



Spring Program Packing List

	WHAT TO WEAR Recommended daily attire
	<b>Long-sleeved shirt or T-shirt worn with arm sleeves</b> Lightweight and quick-drying fabric
	<b>Trousers or knee-length shorts</b> No denim – must be lightweight and quick-drying fabric
	<b>Sturdy trainers</b> No part of the feet should be exposed – must be closed-toe, closed-heel, with sturdy soles
	<b>Wide-brimmed hat or cap, with neck cover</b> To shade face, ears, and neck
	<b>Swimwear</b> <i>(For water activity days, please arrive with swimwear already on/under clothes)</i> Long-sleeved rash guard or swimsuit top, with long leggings


Shoes and Swim wear for the activities					
	Monday (Ping Chau)	Tuesday (Cheung Chau)	Wednesday	Thursday	Friday
<b>Activities</b>	Pathfinders  Lost in the Wild	Coasteering	Lifeguard Junior  Dragonlympics	Waterfall Canyoning	Stand Up Paddle Boarding
<b>Swimwear</b>	✗	✗	✓	✓	✓
<b>Water shoes</b>	✗	✗	✓	✗	✓
<b>Trainers</b>	✓	✓	✓	✓(2 pairs)**	✓
<b>Spare clothes for changing everyday</b>	✓	✓	✓	✓	✓

\*\*Thursday: Please bring 2 pairs of shoes, one for canyoning activity and one for changing at the end.

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



Sturdy Trainers	No Crocs	No Flip-flops	No Sandals	Water Shoes
				

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

\*\*Please ensure the backpack has enough room for packed lunches, snacks, etc, and not carried separately. Participants will need both hands to carry out tasks safely during activities.

### Sunscreen advice

In addition to wearing protective clothing, it is important for participants to apply sunscreen correctly:

- 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.