

## OP - MINDFULNESS PACKING LIST

- **Requirement for Mindfulness:** We do not carry equipment, but we want to prepare for different types of weather.
- **Borrowing equipment\*:** Items in **bold** can be borrowed from the OP store before the bag check by depositing a refundable TZS 10,000\*\*.
- **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.
- **Prioritize synthetic fabrics:** these are lighter, take less space in the bag, are efficient to regulate body temperature, and dry fast. Avoid cotton.

Required for trip	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	Down jacket, sweater and/or warm fleece
Waterproof jacket	Sleeping bag liner	<b>Optional</b>
Waterproof pants	Headlamp (with a set of new Batteries)	Hand Sanitising lotion
Water bottles or Camelbak (2L to 3L minimum)	Plate, mug, knife, fork, spoon	Phones and cameras (owner's responsibility)
Plastic container (for lunch)	Clothing for evening	Personal snacks (no nuts)
Comfortable shoes	Personal toiletries and personal hygiene items	Ziploc-type bags for containing and protecting small items
Yoga mat or blanket for practices		Personal medication (communicate with Trip Leader)
T-shirt(s)		<b>Do not bring</b>
Pair(s) of light shorts		Glass items
Long sleeve shirt(s)		Single-use plastic (e.g. plastic bottles), cans, juice boxes
Pair(s) of light pants		Junk food (e.g. sodas, crisps, energy drinks)
Sun hat		Nuts
Sunscreen		Unnecessary, heavy, fragile items and/or valuables

\*Because some items are limited, we recommend students to bring their own, to borrow from other people, and/or to buy things affordably at Mitumba in town

\*\*See OP Policies to know about returning the equipment, not returning it, using it or breaking it.