

OP - PLAINS PACKING LIST

- **Requirement for Plains:** Everything from this list must be carried by the students themselves.
- **Borrowing equipment:** Items in **bold** can be borrowed from the OP store before the bag check.
- **Bag check:** students will be required to bring their fully packed bag (using the equipment list attached) to the OP store for checking.
- **Breakfast and lunch on the first day:** Day Students must bring. Residential Students will get it from the canteen.
- **Prioritise synthetic fabrics:** these are lighter, take less space, are efficient to regulate body temperature, and dry fast. Avoid cotton.
- **Sign this packing list:** on the day of picking up the equipment check if you have everything you marked on the list and confirm with your signature

Required for hiking	Required for camping	Required for cold weathers
Large backpack with hip belt and straps	Tent	Warm hat
Pack cover	Roll mat	Warm gloves/mitts
Waterproof pack liner (big bin bags work)	Sleeping bag	Thermal base layer for hiking and for evenings
Waterproof jacket	Sleeping bag liner	Sunglasses
Waterproof pants	Headlamp (with a set of new Batteries)	Buff or scarf for neck protection
Hiking boots	Plate, mug, knife, fork, spoon	Down jacket and/or warm fleece (not sweaters)
Water bottles or Camelbak (2L to 3L minimum)	Clothing for evening (different than what you hike in)	
Plastic container (for lunch)	Flip-flop/sandals/comfortable shoes for camp	
Hiking socks (wool)	Personal toiletries and personal hygiene items	
T-shirt(s)	Optional	Do not bring
Pair(s) of light shorts	Hand Sanitising lotion	Glass items
Long sleeve shirt(s)	Phones and cameras (owner's responsibility)	Single-use plastic (e.g. plastic bottles), cans, juice boxes
Pair(s) of light pants	Personal snacks (no nuts)	Junk food (e.g. sodas, crisps, energy drinks)
Sun hat	Ziploc-type bags for containing and protecting small items	Nuts (unless authorized by OP Coordinators)
Sunscreen	Personal medication (communicate with Trip Leader)	Unnecessary, heavy, fragile items and/or valuables

By signing, I confirm that I have received all the equipment from the packing list and that I bear the responsibility if something happens to that equipment.

Signature: _____ Date: _____

OP - PLAINS PACKING LIST

Plains Trip > write in CAPITAL LETTERS the trip name/date of departure:

Physical Expectations:

- You will experience moderate levels of physical activity, including hiking and walking on flat to gently sloping terrain. While not as demanding as steeper trails, expect longer distances and consistent walking that can still test endurance.
- Prepare for extended periods of walking, which could span several hours per day, with daily distances ranging from 5 km to 20 km. This will involve traversing natural paths and open plains, which may include grasslands, loose soil, or dry sand.
- Be prepared for extended exposure to the sun, particularly if walking during midday. The sun can be intense, and you will need to manage heat exposure carefully. Wear sunscreen, sunglasses, and a hat to protect yourself from sunburn, and bring a light jacket for cooler mornings or evenings.
- Comfortable, sturdy shoes with good arch support and grip are essential for walking long distances over various surfaces. Closed-toed shoes or lightweight hiking boots are recommended, and avoid sandals or shoes that could cause blisters. Be sure to carry a day pack with essentials, including sufficient water, snacks, and personal items.

Mental Expectations:

- The weather on the plains can be unpredictable. You might encounter periods of heat, wind, or sudden changes in temperature. Be prepared to adjust your clothing and mindset to stay comfortable in changing conditions. Whether it's managing the heat or dealing with a sudden gust of wind, remain flexible in your approach.
- Success on this trip relies on cooperation and teamwork. You will need to work closely with your group to ensure everyone stays on track and motivated. Share tasks like navigating, carrying group gear, and encouraging each other during longer stretches of walking. Collaboration and communication are key to a smooth and enjoyable experience.
- Maintaining a consistent and manageable pace is crucial for long-distance walking. Avoid rushing, as this can lead to fatigue or dehydration. Pace yourself to stay energized and engaged. Remember to manage your hydration regularly—drink water at regular intervals, even if you don't feel thirsty, as dehydration can sneak up on you in the heat.
- The Plains Trip may involve long stretches of walking without immediate landmarks. To prevent boredom or negative thoughts, stay engaged with your group and maintain a positive attitude. Keep conversation flowing, share observations about the environment, and take time to enjoy the surrounding landscape. A positive mindset will help everyone push through challenging moments and keep morale high.

Acknowledgement

I have read the trip debrief above and understand the physical and mental expectations of the trip. I confirm that my medical and dietary information on LIFE is up-to-date. I agree to follow all reasonable instructions given by the staff members in charge of this trip. I have read and am aware of all Outdoor Pursuits policies.

Signature: _____

Date: _____