

Outdoor Pursuits Packing List

Some specialist Outdoor Pursuits equipment may be borrowed from the **OP Store**, subject to availability. These items must be collected before the bag check and returned after the trip.

A **refundable deposit of TSH 10,000** is required when borrowing equipment from the OP Store. This deposit will be returned only if:

1. all borrowed equipment is returned,
2. the equipment is returned in the same condition it was issued, and
3. the equipment is returned within **48 hours of returning to campus**.

If equipment is lost, damaged, dirty, incomplete, or returned late, the deposit may not be refunded.

Carrying Equipment on Different OP Trips

Peaks Trips

Peaks trips require students to carry **all of their own equipment**. This includes personal clothing, food-related items, water, waterproofs, sleeping equipment, and shared camping equipment such as a **tent**. Students should be prepared to hike with a **full pack**, including a large hiking backpack with hip belt and straps. Peaks trips often involve more demanding terrain and can experience **wetter and colder weather**, especially at higher altitudes. Students must therefore be especially well prepared with waterproof clothing, warm layers, dry bags or pack liners, and suitable hiking footwear. For Peaks trips, packing light but properly is essential. Students should prioritise synthetic or quick-drying clothing and avoid unnecessary heavy items.

Plains, Rides and Reefs Trips

For **Plains, Rides and Reefs trips**, students do **not usually carry their full pack during the day**. Instead, students should use a **day backpack** to carry essential items needed for the activity. A day backpack should include:

- water bottles or CamelBak / packed lunch container
- rain jacket
- Sunscreen / sun hat / sunglasses
- personal medication
- small personal hygiene items, if needed

Larger bags, duffel bags, or main luggage may be transported separately or kept at camp/accommodation depending on the trip structure. Students should still pack carefully and be able to manage their own belongings.

Available to borrow (rent) from the OP store:

the OP team will also guide students on what is appropriate for specific trips during briefings

Item(s)	Peaks	Plains	Rides	Reefs
<i>Large hiking bag</i>	YES			
<i>Pack cover</i>	YES			
<i>Pack liner</i>	YES			
<i>Duffel bag</i>		YES	YES	YES
<i>Foam roll mat (sleeping mat)</i>	YES	YES	YES	YES
<i>Sleeping bag (specialised stock for Meru & Kili)</i>	YES	YES	YES	YES
<i>Sleeping bag liner</i>	YES			
<i>Hiking boots</i>	YES			
<i>Gaiters</i>	YES			
<i>Hiking poles</i>	YES			
<i>Waterproof jacket / trousers (combo)</i>	YES	YES		
<i>Mountain bike (26") & helmet</i>			YES	
<i>Snorkeling equipment (fins, mask & snorkel)</i>				YES
<i>Reef/rock shoes</i>				YES
<i>Long-sleeved UV shirt</i>				YES
<i>Food container (provided for residential students)</i>	YES	YES	YES	YES
<i>Cutlery (spoon, fork, knife)</i>	YES	YES	YES	YES
<i>Mug</i>	YES	YES	YES	YES
<i>Water bottle (1L)</i>	YES	YES	YES	YES

Students to pack (and when possible parents to check):

all clothing items should be appropriate physical activity and for Tanzanian culture

Item(s)	Peaks	Plains	Rides	Reefs
Hat	YES	YES	YES	YES
Re-usable water bottle (1L)	YES	YES	YES	YES
Headtorch or torch	YES	YES	YES	YES
Socks & underwear	YES	YES	YES	YES
Shorts (light-weight)	YES	YES	YES	YES
Trousers (suitable for activity / lightweight)	YES	OPTIONAL	OPTIONAL	OPTIONAL
T-shirts (synthetic fabric preferred)	YES	YES	YES	YES
Long-sleeved shirts (synthetic fabric preferred)	YES	OPTIONAL	OPTIONAL	OPTIONAL
'Crocs or slides or sandals' for campsite	YES	YES	YES	YES
Pyjamas (cotton items permitted) for sleeping	YES	YES	YES	YES
Towel (ideally small & lightweight, and 2 for Reefs)	YES	YES	YES	YES
Swimwear	OPTIONAL	OPTIONAL	OPTIONAL	YES
Personal toiletries (toothbrush etc.)	YES	YES	YES	YES
Sunscreen	YES	YES	YES	YES
Sunglasses	OPTIONAL	OPTIONAL	OPTIONAL	OPTIONAL
Personal medication (communicated to OP team)	NEEDS BASED	NEEDS BASED	NEEDS BASED	NEEDS BASED
Dry bag	OPTIONAL	OPTIONAL	OPTIONAL	OPTIONAL
Phone / camera	OPTIONAL	OPTIONAL	OPTIONAL	OPTIONAL
Mt. Meru and Mt. Kilimanjaro in particular				
Warm hat (beanie) & gloves	YES			
Thermal base layers	YES			
High quality warm fleece / down jacket (& buff)	YES			

Images below give a clear indication of what is appropriate to wear during trips

Outdoor Pursuits

Peaks



Plains



Rides



 **Synthetic t-shirt preferred**
Quick-dry • Lightweight • Avoid cotton

NON-NEGOTIABLES

1 Helmet



2 Good footwear



3 Daypack



Reefs



Summit gear for Mt. Meru and Mt. Kilimanjaro

