

## 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
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.