



Spring Program Packing List


✔	WHAT TO WEAR Recommended daily attire
	Long-sleeved shirt or T-shirt worn with arm sleeves Lightweight and quick-drying fabric
	Trousers or knee-length shorts 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
	Wide-brimmed hat or cap, with neck cover To shade face, ears, and neck
	Swimwear (For water activity days, please arrive with swimwear already on/under clothes) Long-sleeved rash guard or swimsuit top, with long leggings

Shoes and Swim wear for the activities					
	Monday	Tuesday	Wednesday	Thursday	Friday
Activities	Kayaking	Coasteering	First Aid and Stretcher Building Catapult Clash Mangrove Ecology	Hiking Rock Climbing	Canyoning (L2)
Swimwear	✔	✘	✘	✘	✘
Water shoes	✔	✘	✔	✘	✘
Trainers	✔	✔	✔	✔	✔
Spare clothes for changing everyday	✔	✔	✔	✔	✔

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
				

 WHAT TO BRING Please use a dry-bag or light backpack with padded shoulder straps (<i>no drawstring bags</i>)	
	Spare clothes, shoes and towel Full change of top, bottoms, underwear, and a pair of water shoes or old trainers
	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

**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.