

OP - REEFS PACKING LIST

- **Requirement for Reefs:** 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 trip and water activities	Required for camping (very warm at night)	Optional
Large backpack (can be duffle bag)	Tent	Hand Sanitising lotion
Waterproof pack liner (big bin bags work)	Roll mat	Phones, cameras, underwater camera (owner's responsibility)
Waterproof jacket	Sleeping bag or sleeping bag liner	Personal snacks (no nuts)
Rock/water shoes	Headlamp (with a set of new Batteries)	Sunglasses
Water bottles or Camelbak (2L minimum)	Plate, mug, knife, fork, spoon	Personal medication (communicate with Trip Leader)
Mask and snorkel	Clothing for evening (keep dry)	Books for long bus rides
Fins	Flip-flop/sandals/comfortable shoes for camp	Dry bag (waterproof)
Rash/UV/surf shirt (ideally long sleeve)	Personal toiletries and personal hygiene items	
Plastic container (for lunch)	Towel	Do not bring
Swim suit (culturally & environmentally appropriate)	Vaseline (to prevent chafing)	Glass items
T-shirt(s) (long sleeve as well for sun protection)	Socks	Single-use plastic (e.g. plastic bottles), cans, juice boxes
Pair(s) of light shorts	Ideal for scuba diving (can be provided)	Junk food (e.g. sodas, crisps, energy drinks)
Sun hat	Wetsuit	Nuts (unless authorised by OP Coordinators)
Sunscreen	Scuba diving log book	Unnecessary, heavy, fragile items and/or valuables
	Dive computer/watch	Laptops

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:** _____

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

Physical Expectations:

- Expect to participate in water-based activities such as snorkeling and light swimming. These activities will involve both buoyancy and swimming, so being prepared for the physical demands of moving through water is essential. You may spend extended periods in the water, so stamina and comfort are key.
- Swimming, even for short distances, can be physically demanding, especially in natural environments. Ensure you are comfortable swimming at least 50m, as you may be required to swim longer distances in open water, particularly when reaching specific reefs or areas of interest.
- The water conditions may vary throughout the trip. Be prepared for different current strengths, which can affect your swimming and snorkeling experience. Currents can be stronger in certain areas, requiring extra energy to maintain your position or swim back. The water temperature can also fluctuate depending on the time of day and location—expect warm tropical waters, but be prepared for cooler waters in certain areas or deeper spots.

Mental Expectations:

- Be ready to adapt to changing water conditions, as they can vary throughout the day. This may include fluctuating currents, visibility issues, or temperature changes. Pay close attention to safety instructions from guides or instructors and follow all protocols for safe swimming and snorkeling. Remain vigilant, especially if you encounter unexpected water conditions.
- Safety in the water is paramount. You will be working with a buddy system to ensure the safety of everyone. Always stay within sight of your buddy, check in regularly, and help each other out in case of difficulty. The buddy system is not just a safety precaution but a key part of the experience, as it enhances teamwork and ensures that everyone is supported.
- The water environment can be unpredictable. You may encounter surprises such as strong currents, unexpected marine life, or changes in water clarity. It's important to stay calm and composed when facing these challenges. If at any point you feel overwhelmed, signal your buddy or guide, and focus on deep breathing to calm yourself. Keeping a level head is crucial to enjoying the experience and ensuring your safety.

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: _____