

Kit list – Croatia 2017

When packing you need to be thinking of the minimum amount you can take whilst remaining comfortable and safe. Check your airlines baggage and hand luggage allowance and ensure to weigh your bag before you go. You want to be aiming for light, compact, durable, quick-drying and versatile equipment. The list below is essential kit – unless stated as optional. If you have specific questions please do not hesitate to contact your Opwall office or email matija.drakulic@gmail.com.

Item	Advice	Tick box
Rucksack or holdall (50 - 70L)	Won't need to carry the bag too far, therefore a rucksack is not essential. Avoid bringing a hard suitcase.	
Waterproof plastic bags (optional)	Supermarket zip lock bags are perfect (varying sizes). Not essential but handy	
Small day rucksack (20L)	You'll be using this for fieldwork and hand luggage during travel.	
Light/thin sleeping bag or single duvet cover	Still warm at night so a single duvet cover or thin sleeping bag is perfect and cheaper.	
Sturdy trainers	Make sure these have firm ankle support, semi-flexible sole and good grip – something you are comfortable in. Walking boots are not necessary.	
Sandals/flipflops	Anything that is comfortable to wear on the boat and beach that allows your feet to air and has a steady grip.	
1 pair of lightweight long trousers	Make sure they are loose, otherwise mosquitoes will bite straight through. Even better if they zip off to form long shorts.	
2 - 3 pairs shorts	See comment above	
7 t-shirts	Loose fitting is best and fast drying is useful. Avoid bright colours as it may scare the wildlife when surveying. Cotton t-shirts from retailers such as Primark, Wal-Mart, Target or your local budget shops will suffice.	
1 loose long-sleeved shirt/top	Something loose and lightweight to avoid mosquito bites. Linen/light cotton is good.	
Underwear	Enough for 2 weeks	
Nightwear	Something comfortable to sleep in, bear in mind you will be sharing single-sex accommodation with 4 -8 others and it will be hot.	
Walking socks	Enough for 2 weeks	
Hat with brim	Prevent sunburn/dehydration/sunstroke which is a big risk. You'll be out under sunlight for a lot of terrestrial surveys, on the boats and the beaches	
Small towel/sarong	Travel towel, small/thin towel or a sarong (doubles as a bed sheet/skirt). Do not bring a standard towel.	
Water bottle/platypus	At least 2 litre capacity – ESSENTIAL. Many prices and styles available.	
Head torch or hand torch	Petzl and LED Lenser are ideal for night surveys to see wildlife (but can be expensive).	
Spare batteries (optional)	Good idea to have spares for any electrical equipment like your head torch. Share with others to save room.	
Wrist watch with alarm/phone	Or something to wake you up in the morning (phones will do but charging facilities are not always available)	
Toiletries (please try to bring biodegradable soap/shampoo)	You need to minimise your impact on the environment. Most biodegradable soaps are multi-use so you only have to bring one bottle. Team up with others to minimise baggage.	
Personal Medikit	This should include: Sun cream (SPF 25+), Aftersun, Insect	

	repellent, antihistamine tablets/creams, hydrocortisone cream, paracetamol, ibuprofen, rehydration salts, antiseptic wipes, elastoplasts (waterproof), blister plasters, seasickness tablets if you suffer from this and sanitary towels/tampons if needed. Again team up with others to avoid excess luggage.	
Talcum/baby powder	Useful to keep your feet dry after marine activities	
Sunglasses	Bear in mind they might fall overboard	
Notebook and pencil	You will need to take notes during lectures.	
European Adaptor plug (optional)	You will get chance to charge electrical equipment	
Camera (optional)	If you have one bring it – you will come back with some amazing pictures. Consider a disposable camera if you are worried about safety/dirt/heat. Keep it in a ziplock bag. Underwater cameras would be a great idea whilst snorkelling.	
Binoculars	You will so much more if you bring binoculars with you. Consider bringing your own or teaming up with others to bring a few per group. Ideal to have a few pairs amongst the group. Inexpensive pairs are available on Amazon (8x40).	
Wetsuit	You will need to bring a 5mm thick full wetsuit as the water can still be cold even during the summer.	
Booties or teva sandals	We recommend to bring these as you will be entering the water from the beach.	
Dive Equipment (Dive hire is available at additional cost)	N.B. Weights, dive belts and full scuba tanks are provided free of charge. All the other equipment you need for diving (mask, snorkel, fins, BCD, regulator) can be rented on site.	
Swimwear (1 – 2)	Something that you can wear underneath your wetsuit	

In your hand luggage

Unfortunately, with working in such remote locations often involving numerous flights and forms of transport, luggage can go missing. It is best to be prepared just in case, so we therefore recommend that you carry essential items and spare clothing in your hand luggage. Please find below a list of what to include in your hand luggage:

- Anything valuable-(inc passport and money)
- Any medicine-(original packaging/labelled)
- Change of clothes
- Spare underwear
- Toothbrush
- Wet wipes
- Head torch
- Swimwear

Additional documentation you need to bring to Croatia is **2 copies of your passport, any visa documentation you need, a copy of your insurance** (if separate to your school insurance), **your PADI manual, PIC and copies of your PADI and Medical forms**. Make sure to carry this in your hand luggage. (NB We ask for 2 passport copies in case your passport does go missing, so keep a copy in both your hand luggage and main luggage, separate to your actual passport).

Clothing

Note that it is a good idea to keep one set of clothing clean for your flights to and from country, this makes your travel and the people around you more comfortable (as hard as you try, you will sweat). Label your baggage, clothes and kit; there are many volunteers, and some may have the same or similar items to you. Unfortunately valuables are very occasionally at risk, so please only take what is vital for your expedition.

Dive equipment

There is dive equipment hire available. **Please ensure you have informed us and paid for this in advanced otherwise we cannot guarantee access to dive gear.**

Food

When on expedition 3 meals a day are provided. Special dietary requirements are catered for fairly easily. If there is anyone with food allergies you **must** let us know as soon as possible. You are welcome to bring/buy snacks/additional meals.