 <b>WHAT TO WEAR</b> Recommended daily attire
<b>Long-sleeved shirt or T-shirt worn with arm sleeves</b> Lightweight, breathable 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 <b>closed-toe, closed-heel</b> , with sturdy soles
<b>Wide-brimmed hat or cap, with neck cover</b> To shade face, ears, and neck
<b>For Water Activity days:</b> <b>Long-sleeved</b> rash guard or lightweight top, with <b>long leggings</b> or lightweight trousers (There is no time for changing clothes in the morning; please come wearing water activity clothes)

### Activities Schedule


	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Activities</b>	Raft Building  Stand Up Paddle	Canyoning (Level 1)  Lost in the Wild: Water Filtration	Junior Lifeguards  Kayaking	Canyoning (Level 2)  Lost in the Wild: Shelter Building	Island Survivalist  Beach Battles
<b>Water attire (*Long-sleeved*)</b>	✓	✓	✓	✓	✓
<b>Water shoes or trainers</b>	✓	✗	✓	✗	✓
<b>Trainers</b>	✓	✓ (2 pairs)**	✓	✓ (2 pairs)**	✓
<b>Spare clothes for changing</b>	✓	✓	✓	✓	✓

\*\*Please bring 2 pairs of trainers, one for canyoning and one for changing at the end as they will get wet.

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>	
	<b>Please use a light backpack with padded shoulder straps (no drawstring bags)</b>
	<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 (no nuts or seafood allowed)</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 (no ponchos)</b> Hooded and shower-proof
	<b>Hand sanitizer</b>
	<b>Prescription medicines (if needed)</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.