



Indonesia Terrestrial & Marine Schools Expedition Kit List

This document is a guide to the expedition kit you will need for your expedition based on what you will be doing in Indonesia and the experience of previous expeditions.

When packing you need to be thinking of the minimum amount you can take whilst remaining comfortable and safe. For Indonesia the internal flights limit is **only 20kg of hold luggage** (please refer to the main training video for details) and 7kg of hand luggage (although we have never known them to weigh this, so please put heavy things in your hand luggage), therefore you need to aim for light, compact, durable, quick-drying and versatile equipment. The list below is essential kit – unless stated as optional. If you have any questions please do not hesitate to contact your local Opwall office. The Indonesia Project Leader can also be contacted: Mo Johnson, Indonesia: +62 8124 572 4054 or indonesia@opwall.com or the Opwall UK office: +441790 763194 or indonesia@opwall.com

Summary Checklist	Tick off once you have gone through each section of your kit list	Tick Box
Kit list video	Ensure you watch the kit list video that accompanies this pack	
Documentation	What documentation you are required to bring on site.	
Hand luggage	What to include in your hand luggage.	
Terrestrial Kit	What to bring for the terrestrial part of your expedition.	
Marine Kit	What to bring for the marine part of you expedition.	
Clothing essentials	Clothing that you will require on site.	
Toiletries	Guide to the toiletries you will require.	
Medical Kit	Essential medical kit for the expedition.	
Optional extras	Items you may want to consider bringing.	
Resources	Suggested resources to learn more about the region before your expedition.	
Purchasing advice	Where you can buy expedition equipment.	
Money	What money you need and the easiest way to bring it to site.	
Food	What food to expect on site.	

Documentation		Tick Box
Insurance documents	Please bring 3 photocopies of your Travel insurance documents with you. One to hand in at both the forest and marine site, and one to keep with you. Not applicable if your school is providing travel insurance cover.	
Photocopy of passport	Please bring 4 passport photocopies with you (each on a separate piece of A4 paper) as you will need to hand these in at each camp.	
Visa copy	Please bring 3 photocopies with you. One to hand in at both the forest and marine site, and one to keep with you.	

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 to go without your large bag for a few days, just in case, so here is what we recommend you pack in your hand luggage.

Hand Luggage		Tick Box
Valuables	Including passport, money, and any expensive equipment (e.g. camera)	
Personal medicine	Must be in original packaging. Please bring any medication you require personally, such as inhalers, epipens, as well as your malaria tablets	
Change of clothes	Including spare underwear	
Head torch /head lamp	Essential for your expedition. – Red light setting for terrestrial night surveys is ideal	
Toiletries	Tooth brush and wet wipes, deodorant.	
Sleeping bag/liner	If you have to borrow a sleeping bag it is always nice to have your own liner to use.	
Walking boots	Wear these on the plane, reduces weight in your bag and makes sure you don't lose them.	
Fleece/thick top	Wear this on the plane, it will keep you warm, and also saves space in your luggage	
Documentation	Listed on other page, these documents need to be in your hand luggage	

Terrestrial site equipment

Below is a list of essential equipment required for the terrestrial element of your expedition. Please note that unless clearly stated, everything here is completely essential.

If you do wish to buy any of these we strongly suggest that you call the agents that we work with directly (see purchasing advice) as they will be able to provide you with both excellent advice as well as giving you information on their best deals!

Terrestrial Kit	Remember you only have 20kg baggage allowance for your internal flights!	Tick box
Rucksack/Backpack	We recommend at least 50L capacity with good back support and a waistband. Need to fit you well and be comfortable as you will need to carry this bag on a trek lasting up to 2hrs. Hold alls and suitcases are not suitable and will not be permitted in the forest.	
Rucksack waterproof cover & waterproof liner bag	It can rain quite heavily in Indonesia, and you will be carrying your bag to camp. A cover will help to keep your kit dry. The pack ideally needs to have a waterproof liner/bag into which everything is packed inside (a water-proof cover helps keep a bag looking clean, but a large garbage bag into which everything is packed and can be sealed inside is the easiest solution for keeping everything dry).	
Small day rucksack	20-30L. Used for your surveys to carry your water and equipment, so ensure a comfortable fit. Use this as your hand luggage on flights. Waterproof cover recommended.	
Waterproof plastic bags and/or dry bags	It rains a lot in Indonesia so these are very useful to keep the water out of your kit and clothes. You can line your rucksack with a bin/garbage bag and have smaller bags for clothes and items like your camera. Silica gel packets can help keep equipment dry. Bin bags can also be used for taking wet clothes out of the forest at the end.	

Terrestrial Kit (continued)

Kit	Remember you only have 20KG for your internal flights!	Tick box
Sleeping bag and/or liner or cotton sheet	Lightweight, 1-2 seasons. A light sleeping bag is recommended – the temperature rarely drops below about 20 degrees. You may also want to bring a sleeping bag liner as in warmer conditions these can be more comfortable and they are very light.	
Hiking boots/Jungle boots or Wellington/Rubber Boots	For trekking. They need to be waterproof and quick drying, as the forest can be very wet and muddy. They also need to have a good grip. Walking boots provide considerably better ankle support but will not dry at any point if it rains. Wellies are more reliable to keep water out and dry quicker but offer less support. You will likely have wet feet at somepoint on survey so whichever option you go with you'll have to accept that.	
Walking gaiters (Optional)	As mentioned, it can be very wet and muddy in the forest. Gaiters can help to keep your boots and the bottom of your trousers dry when wearing hiking boots. Please note these are optional and not a requirement.	
Hiking sandals	For river crossings and are essential. Must have a good grip and fit your feet well. TEVA style sandals are recommended. Flip flops or dive booties are NOT suitable for river crossings.	
Footwear for camp	It is absolutely essential that you change into dry footwear when returning to camp after survey. A pair of cheap flip-flops or similar are ideal, or an old pair of trainers to cover for insects.	
Quick dry towel/sarong	Quick dry travel towel or sarong is best. A standard bath towel will not dry.	
Water bottles or platypus /camelback hydration system	You must have the capacity to carry at least 2L of water with you (can be in multiple containers if needed). A combination of leak-proof plastic bottles (total capacity 2 litres) is imperative. The 'hydration systems' on the market (Platypus, camelback, Ortileb) have the advantage of packing flat when not in use.	
Head torch/head lamp, with red light setting	Essential as there is no electricity at night in the forest and you will need this for the night time surveys. Night surveys require strong headlamps, a red light setting will be less attractive to insects and is needed for the bat surveys. It is highly recommended that you bring a head torch that has a rechargeable lithium battery rather than single use batteries.	
Spare batteries	For head torch, camera etc. Batteries not available to buy on site. Rechargeable batteries where possible. If you are planning on bringing an external power bank, these cannot be put into your hold luggage.	
Waterproof watch with alarm	To wake yourself up early for surveys. Doesn't have to be expensive.	
Waterproof jacket/poncho	You only need a very lightweight waterproof jacket or poncho, as it is very humid. Pac-a-mac or similar would be ideal as it they pack down very small. Heavyweight Gore-Tex raincoats are pointless – they are hot and may get snagged and torn. Some people would rather not worry about trying to keep dry in the forest because it rains so much and it is almost impossible to stay dry, however if it's raining during the night and you need to go the bathroom - you may regret not bringing anything.	
Padlock	Useful for locking your pack in the forest, and for valuables lockers at the marine site.	
Notebook and pencils	Required at forest site for field work and for taking notes during lectures	
Plug/socket adaptor	Please ensure you have the correct adaptor for Indonesian socket which is a European Style adaptor (2 large round prongs).	

Marine Site Equipment

Below is a list of essential equipment required, and is in addition to the terrestrial kit.

With spending so much time in the water, you want to make sure that you have the correct equipment. Dive and snorkel equipment is included as part of your package though you may wish to buy your own mask, snorkel or fins.

If you do wish to buy any of these we strongly suggest that you call the agents that we work with directly (see purchasing advice) as they will be able to provide you with both excellent advice as well as giving you information on their best deals!

Marine Site Equipment		Tick Box
PADI learning materials	If you're learning to SCUBA dive on expedition, you will need dive training materials. These are now entirely online so to make things easier for you we've arranged them on your behalf. You'll receive an email from us in the run up to the expedition with login details and information on how to access them. We highly recommend bringing a smartphone or tablet with you so you can then access them on expedition. If you have independently bought dive training materials please let us know as soon as possible by emailing diving@opwall.com .	
Proof of Qualification	Qualified divers must bring proof of your qualifications, and completed log books. Non-PADI qualifications are accepted if equivalent to or more advanced than PADI open water.	
PADI forms	You must complete these online via the Opwall portal (portal.opwall.com) at least 3 months prior to travel. It's recommended that you bring out a printed copy of the completed form with you on expedition, particularly if you've had it signed by a doctor.	
Wetsuit	Bring a 3mm thick full-length wetsuit for protection in the water and warmth. If bringing a shortie wetsuit you must also bring a long sleeve rash vest and full-length leggings to wear underneath. Not available to hire on site.	
Marine booties	Essential for walking out to the boats. Need to have a rubber sole.	
Mask, snorkel and fins (optional)	Use of these items is included in your package price, but you may wish to bring your own equipment if you prefer, particularly if you need a prescription mask.	
Swimsuit/swim shorts AND rash vest	Shoulders and midribs must be covered. A rash vest is essential along with your swim suit or swim shorts. You wear these under your full-length wetsuit.	
Waterproof watch	This is a requirement under PADI regulations for qualified divers. This is because PADI allows Open Water divers to go off diving in buddy pairs on their own without a Dive Master. However, Opwall regulations require divers are always accompanied by a Dive Master who times their dives. Under these circumstances we don't consider it necessary but if you have a waterproof watch or dive computer please bring it.	
Flip flops/thongs	For walking around the marine site.	
Additional large water bottle	Many participants that bring a flat pack platypus for the forest week, comment that they wish they'd bought a water bottle that would stand on a table at meal times.	

Clothing Essentials

The most important thing to remember is that you **WILL BE OUT IN THE RAIN** when in the forest camp. It is a rain forest and it rains regularly. Surveys don't stop unless the rain is so heavy that it becomes hazardous. Therefore, you should bring clothes that you don't mind getting wet, muddy and stained! Synthetic quick dry fabrics are essential for surveys as it is very humid in the rainforest and clothes do not dry well. Light colours (not white) are recommended as they don't retain the heat. You will need to bring separate clothes for wearing in camp which stay in camp and stay dry, so that you always have something to change in to when you return from survey. You should also be prepared to put on wet clothes from the day before to go out on survey as it is not easy to dry things in the forest, in fact sometimes clothes dry quicker from you wearing them than hanging them up!

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. Due to cultural sensitivities, in the forest you must wear clothing that covers your shoulders (no vest tops) and knees (long trousers, knee-length shorts, or sarong/skirt).

Remember you need to travel light so wear your hiking boots onto the airplane to keep the weight of your pack down, and then you can kick them off during the flight for comfort. 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.

4-6 t-shirts	Loose fitting is best, must cover shoulders. Quick drying material best for surveys. Even split between camp clothes and survey (i.e. 2-3 of each).	
3 long sleeved tops	Lightweight. For covering up in the evenings. Essential for avoiding insect bites (especially on evening surveys such as bats). Button up shirts are a good option to be worn on surveys to protect your arms.	
1 fleece/thick top	This is for colder nights in camp, and travelling on the plane.	
2-3 pairs trekking trousers/pants	These should be lightweight and loose fitting. You will get very muddy, so quick drying material is best. Trousers that zip off at the knee are a good idea, as they can be turned into shorts for the river crossings, but you can also just roll your trousers up if you wish. Cotton trousers are not suitable for trekking.	
2 long shorts	Lightweight and loose fitting, quick dry is best. Must cover the knee, or stop just above. For camp wear only in the forest – shorts are not permitted on survey for safety reasons	
Swimwear	For river bathing, board shorts that go to the knee are compulsory for all and girls will need a top (rash vest or t-shirt) that covers the shoulders as well.	
Underwear	Please bring at least 2 weeks' worth of underwear. This should be comfortable fitting.	
Sports bras	We recommend sports bras for the forest, as these will be more comfortable when trekking	
Hiking socks x 6 pairs	Enough for 1 week. It is very important to keep your feet dry, so a clean pair of hiking socks will be needed daily. You will be able to hand wash these on site, but if you don't wish to then bring more	
Nightwear	Accommodation is shared so bring something comfortable to sleep in.	
Marine site clothes	Bring a couple of sets of 'normal' clothes to wear for the first couple of days at the marine site while you wait for your jungle laundry to come back. A couple of sets of shorts and t-shirts or shorts and vest tops for girls would be suitable at the marine site.	

Toiletries

Please bring 'green' or biodegradable toiletries to minimize the impact on the environment. Most biodegradable soaps are multi-use. Sanex 0%, Lush, The Body Shop, Ecover and many health stores offer 'green' detergents. Good tip to travelling light is to get into small groups to combine things like toiletries, foot powder and sun block as you don't all need to bring a bottle each!

Toiletries	Tooth brush, tooth paste, hair and body wash (biodegradable for washing in the river).	
Insect repellent	Malaria and dengue do occur in SE Sulawesi. 'Mosi-Guard' and 'Skin so soft' by Avon are effective, environmentally friendly insect repellents that do not contain DEET. DEET products are not recommended so we can minimise our impact on the environment and you will not be able to handle any animals on surveys if wearing this. See: www.alternativeinsectrepellent.co.uk/	
Antifungal foot powder (Essential)	It is important to keep your feet dry, so it is recommended to use antifungal powder at the end of each survey and after washing. A small tube of anti-fungal cream and some talcum powder may help to dry feet at the end of each day and prevent any issues.	
Sun cream /sunblock	Minimum SPF 30. If possible use coral friendly sun cream to minimize environmental impact.	
Sanitary towels/tampons	Please note, tampons are not available in Indonesia. Bring some even if you are not expecting to use them as the tropical climate can affect your menstrual cycle.	
Hand Sanitizer	Just a small bottle. Hand-washing facilities are available on site but useful if you are eating on transect or while travelling.	
Small hand soap	For your private bathroom at the marine site. There is hand soap in all communal handwashing areas.	
Any other toiletries you would normally use	e.g. deodorant/anti-perspirant, clensers or moisturisers.	

Medical Kit

Staff will be carrying medical kits and the medical provision on site is excellent. However, there are some items listed below you will also need to carry yourself. It is essential that you bring your own basic medical kit.

Any personal medicines	This includes any epipens and inhalers. Bring a plentiful supply with original packaging. You will need to bring at least 2-3 epipens if you have a severe allergy.	
Malaria tablets	Please seek your doctors advice on malaria prophylaxis. Please do not take Larium (mefloquine hydrochloride) if you are intending to dive, as you will not be allowed to dive on this medication.	
Rehydration salts	Essential as you will be sweating a lot during the expedition. Please bring a plentiful supply.	
Paracetamol/Ibuprofen	For headaches/mild aches and pains. Bring your own plentiful supply of these.	
Alcohol swabs/antiseptic wipes	Used for cuts and scrapes, as these need to be kept clean	
Elastoplast/plasters/band aids	These are essential, please bring plenty and in different sizes. Waterproof if possible.	
Blister plasters	Sweaty feet can cause blisters! Special blister plasters/band aids are recommended.	
Antihistamine tablets/cream	Can be used for any mild reactions to insect bites. Tablets need to be taken regularly throughout the expedition they won't work after one use.	
Hydrocortisone cream/After bite cream	For insect bites.	
Travel sickness tablets	The roads on Buton can be bumpy, and the boat journey to Hoga can be rough.	
Ear drops. Eg swim ear	Useful to bring, especially if you are prone to ear problems	

Optional Extras

Here are some items you may want to consider bringing but will not be completely necessary

Camera	You will have lots of opportunities to take pictures so if you have a GoPro or waterproof camera, consider bringing this with you. Please do not bring a drone, without the correct license from the Indonesian Government you could face a penalty fine.	
Binoculars	To better see any wildlife. 8x40 are best for rainforest conditions. Good idea to take a few pairs for the whole group.	
Cards/book/travel games	For any down time.	
Smart phone or tablet & charger (essential for dive training students).	Essential for those undertaking the PADI Open Water Course onsite. You will need to download the PADI Learning materials onto this device before you travel as there is no internet connection onsite. Remember headphones/earphones for travel. We suggest that your phone has both a rigid casing and sits in a zip-lock bag.	
Language/phrase book	To learn a little bit of the local language, Bahasa Indonesia.	
Protein bars/ snack bars	You may wish to bring extra snack bars for treks, or protein bars. Nice to bring a little taste of home as the diet is simple and can be repetitive	
Vitamin/mineral supplements	The diet is very basic in Indonesia, so these can be a good idea.	
Hat with a brim	Optional but recommended, this will protect your face from the sun.	
Sunglasses	Eye protection from the sun	
Plug/socket adaptor	If you need to charge any cameras etc. Two pronged European style adapter	
Underwater slate (Optional)	Can be used at marine sites	
2-3 Bandanas or cotton handkerchiefs	To be used as 'sweat rags' to wipe your face while on jungle walks. It is very humid and sweaty!	
Carabiner	Can be used to hang items up inside the tents as there are no hooks or shelves. Keeping things off the ground may be helpful to prevent damp	
Camping lamp	The army style tents are dark when the power is not on – even during the day so a lamp can be helpful for lighting a wider area than your head-torch. Although you won't be spending much time in your tent!	
A Small tupperware box with a good seal	To keep any snacks in to prevent wildlife from helping themselves	
Personal reusable straws	For drinking fresh coconuts on site.	
Eye mask & ear plugs	Recommended if you are a light sleeper and think these will help you sleep better.	
Optional suggested donation or gift items to bring for the school in Sampela Village	Examples would be pencils and erasers, colouring pencils, whiteboard markers, kids colouring books, sports equipment like footballs and basket balls, frisbee, volley balls, badminton rackets, nets and shuttlecocks.	

Resources

Malay Archipelago	by Alfred Russel Wallace gives an excellent background to the area of Indonesia now known as the Wallacea region. This book which was published in the 1850's can be obtained from Pisces Conservation -book format for £14-40 if you contact them directly (tel +44 (0)1590 674000 or email pisces@irchouse.demon.co.uk)	
A Guide to the Birds of Wallacea: Sulawesi, the Moluccas and Lesser Sunda islands, Indonesia	by Brian J Coates and K.D Bishop is the best bird guide. This book is very expensive, so this is certainly not a compulsory purchase.	
Reef Fish Identification—Tropical Pacific	By Gerald Allen is the best fish ID book for the area	
Merlin Bird ID app	We strongly recommend that you download the Merlin Bird ID app and install the Sulawesi pack before arriving in Indonesia. We will show you how to use it on arrival and it will greatly help with the bird point count surveys. Download on the App Store or Google Play	

Purchasing Advice

You may find that you have suitable gear already, so don't feel you have to buy everything new. Shop around as there are some really great deals out there and some items you may even be able to borrow from friends or relatives of a school outdoors or camping club. Never be afraid to buy second hand from places like vinted.

Please check the [fundraising resources library](#) (Password: wallacea81) for discount codes and a copy of the Sponsorship Support Letter to download for purchasing any equipment in person.

Below are some retailers we recommend checking out for great gear and helpful advice:

Back Country Gear (US)	backcountrygear.com - For outdoor clothing and equipment
US Outdoor (US)	usoutdoor.com - For outdoor clothing and equipment
Scuba Store (US and Canada)	scubastore.com - Diving equipment
Naturally organic (NZ)	naturallyorganic.co.nz - Organic shampoos, body washes, sun lotion
Bivouac (NZ)	bivouac.co.nz - Outdoor clothing and equipment
Ecostore (NZ)	ecostoredirect.co.nz - Ecofriendly shampoos and body washes

Money

Some spending money is needed to purchase meals during the internal travel period before and after the expedition.

The meals you will need to purchase yourself are outlined in the internal travel package info provided. We recommend budgeting 5-10 pounds sterling per meal and you will likely need to purchase between 4 and 6 meals depending on your exact travel itinerary.

If your hold luggage weights more than 15kgs you will be asked to pay for any extra kgs in IDR Cash at the airport when you check in. The cost for extra luggage is approx. GBP5/ UDS6.50/ AUD10 per kilogram extra, for each leg of the journey! So if you are 1kg over take that amount and multiply by two for your outbound and homeward bound journey.

You may also want to bring some spending money for personal on-site optional extras. This may include snacks & drinks, souvenirs that you wish to purchase from local shops at the marine site, and also to pay for any clothes washing you would like done by the local people when you arrive at the marine site.

The local Indonesian currency is Rupiah, it is essential that you bring some to use on site as other currencies are not accepted. Changing money to Rupiah may be possible in your home country, and if so this is recommended. If this is not possible, then you can change money at Jakarta or Bali international airport, or withdraw Rupiah from ATMs whilst in Jakarta, Bali, Makassar, or Kendari. Although you are likely to be on a tight travel schedule and so this may not be possible. Once you get to Buton Island there will be no way to exchange money, and no other currency is accepted apart from Indonesian Rupiah so ensure to plan ahead.

Food

Once you are on the expedition you will be provided with 3 meals per day. In the forest site an afternoon snack is also provided. If you would like to have extra snacks outside of this you are welcome to bring snack bars or protein bars with you, and you will also have the opportunity to purchase snacks from small local shops when at the marine site, but not at the forest site.

Every meal will include rice, as this is a staple in Indonesia. The diet is largely carbohydrate based. There is no meat or fish at the forest site. There is protein source in every meal in the form of beans, tofu and tempe, as well as eggs, but you may wish to bring an additional source of protein with you. However, fish is often served at dinner the marine sites, and occasionally other meat such as chicken. There is a vegetable dish with every meal, and fruit is served when possible.

In the forest camps the water is boiled over the fire in order to sterilize it for drinking. This does mean it can have a slightly smoky taste that is not to everyone's liking, so you may wish to bring something to add some flavour, such as flavour sachets, or concentrates. However, this is optional.