

# Baihe Spring Packing List

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The following packing list is provided for your information. It is intended as a guide. Please be prepared for all types of weather and for regional weather information of program site, please check at [www.wunderground.com](http://www.wunderground.com).

**PACKING YOUR BAG YOURSELF IS PART OF THE PROGRAM EXPERIENCE.** You should not expect any commercial laundries on the program and remember what you bring you will need to carry.

-A pair of comfortable and sturdy closed-toe shoes is a **MUST-HAVE** item for program activities. Jelly shoes, "Cros" and Clogs are not permitted. Sandals or Flip Flops(Slippers) may ONLY be worn in the shower.

-All of your day to day gear should be packed into a day pack (20-30 Litres) so that you have your hands free when you are walking. Single strap packs and spaghetti strap backpacks are NOT SUITABLE for this program, a proper day pack is needed.

-Audio players, video players, mobile phones, electronic games, excessive cash, and expensive items please leave at home. Teachers and Indier staff will be able to communicate with emergency services, school and parents.

## **Clothing –**

- Shorts or pants for daytime (no short shorts or skirts). Preferred quick-dry material.
- Shirts/T-shirts for each day plus 1 extra (no spaghetti straps)
- Quick-dry long pants for hiking
- Underwear for each day-plus 1 extra
- Socks for each day-plus 1 extra
- Rain Jacket
- A warm sweatshirt or 2
- Warm trousers/jeans for evenings
- Sturdy closed toe shoes/boots you can hike in
- Camp shoes that are closed toed
- Swimsuit (Raft Building is a Wet Weather Back-up)
- A pair of shoes that will get wet (Rafting)
- Sun hat or cap

## **Equipment –**

- Extra glasses** or contact lens
- Insect repellent and sunscreen (non-breakable container)
- 1 litre (minimum) water bottle(s) with name

- A large backpack/suitcase that can fit everything
- A smaller day pack – 20-30 litres
- Sleeping Bag – rated down to 5 celcius

## **Personal Items –**

- Personal toiletries (excessive makeup is not needed)
- Eye care needs

## **It's Nice to Have –**

- Journal to record your experiences for quiet time
- Camera
- Sunglasses
- Watch

## **Don't Forget –**

### **\*Passport for hotel checking in.**

\*All medication in its original container with written and signed instructions should stay in the possession of an accompanying teacher at all times.

**Note:** *It is very important to have enough but not to over pack for your program. As you are going on an Outdoor Program, please only pack functional gears, especially hiking boots, backpacks and headlamp, etc.*