

OP - REEFS PACKING LIST

- **Requirement for Reefs:** We don't carry equipment, but we must be ready for a warm, humid, sandy and salty environment.
- **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 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) (down jacket)	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***	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 authorized by OP Coordinators)
Sunscreen	Scuba diving log book	Unnecessary, heavy, fragile items and/or valuables
	Dive computer/watch	Laptops

*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.

*****About the choice of swimsuit: be mindful of 1. sun exposure and 2. culture in Tanga**