

O F F M  P

MANDATORY EQUIPMENT LIST

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TANZANIA 2024

Latest Update: September

Dear *Offmap* Student,

Congratulations on taking this important step in preparing for your journey. An essential aspect that will significantly impact your success in Tanzania is ensuring you have the right equipment.

Please carefully read this equipment list and examine each item's specific requirements. Your aim should be to keep your equipment as light and compact as possible, while maintaining good functionality and durability. *Offmap* students are exposed to extreme scenarios in the most remote places, therefore you will rely heavily on your gear to support you, and keep you safe. The items on this list have been chosen for maximum safety and operational adaptability across a range of environmental conditions. Mandatory items have been kept to only what's critical, because unlike many others out there, we believe in minimalism and giving you a choice. You are of course welcome to bring items not on the list - some ideas are listed here.






Make sure you bring all of the mandatory items on the list, as failure to do so may result in your exclusion from the expedition. This is a rule strictly enforced for safety. It is equally important that you learn and practice how to use your equipment, quickly and efficiently pack and unpack it, be able to find your items in the dark, and have the skills to make basic field repairs should any item fail.







When sourcing new items, we recommend you purchase the lightest and best quality products you're willing to afford. Most of this equipment will serve you for many years beyond your *Offmap* expedition. Ideally, a full kit should weigh no more than 14 kilograms (30 pounds) with all water, food, and gear loaded, but the best designed kits we've seen have weighed 10 kilograms or less. A light kit allows you to move fast and freely while conserving valuable energy, crucial aspects for success in the field.

Please don't hesitate to reach out with questions regarding your equipment or this checklist. Also note that separate memos with up-to-date information on travel, accommodation, scheduling, medical requirements for our destination, and more will be distributed.






Good luck with your preparation,






The *Offmap* Coaching Staff






STORAGE				
#	ITEM NAME	DESCRIPTION	QTY	CHECK
1	Backpack 	<p>A durable backpack of sufficient size to hold all of your mandatory equipment. Always use a pack that is suitable for your height and size, and not so big it impedes movement.</p> <p>Your pack should include a sternum strap. Make sure the pack is comfortable under load, is adjusted properly, and you have tested it in training.</p> <p>Packs designed for mountaineering are usually a good choice, as they are often modular and can be stripped down to reduce the overall size and weight of the pack, to suit what you're carrying.</p>	1 Pack	<input type="checkbox"/>
2	Light & Fast Pack 	<p>A small assault-style pack (approximately 10 liter capacity) for moving light and fast.</p>	1 Pack	Provided
3	Waterproof bag 	<p>A 2.5L-5L waterproof rolltop bag.</p>	1 bag	Provided
4	Trash bag 	<p>A large trash or garbage bag, minimum of 55L.</p>	1 bag	<input type="checkbox"/>
5	Water Containers 	<p>Two containers capable of holding a minimum of 2 liters.</p> <p>These may be hard plastic bottles, collapsible soft flasks, hydration bladders, or a combination. Do not bring glass!</p>	2 C'ntrs.	<input type="checkbox"/>






APPAREL				
#	ITEM NAME	DESCRIPTION	QTY	CHECK
6	Shirt 	One short sleeve athletic / moisture wicking t-shirt or top. Do not bring a cotton shirt!	1 shirt	<input type="checkbox"/>
7	Long sleeve top 	Long sleeve moisture-wicking top.	1 top	<input type="checkbox"/>
8	Shell Jacket 	For protection from wind and rain.	1 jacket	<input type="checkbox"/>
9	Pants 	These can be for hiking or trekking, or compression pants. Pants are useful for many things, such as skin protection from the sun, rocks and thorns, and for warmth at night.	1 pair	<input type="checkbox"/>
10	Offmap ID Bib 	*STANDARD ISSUE ITEM*  An Offmap ID bib will be distributed to you on arrival.	1 bib	Provided
11	Hat 	Baseball cap, hat, or boonie.	1 hat	Provided









APPAREL (CON'T)				
#	ITEM NAME	DESCRIPTION	QTY	CHECK
12	Socks 	One pair of performance material socks. We prefer wool trail socks, such as those made by Darn Tough, Bridgedale, or Icebreaker.  Some people like to change their socks. Feel free to bring more.	1 pair	<input type="checkbox"/>
13	Footwear 	Soft, comfortable boots or trail running shoes with an aggressive tread suitable for extreme terrain and off-road use. You need to be comfortable running, hiking, scrambling and standing for long periods in your footwear. Pick your size carefully - blisters only happen due to ill-fitting shoes.  Insulated footwear is not recommended for conditions in Tanzania.	1 pair	<input type="checkbox"/>
14	Gloves 	Gloves for manual work and blister prevention. Tactical gloves perform well in hot conditions.	1 pair	<input type="checkbox"/>
14 A	T-Shirts 	Unwanted T-Shirts of any color and design, generally sized for an adult and in wearable condition.	5 shirts	<input type="checkbox"/>
EQUIPMENT				
15	LED Headlamp 	The headlamp must have new batteries installed. Two extra sets of spare batteries must be brought in a waterproof container (such as a Ziploc bag or waterproof roll-top bag)..  Adjustable brightness and waterproof features are highly recommended.	1 light	<input type="checkbox"/>





EQUIPMENT (CONT'D)				
#	ITEM NAME	DESCRIPTION	QTY	CHECK
16	Backup light 	Your backup light may be a handheld flashlight, headlamp, or other light source capable of being used for navigation at night for extended periods. If your primary light fails, you will switch to the backup.	1 light	<input type="checkbox"/>
17	550 Paracord 	30 meters / 100 feet in a single length.	1 length	Provided
18	Carabiners 	One locking and one non-locking carabiner rated for climbing use.  If you are unsure if it's rated for climbing, seek assistance and purchase only from a reputable climbing brand.	1 lock  AND  1 snap	<input type="checkbox"/>
19	Filter & purification tablets 	One portable water filter (Lifestraw and Katadyn Befree are options) and one unopened packet of water purification tablets for purifying drinking water.  If using a bottle design, this should be brought in addition to your two water containers.	1 filter  AND  1 tabs	Provided
20	Cup or bowl 	Metal cup or bowl with a capacity of at least 230 ml.  Think about lightweight materials that can withstand heat and fire in case you need to boil water.	1 cup  OR  1 bowl	<input type="checkbox"/>

EQUIPMENT (CONT'D)				
#	ITEM NAME	DESCRIPTION	QTY	CHECK
21	Chemlights or flashing lights 	Chemical light / cyalume sticks, 10 to 12 hour versions, in any color. Alternatively, a small battery operated flashing light, such as red blinking safety lights.	4 chem  OR 1 flash	Provided
22	Mobile Phone 	Mobile phone, fully charged, capable of making emergency calls overseas.  Must be stowed in your waterproof bag (regardless of whether the phone is rated as waterproof or not, as damage to the screen or case can compromise this ability).	1 phone	<input type="checkbox"/>
23	Marker pen 	One permanent marker (such as a Sharpie). This should be new or unused. Any color is acceptable.	1 pen	Provided
24	Multitool 	Any kind of multitool. A quality model with a good blade will perform better. There's no need to bring a machete.	1 tool	<input type="checkbox"/>
25	Bivvy 	Lightweight polyethylene, heat reflective emergency bivvy.	1 bivvy	Provided

EQUIPMENT (CONT'D)				
#	ITEM NAME	DESCRIPTION	QTY	CHECK
26	Tarp 	Waterproof rain fly or ground sheet / tarp.  2m x 2m is the recommended size. This can be used for all sorts of things, including makeshift shelters.	1 tarp	<input type="checkbox"/>
27	Small Medical Kit 	Small and lightweight kit that <u>should include foot care items</u> to treat blisters. A medical team will be present, however participants will be expected to take care of any minor issues to allow the team to be available for any serious situations.	1 kit	<input type="checkbox"/>
28	Toilet Paper or Wet Wipes 	One roll recommended to be placed in a waterproof container or bag, or a small packet of wet wipes.	1 roll  OR  1 pack	<input type="checkbox"/>
OPTIONAL & RECOMMENDED				
#	ITEM NAME	DESCRIPTION	QTY	CHECK
1a	Fleece or Down Jacket 	A fleece or down filled jacket will protect you from the cold, especially as you become fatigued. Your jacket should be able to withstand abuse from your pack and extreme activity.	1 jacket	<input type="checkbox"/>
1b	Shorts 	For breathability and flexibility, allowing for fast movement.	1 pair	<input type="checkbox"/>

OPTIONAL & RECOMMENDED (CONT'D)				
#	ITEM NAME	DESCRIPTION	QTY	CHECK
1c	Underwear 	Undergarments/underwear. Compression is optional.  Be aware of the potential for poorly fitting underwear to cause chafing and discomfort.	1 pair	<input type="checkbox"/>
1d		Long sleeve "safari" style shirt with rollable sleeves for sun and bug protection.	1 shirt	Provided
1e	Gaiters 	Ankle gaiters help keep dirt, sand and other debris out of your shoes.	1 pair	<input type="checkbox"/>
1f	Duct Tape 	Short or compact roll of duct tape of any size. Any color or brand is acceptable.	1 roll	<input type="checkbox"/>
1g	Sealable bag 	1 gallon (3.78 liter) sealable Ziploc style bag(s) for storing items.	1 bag+	<input type="checkbox"/>
<del>1h</del>	Matches 	<b>REMOVED</b>	<del>1 box</del>	<del>removed</del>

**OPTIONAL & RECOMMENDED (CONT'D)**

#	ITEM NAME	DESCRIPTION	QTY	CHECK
1i	Medication 	A sealable Ziploc style bag containing any prescription medications.  This <b>MUST</b> be accompanied by prescriptions, along with a printed list of your medications and what they are used for.	1 bag	<input type="checkbox"/>
1j	Sunscreen 	Sunscreen. Waterproof and high SPF recommended. Lip sunscreen is also recommended.	1 tube	<input type="checkbox"/>
<b>FOOD &amp; HYDRATION</b>				
29	Calories - Food 	No food is allowed to be brought into the field. Food will be part of the expedition, and adequate calories will be provided per student. Sufficient water will also be provided.  Plant-based (vegetarian / vegan) students and gluten intolerant students will have options. Just like any other travel, you are solely responsible for managing your own allergies / intolerances.	None	<input type="checkbox"/>
30	Electrolytes 	You must bring enough electrolytes for 3 days use. These can be salt tablets, drink powders, dissolvable tablets etc. We prefer slow release tablets as they do not require adding to a bottle, do not cause leaks etc. Caffeine is permitted. Use it wisely.  It is critical to test your electrolyte plan during training. Ensure you follow the recommended dosages.	3 days	<input type="checkbox"/>

**HYDRATION CRITICAL INFORMATION REQUIREMENTS (CIR)**

Humans can survive for about 3 weeks without food, but only 3 days without water before vital bodily functions begin to fail. It is your responsibility to avoid putting yourself in a position to test this out (and us having to rescue you) by closely monitoring your fluid and electrolyte intake during the expedition.

Optimum hydration means consuming the right amount of electrolytes (sodium, potassium, calcium, and magnesium) at the right time. Note it is possible to overload or under-supply the body, in turn compromising physical performance and incurring detrimental effects. Do not assume you will have ample time to stop and rest during the expedition.

Coaches and the medical team may, at their sole direction, check any student’s well-being and hydration levels at any time to ensure that enough electrolytes are being consumed for the duration of the event. Medical staff have the final decision as to whether an individual is properly hydrated, and may remove any student from the expedition at their discretion if they deem the situation to be dangerous to the student’s health.

If you have specific questions about nutrition and hydration, please reach out to us.

<p><b>DO:</b></p> <ul style="list-style-type: none"> <li>● Hydrate normally in the days prior to leaving for the Expedition</li> <li>● Avoid alcohol where possible, and large doses of stimulants such as caffeine</li> <li>● Eat clean, healthy food that doesn’t overly tax your body’s digestive system</li> </ul>	<p><b>DO NOT:</b></p> <ul style="list-style-type: none"> <li>● Arrive without consuming adequate pre-expedition nutrition and hydration.</li> <li>● Try hydration products in the field that you have not tested during training.</li> <li>● Consume items that are diuretics, or cause the need to use the bathroom more often or less often.</li> </ul>
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