



Operation Wallacea 2026

Indonesia - Marine Research Assistant Kit List

INTRODUCTION

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** 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

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.	
Core Kit	What core kit to bring for your expedition.	
Clothing essentials	Clothing that you will require on site.	
Marine Kit	What specific kit you will need for the marine activities.	
Organising, packing & added extras	Top tips for packing and organising all your expedition gear and some added optional extras for you.	
Toiletries	Guide to the toiletries you will require.	
Medical Kit	Essential medical kit for the expedition.	
Helpful Resources	Suggested resources to learn more about the region before your expedition, or to help you with your expedition prep	
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.	
Washing facilities	What are the washing facilities like on-site.	

DOCUMENTATION

Documentation	You must bring physical paper copies of the following documentation.	Tick Box
Insurance documents	Please bring 2 photocopies of your Travel insurance documents with you. One to hand in at site, and one to keep with you.	
Photocopy of passport	Please bring 2 passport photocopies with you (each on a separate piece of A4 paper) as you will need to hand this in when you arrive and you should have a spare in-case you lose your passport. Store these in a separate place to your passport.	
Visa copy	Please bring 2 photocopies with you. One to hand in on site, and one to keep with you.	

HAND LUGGAGE

Hand luggage	Unfortunately, working in such remote locations often involving numerous flights and forms of transport, luggage can be delayed. It is best to be prepared just in case, so here is what we recommend you pack in your hand luggage.	Tick Box
Valuables	Think passport, money, camera, phone etc.	
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	Essential for your expedition, so this is not something you want to lose.	
Toiletries	Tooth brush and wet wipes, deodorant.	
Documentation	Listed on other page, these documents need to be in your hand luggage	
Fleece/Jumper	Wear this on the plane, it will keep you warm, and also saves space in your luggage	
Travel adapter & power bank	Pack these so you can keep your devices charged and usable during transit and unexpected delays. Please ensure you have the correct adaptor for Indonesian socket which is a European Style adaptor (2 large round prongs).	

CORE KIT

Core kit	Remember you only have 20kg allowance for your internal flights	Tick Box
Rucksack	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 transfers and there is a short walk to get to your accommodation from the jetty when you arrive.	
Day bag/Small rucksack	20-30L. Used to carry everything you will need for the day as you may not have time to return to your rooms between activities. Use this as your hand luggage on flights.	
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.	
Water bottle	To keep drinking water with you all day as it is very hot and you still sweat underwater! We don't want you to become dehydrated	
Head Torch	Absolutely essential as there is no electricity at night and you will need this to get back to your hut. It is highly recommended that you bring a head torch that has a rechargeable lithium battery rather than single use batteries. Batteries are not available to purchase or dispose of on-site, you must take any used ones home with you.	
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.	
Padlock	For valuables lockers.	
Travel towel/Sarong	Don't bring a big thick towel as it won't dry quickly enough.	
Watch with alarm	To wake yourself up early for morning sessions. Doesn't have to be expensive.	
Notebook and pencil	Essential for taking notes during lectures!	

CLOTHING

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, while on transfers 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. 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.

Clothing	We have included rough quantities for each item but please feel free to bring more or less, it's personal preference and up to you...as long as it fits!	Tick Box
T-shirts/tops (enough for two weeks)	Loose fitting is best. Vest-tops are okay for wearing on Hoga but during transfers, shoulders must be covered. Remember and keep a set of clean clothes for the journey home.	
Long Shorts/Trousers (enough for two week)	Lightweight and loose fitting, quick dry is best. Shorts must cover the knee, or stop just above.	
Nightwear/Pyjamas	Accommodation is shared so bring something comfortable and appropriate to sleep in.	
Underwear and bras	Please bring at least 2 weeks' worth of underwear. This should be comfortable fitting.	
Hat or Bandana	Useful to protect you from the sun.	
Sunglasses	A good pair are useful to protect your eyes from the sun and glare reflected from water when travelling on boats.	
Flip-Flops	For walking around the site	
Swimwear	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.	

MARINE-SPECIFIC KIT

Below is a list of essential (unless stated otherwise) equipment required, and is in addition to the core 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 only	Below you will find equipment specific to the marine portion of your expedition.	Tick Box
Dive Training 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 .	
Marine medical forms	You must complete these online via the Opwall portal 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 or dive medic.	
Proof of dive qualification	If you are already a qualified diver, we will require proof of your dive qualifications on site. We do accept non-PADI qualifications, as long as it is equivalent to or more advanced than PADI Open Water.	
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.	
Dive Booties	Essential for walking out to the boats. Need to have a rubber sole.	
Dive watch or computer	This is a requirement under PADI regulations for qualified divers. However, PADI allows Open Water divers to go off diving in buddy pairs on their own without a Dive Master whereas Opwall regulations require that all divers are 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 take it.	

BCD & Regulator	Dive equipment is available for hire onsite at GBP30 per week. You should pre-pay for your equipment hire before you travel through the Opwall shop. You may wish to bring your own BCD & Regs if you already have these.	
Mask, snorkel and fins - optional to bring your own	These are available for hire onsite at GBP30 per week. You should pre-pay for your equipment hire before you travel through the Opwall shop. You may wish to bring your own mask & snorkel if you already have these, or if you are staying longer than 2 weeks it may be worth investing in your own.	

ORGANISING, PACKING & ADDED EXTRAS

Organising, packing & added extras	Top tips for packing and organising all your expedition gear and some added optional extras for you. Label your baggage, clothes and kit; there are many volunteers, and some may have the same or similar items to you.	Tick Box
Camera	You will have lots of opportunities to take pictures but please bring a waterproof carrying case/bag for the 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.	
Earphones/cards/book	Coach journeys can be long so bring something to keep yourself entertained.	
Language/phrase book	This is a recommendation stressed by previous volunteers. Also worth noting many translating apps allow you to download language packs you can use offline	
Folding fan	You will be glad you brought one when the midday heat hits.	
Earplugs/eye mask	If you are someone that generally struggles to sleep, this could help. Also useful for long plane and boat journeys!	
Small tupperware box with a good seal	To keep any snacks in to prevent wildlife from helping themselves	
Personal reusable straw	For drinking fresh coconuts on site.	
Nail clippers/tweezers	If you are staying in camp for a long amount of time these will be very useful.	
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!	
Vitamin/mineral supplements	The diet is very basic in Indonesia, so these can be a good idea.	
Snacks & condiments	Cereal bars, protein bars or things to spice up your meals!	
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.	

TOILETRIES

Toiletries	Good tip to travelling light is to get into small groups to combine things like toiletries to split the load of shampoo and sun block for example so you don't bring a bottle each.	Tick Box
Toiletries bag	How are you storing these	
Toothbrush & Toothpaste	Avoid bringing an electric toothbrush as you may struggle to charge it in the forest. We would recommend bringing a case to keep it clean.	
Deodorant/anti-perspirant	You will sweat but nice to be fresh after washing. Avoid spray cans and take roll-on instead.	
Hair and Body Wash	Biodegradable if possible, small travel sizes or bars rather than liquids to save space (make sure you have a tin if you have bars)	
Small hand soap	For your private bathroom. There is hand soap in all communal handwashing areas.	
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. See: www.alternativeinsectrepellent.co.uk/ .	
Sun cream	Factor 30, minimum, is recommended. Please ensure it is a coral friendly sun-block if you intend to use it in the water.	
Sanitary towels/tampons	Please note, tampons are not available in Indonesia. Bring some even if you are not expecting to use them as both travel and the tropical climate can affect your menstrual cycle.	
Any other toiletries you would normally use		

PERSONAL 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.

Personal Medical Kit	The medical provision on site is excellent and there are medics based at all camps. However, there are some items listed below you should carry yourself (as appropriate).	Tick Box
Antihistamine tablets	For insect bites. It's useful if you can bring both drowsy and non drowsy	
Antihistamine/Hydrocortisone cream	Bite/sting cream. Can be very beneficial for reducing itching and swelling of insect bites.	
Paracetamol/aspirin	For headaches etc.	
Ibuprofen	For swelling etc.	
Rehydration salts	Rehydration salts kept in camp do not have the most appetising taste so please bring your own. You will be sweating a lot and losing fluids. Don't forget to read the correct dosage to ensure you are absorbing the salts correctly	
Antiseptic wipes	Cleaning cuts or grazes	
Plasters (assorted sizes)	May also be worth adding a couple of blister plasters as well as normal ones.	
Personal Medication	It is vital that you bring any prescribed medications.	
Vitamins	If you normally take these.	
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.	
Ear drops/ Eg swim ear	Useful to bring, especially if you are prone to ear problems	
Sea/travel sickness tablets	The roads on Buton can be bumpy, and the boat journey to Hoga can be rough.	

HELPFUL RESOURCES

Helpful Resources	Below you will find a selection of helpful resources for your expedition	Tick Box
A Guide to Buying Dive Equipment	https://www.opwall.com/article/all-the-gear-but-no-ideayet/	
Top Eco-Friendly Kit Ideas	https://www.opwall.com/article/top-eco-friendly-kit-ideas/	
Beginner Fieldwork Equipment	https://www.opwall.com/article/beginner-fieldwork-equipment/	
What Equipment to Borrow or Buy	https://www.opwall.com/article/the-festive-guide-to-gearing-up-for-your-expedition/	
Top 10 Must Have Items!	https://www.opwall.com/article/lets-find-out-what-you-couldnt-live-without/	
Hair & Skin Care at a Marine Site	https://www.opwall.com/article/hair-and-skin-care-at-a-marine-site/	
Ecological Apps to Download	https://www.opwall.com/article/ecological-apps-so-you-can-identify-appsolutely-everything/	
BBC Documentaries	BBC Blue Planet II - Series 1, Episode 3: Coral Reefs (Although, it's all awesome)	
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 emailpisces@irchouse.demon.co.uk)	
Reef Fish Identification—Tropical Pacific	By Gerald Allen is the best fish ID book for the area	

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.

Dive equipment hire can be pre-paid on the Opwall Shop, or you can pay on a weekly basis onsite in Indonesian Rupiah (cash only).

If your hold luggage weights more than 20kgs 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 and also to pay for any clothes washing you would like done by the local people.

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. 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.

Every meal will include rice, as this is a staple in Indonesia. The diet is largely carbohydrate based. Fish is often served at dinner and occasionally other meat such as chicken. There is a vegetable dish with every meal, and fruit is served when possible.

WASHING FACILITIES

You are able to send some clothes away for a washing when you arrive on Hoga (for a small fee - so make sure to have small notes) but it can take a couple of days so make sure you don't send it all away! 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.