

Equipment and Packing List for the OB International World Conference

General

As you will all know from the website, this world conference will be slightly different from others in the past, due to the remote location, limited connectivity, and the simplicity of the accommodation for the desert element.

Oman, like many countries, has a big issue with plastics. In an attempt to minimize that, you will see in the list below that we ask you to bring your own water bottle, and coffee mug. With over 120 people being at the conference, we suggest you make yours distinctive!

With those issues in mind, our recommended packing list is as follows;

Item	Notes
Headtorch	With spare batteries
Fleece Top	Temperatures will drop from mid-20's Celsius in the day, to single digits at night
Towel and wash kit	Water is extremely limited at the desert camp; have the option for an alternative body wash!
Sun Protection - <i>think sun hat, sun glasses, sun-cream and long-sleeved loose -fitting clothing</i>	It is highly likely (but not guaranteed) that we will have unbroken blue sky and sunshine each day. For Yoga fans, sunrise is 6.50 AM Sunset 5.40 PM
Footwear – <i>normal lightweight training shoes are fine for the desert</i>	Crocs are also quite useful, as the holes allows the sand to flow out easily
Sleeping Accommodation in the Desert – <i>for two nights, this will be in shared, basic rooms in an old desert camp (3 to 4 people per room). Our recommendation is that you all bring a small sleeping bag and liner that will keep you warm down to 5 degrees Celsius.</i>	We would recommend the more adventurous bring a thermarest, and sleep outside under the amazing desert stars. You will probably have a better night's sleep, in addition to a memorable experience.
Water bottle and coffee mug	Distinctive/clearly marked
Waterproof Jacket	Most moisture in the desert comes in the form of early morning fog, but it does sometimes rain, so a good idea to pack a lightweight waterproof top
Buff	To pull up over your face in case a sandstorm arrives

Ziploc Bags and Electrical Equipment	Good to bring one or two Ziploc bags to protect any phones or cameras from sand. The chance to recharge phones etc will be very limited, so bring your own auxiliary battery charger to top them up.
Insect Repellant	Whilst there is no malaria in Oman, if it rains just before the conference there may be a few mosquitos about....
A4 clipboard/Notebook	There will hopefully be lots of useful information flying about at the conference. A notebook is pretty essential, but you may also find an A4 clipboard of use ...
Personal Medication	Please remember to bring any that you may need. Be aware that in the sands the increased dust may be an issue for some who wear contact lenses, or who suffer from asthma.
Insurance	Remember to bring a copy of your travel and medical insurance with you. Please ensure your travel insurance covers repatriation in the case of emergency.
Final Dinner Event on January 17th	Pack/keep something reasonably clean to wear for the final (informal) dinner event. Polo top/blouse, trousers etc are fine.