	WHAT TO WEAR Recommended daily attire
	Long-sleeved shirt or T-shirt worn with arm sleeves Lightweight, breathable 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
	For Water Activity days: Long-sleeved rash guard or lightweight top, with long leggings 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
Activities	Catapult Clash Giant Stand Up Paddle	Canyoning (Level 1) Lost in the Wild I: Water Filtration	Kayaking Lost in the Wild II: Shelter Building	Canyoning (Level 2) Lost in the Wild III: Fire Making	Snorkeling Raft Building
Water attire (*Long-sleeved*)	✓	✓	✓	✓	✓
Water shoes	✓	✗	✓	✗	✓
Trainers	✓	✓ (2 pairs)**	✓	✓ (2 pairs)**	✓
Spare clothes for changing	✓	✓	✓	✓	✓

**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
				
				

 WHAT TO BRING
Please use a 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
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.