
	WHAT TO WEAR Recommended daily attire
	Long-sleeved shirt Lightweight and quick-drying fabric
	Trousers No denim – must be lightweight and quick-drying fabric
	Sturdy trainers No part of the feet should be exposed – must be closed-toe, closed-heel, with sturdy soles
	Waterproof Wind Jacket Please wear extra layers for warmth – see section below
	Wide-brimmed hat or cap, with neck cover To shade face, ears, and neck

The Hong Kong sun is intense. Participants should cover as much of their skin as possible!



Sturdy Trainers	No Crocs	No Flip-flops	No Sandals
 	 	 	 

	WHAT TO BRING Please use a dry-bag or light backpack with padded shoulder straps (<i>no drawstring bags</i>)
	Packed lunch and snacks (<i>no nuts or seafood allowed</i>) All food should be stored in secure airtight containers with eating utensils
	Two x 1-liter refillable water bottles Filled with water
	Sunscreen SPF 30 or above, preferably waterproof and non-scented
	Insect repellent Preferably non-scented
	Lightweight rain jacket (<i>no ponchos</i>) Hooded and shower-proof
	Spare face masks & hand sanitizer
	Prescription medicines (<i>if needed</i>) Personal emergency medications such as EpiPen (please bring two) or inhalers
	Warm Jacket/Gloves/Hat

** Please ensure the backpack has room for extra layers of clothes

Sunscreen advice
<p>In addition to wearing protective clothing, it is important for participants to apply sunscreen correctly:</p> <ul style="list-style-type: none"> • Apply to all exposed areas of skin 20 minutes before heading outside. • Apply generously to arms, legs, front and back of body and face (including neck and ears). One full body application should be equivalent to about 7 teaspoons (35ml) depending on how much of the body is covered by protective clothing. • Re-apply sunscreen every two hours, immediately after swimming, sweating or towel drying.