

## OP - RIDES PACKING LIST

- **Requirement for Rides:** Carry only what you need during the ride (not the camping equipment).
- **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 the trip and/or riding          | Required for camping                                       | Required for cold weathers, wind, sun                        |
|--|--|--|
| Bicycle and helmet                           | Tent   | Warm hat   |
| Large backpack with hip belt and straps      | Roll mat   | Warm gloves/mitts or cycling gloves                          |
| 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                            |
| Water bottles or Camelbak (2L to 3L minimum) | Plate, mug, knife, fork, spoon                             | Down jacket and/or warm fleece (not sweaters)                |
| Plastic container (for lunch)                | Clothing for evening (different than what you ride in)     |  |
| Cycling shoes                                | Flip-flop/sandals/comfortable shoes for camp               |  |
| Cycling socks (wool)                         | Personal toiletries and personal hygiene items             |  |
| T-shirt(s)                                   | <b>Optional</b>  | <b>Do not bring</b>  |
| 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           |

\*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.