sporting Event** - Head out to a baseball game, soccer match, or even roller derby. Book group seats or a suite for added connection and conversation.

**Recommended Venue:** Local stadiums or arenas—check for group discounts.

**4. Pebble Mosaic** - Collect stones, shells, and sea glass to create collaborative artwork in the sand or on grass. Bonus points if you pair it with a beach cleanup.

**Recommended Venue:** Beaches, lakesides, or grassy parks.

**5. Waterpark and Water Slides** - Cool off, kick back, and laugh your way through a day of slides and splash zones.

**Recommended Venue:** Find a waterpark near you using the [World Waterpark Association directory](#).

**6. Telescope Stargaze** - Build simple telescopes and stargaze as a team. Time your outing with a meteor shower for extra magic.

**Recommended Venue:** Any open field, beach, or dark-sky park.



**7. BBQ Potluck** - Everyone brings a dish, and the team gathers for a casual afternoon of food and connection

**Recommended Venue:** Parks, picnic areas, or beaches with BBQ pits.

**8. Pong Tournament** - Set up a long table and toss ping pong balls into cups. Play with water or adapt it based on your team's preferences.

**Recommended Venue:** Any park or open outdoor area..

**9. Badminton** - A flexible, laid-back racquet game you can play with or without a net—just add rackets and shuttlecocks.

**Recommended Venue:** Large parks, beaches, or open fields.

**10. Beach Day** - Pack towels, snacks, and sunscreen for a no-pressure day in the sun. Add light games like bocce, football, or sandcastle contests.

**Recommended Venue:** Any nearby beach.

**11. Outdoor Art Installation** - Design a collaborative artwork using natural or recycled materials, centered around a shared theme or company value.

**Recommended Venue:** Open grassy space or community gathering area.

**12. Cultural Heritage Scavenger Hunt** - Explore your city's history with a themed scavenger hunt that visits local landmarks and includes trivia or interactive tasks.

**Recommended Venue:** Historic districts, downtown cores, or museum-adjacent areas.





# PART 3: YOUR 25 POINT CHECKLIST FOR PLANNING AND HOSTING OUTDOOR TEAM BUILDING ACTIVITIES



***Keep this checklist close by when you're planning your next outdoor team building event to ensure everything goes off without a hitch.***

Planning an outdoor team building activity can be exciting—but it also comes with a unique set of logistics.

**Whether you're organizing a summer social, company retreat, or a one-off team activity, these 25 tips will help ensure your event runs smoothly, delivers value, and leaves your team feeling energized:**

## 1. Choose the Right Venue:

Your venue sets the tone for the day. Look for outdoor spaces that suit your group size, desired activity type, and accessibility needs. Parks, beaches, courtyards, and even open rooftops can all work well—just make sure to account for seating, shaded areas, and facilities.

## 2. Confirm Capacity and Layout:

Before locking in a location, check that it can comfortably accommodate your group, any equipment needed, and movement between stations. Bonus: Ask about layout diagrams or past event photos to help plan your space effectively.

## 3. Scout for Covered Areas:

Sunburns and downpours can derail even the most fun day. Covered pavilions, tents, or tree-shaded areas offer your team shelter from the elements. If your space doesn't have cover, consider renting tents.

## 4. Understand Permits and Regulations:

Public parks often require permits for group activities, amplified sound, and food service. Start early to avoid red tape. Ask the local Parks Board what documentation or approvals are needed for your event.

## 5. Prioritize Accessibility:

Ensure your location is easy to navigate for everyone, including those with mobility needs. That includes parking, paved walkways, restrooms, and activities that allow for inclusive participation.





## 6. Plan for Transportation:

Is your venue within walking distance of the office? Will you need a shuttle? Think through how people will get there and back—and factor in supplies, equipment, and potential traffic delays.

## 7. Think Through Parking:

Check how much parking is available and whether it's free or paid. If parking is limited, consider carpooling incentives or reimbursing transit costs.

## 8. Communicate What to Bring:

Before event day, send out a checklist to attendees with reminders like: dress for the weather, wear comfortable shoes, bring a water bottle, and pack sunscreen or bug spray.



## 9. Have a Rain Plan:

The weather doesn't always cooperate. If it rains, can you pivot to an indoor space or move your activity to another date? It helps to set a cutoff point (e.g., 24 hours before) for making a go/no-go decision.

## 10. Set Up a Hydration Station:

Dehydrated teams don't perform well. Have plenty of water available—whether that's a cooler with bottles or a refill station with reusable cups. Encourage everyone to drink up, especially on warm days.

## 11. Provide Snacks (or More!):

From light refreshments to full-blown catering, food brings people together. Whether it's trail mix and granola bars or a taco truck and BBQ, make sure your menu matches the duration and intensity of the day.

## 12. Consider Dietary Needs:

From light refreshments to full-blown catering, food brings people together. Whether it's trail mix and granola bars or a taco truck and BBQ, make sure your menu matches the duration and intensity of the day.



### 13. Don't Forget Restrooms:

No one wants to be stuck without a bathroom. If your outdoor venue doesn't have permanent facilities, rent portable ones. Check they're clean, stocked, and accessible to all participants.

### 14. Choose the Right Type of Activity:

Select team building experiences that suit your group's energy, personality, and physical comfort level. Think high-energy competitions, creative challenges, charitable give-back events, or laid-back games.

### 15. Consider Group Size:

Some outdoor activities work better for small teams, while others can scale to hundreds. Divide large groups into manageable teams with captains or facilitators to guide them.

### 16. Build in Breaks:

Outdoor events can be energizing—but also draining. Create a realistic agenda with time for rest, shade, food, and socializing between sessions. Breaks help people stay engaged and avoid burnout.

### 17. Appoint Event Helpers:

Enlist a few team members to help with check-in, supplies, timekeeping, or questions on the day of. Designating clear point-people keeps things moving smoothly.

### 18. Test Any Tech:

If you're using audio equipment, mobile apps, or Wi-Fi, test them in your venue beforehand. Outdoor conditions (like wind or signal drop-offs) can interfere with tech that works fine indoors.

### 19. Keep First Aid Nearby:

Have a basic first aid kit on-site and designate a few people who know where it is. It's also a good idea to communicate any emergency procedures and nearby medical services ahead of time.

### 20. Be Sustainable:

Opt for eco-friendly supplies like compostable plates, reusable water bottles, and waste sorting bins. Encourage everyone to leave the space cleaner than they found it.







## 21. Encourage Engagement:

Icebreakers, emcees, and creative challenges can help get people out of their shells. Don't be afraid to gamify the day with a scavenger hunt or team points system.

## 22. Customize to Your Culture:

Add small touches that reflect your team's personality: custom team names, fun swag, music playlists, or inside jokes. These details make the day feel unique and memorable.

## 23. Capture the Fun:

Assign someone to take photos or videos throughout the day. These snapshots make for great social media posts, internal newsletters, or keepsakes for your team.

## 24. Gather Feedback:

After the event, send out a quick survey asking what people liked and what could be improved. Their insights will help you make your next team building activity even better.

## 25. Celebrate Success:

Wrap up your event with a shout-out to team wins, MVPs, or best moments of the day. A little recognition goes a long way in reinforcing the value of coming together.

**With the right preparation, your outdoor team building event can go from a simple outing to a standout experience your team won't forget.**

Use this checklist to stay organized, thoughtful, and one step ahead—so everyone can focus on what really matters: connecting, collaborating, and having a great time outside the office.



# SIMPLIFY YOUR OUTDOOR TEAM BUILDING ACTIVITY PLANNING WITH EXPERT HELP



*When you partner with our team, you can find a solution that meets your needs—fast.*

Choose from 60+ team building activities, training workshops, and consulting programs that are:

- ✓ Recommended by 6,000+ corporate groups
- ✓ Offered anywhere in North America
- ✓ Available for any budget, location, and group size



**Speak with an expert today.**



# TEAM BUILDING TESTIMONIALS



"All of the participants really enjoyed our event. The Jewel Heist Escape Room was a lot of fun and a great way to have people collaborate and use their problem-solving skills."

**CVS Health (Escape Room Jewel Heist) 10/10**



"We have had a great experience with all of my contacts at Outback from booking to execution. Our event facilitator was wonderful, and all who attended raved about how fun the event was."

**Microsoft (Clue Murder Mystery) 10/10**



"The teambuilding event was a huge success. Everyone really enjoyed themselves and had an amazing time! Everyone that I talked to loved it. The format, the games, and the energy were fantastic. You did a great job, so we'll definitely be getting in touch for our next event."

**Sanofi (Corporate Castaways) 10/10**



"Great communications, super prompt! Everyone I dealt with accommodated my schedule, responded to me very quickly and made it easy to book my event. The day of the event was smooth and stress-free for me and my team LOVED it!"

**Amazon (Friendly Feud) 10/10**





## GET IN TOUCH

***Our dedicated team of Employee Engagement Consultants is available to speak with you from Monday to Friday, 9:00 a.m. until 5:00 p.m. your time, no matter what timezone you're located in.***

Ready to take your team's performance to the next level? Whether you're looking for professional development, team-building solutions, or customized programs, we're here to help. Our team will work with you to design experiences that meet your unique goals.

Let's build something great together—reach out today and discover how we can transform your team!

**If you'd like help planning your next event, get in touch with our team to receive your free quote:**



**1-800-565-8735**



**[info@outbackteambuilding.com](mailto:info@outbackteambuilding.com)**



**[www.outbackteambuilding.com](http://www.outbackteambuilding.com)**

**[Request a free quote](#)**

