

## FORTS X EARN WITH 運動 EARN WITH DECORDECINE DECOR

No part of the feet should be exposed - must be closed-toe, closed-heel, with sturdy soles

Swimwear(For water activity days, please arrive with swimwear already on/under clothes)

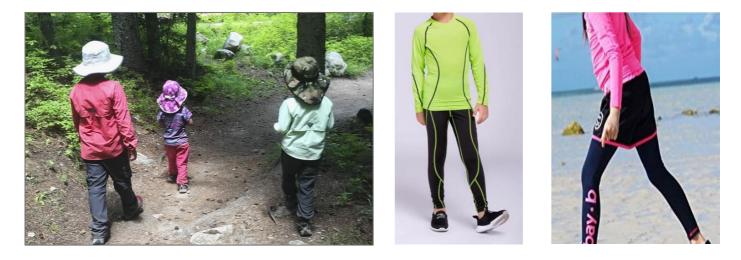
Wide-brimmed hat or cap, with neck cover

Long-sleeved rash guard or swimsuit top, with long leggings

To shade face, ears, and neck

Shoes and Swim wear for the activities						
	Monday	Tuesday	Wednesday	Thursday	Friday (Cheung Chau)	
Activities	Raft Building	Stand Up Paddle Boarding	A – Frame	Kayaking	Coasteering	
	Survival Skills		Great Race			
Swimwear	~	✓	×	$\checkmark$	×	
Water shoes	~	~	×	$\checkmark$	×	
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
	×	×	×	

$\bigcirc$	WHAT TO BRING 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					
	Packed lunch and snacks (no nuts or seafood allowed) All food should be stored in secure airtight containers with eating utensils					
	<b>Two x 1-liter refillable water bottles</b> Filled with water					
	Sunscreen SPF 30 or above, preferably waterproof and non-scented					
	Insect repellent Preferably non-scented					
	Lightweight rain jacket (no ponchos) Hooded and shower-proof					
	Spare face masks & hand sanitizer					
	<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.