



# INSIGHT Packing List

## Summer



- The Summer Packing List is for “event days when minimum temperatures above 22°C”.
- The specifications and quantity of personal belongings should be prepared according to the number of event days and personal situations, and you should be responsible for taking care of all personal belongings during the event.
- All items are effectively classified according to [Daily necessities ], [Clothings], and [Activity items]. The information in the checklist meets the minimum requirements for a safe and effective activity, and participants can also make better preparation according to their own situations and experience.
- The fourth category “Insight Recommendations” is considered “non-essential” items. Though non-essential, these items may help to improve the comfort and convenience level of the participant during the program.
- The Participant should pack in advance and be familiarized with the details, so that he/she is better at handling the various challenges along the way. Planning and preparing beforehand is part of the challenge. It is also a great learning process.
- Other than the items stated in this packing list, the participants should not bring other items, particularly valuables, sharp objects and items forbidden by the school or society. If these items are brought along, the participants are fully responsible for their loss, damage or injury inflicted on self or third party. If the instructors discover that the participants are in possession of such items, they will confiscate them.

### A DAILY NECESSITIES

- Personal IDs
- Backpack
- Sports Water Bottle
- Personal Medicines
- Rain gear
- Toiletries
- Luggage

### B CLOTHING

- Base Layer – T-shirt
- Outer Layer – Jackets and pants
- Undergarments
- Hat
- Socks
- Shoes

### C ACTIVITY ITEMS

- Water Shoes
- Water sports clothes and pants
- Towel
- Headlamp / Outdoor Flashlight

### D INSIGHT RECOMMENDATIONS

- Water proof storage bags
- Watch
- Sunscreen
- Mosquito repellent
- Sunglasses
- Tissues and Wet Wipes



**A**  
**Personal IDs**

#### Considerations

- For Chinese citizens, their original NRIC.
- For HK, Macau residents, their original Entry and Exit Pass for HK and Macau Residents.
- For Taiwan residents, their original Entry and Exit Pass for Taiwanese.
- For Foreigners, their original Passports.

#### Remark

- Chinese citizens should not use their passports. If under age 16, should bring along their Hukou Registration Book.
- Foreign passports should have their visa page with entry stamp. If it is electronic visa, should have port of entry and date of entry written on a separate piece of paper. If the original passport has been submitted for renewal, should bring along the receipt from the Consulate.



**A**  
**Backpack**

#### Considerations

- Capacity up to 20L
- It is mainly used to store the necessary items of the day during daily activities

#### Remark

- Do not carry out one shoulder backpack, which is not conducive to exercise during activities



**A**  
**Sports Water Bottle**

#### Considerations

- 1L water bottle.

#### Remark

- There are water stations at the event venues to replenish water
- It is not recommended to prepare water bladder. Any breakage can cause big trouble.



**A**  
**Personal Medicines**

#### Considerations

- Prepare the quantity of personal essential medicines according to the number of event days, and prepare additional reserve amounts
- It is recommended to put them in the "portable storage box", which is sorted by day

#### Remark

- For the types and quantities of drugs necessary for individual students, it is best to write them on paper and store them with the drugs to facilitate adult supervision



**A**  
**Rain gear**

#### Considerations

- Good quality raincoat and waterproof shoe covers
- Respond to sudden rainfall during the event

#### Remark

- Pack away in your backpack during the activity in case of need



**A**  
**Toiletries**

#### Considerations

- Personal items such as toothbrushes/toothpaste
- Kept in toiletry bag with separate wet and dry compartments.

#### Remark

- The disposable items provided by the hotel are not environmentally friendly and generally not of very good quality.



**A**  
**Luggage**

#### Considerations

- Use for multi-day events to store all your belongings

#### Remark

- Plan everything you need according to event days and choose the suitable size suitcase or large backpack



**B**  
Base Layer  
T-shirt

### Considerations

- The fabric should be skin-friendly and comfortable, reducing friction on the skin
- It should be sweat absorbable and breathable, yet quick-drying
- Long sleeves are recommended, outdoor activities may lead to sun burn, accident scratches, and mosquitoes bites

### Remark

- It is recommended to prepare according to 1 piece per day
- Avoid buying T-shirts made of pure cotton, which are easy to smell, and highly absorbent, but not easy to dry.



**B**  
Outer Layer  
Jackets and pants

### Considerations

- Should not hinder body movements and easy to put on and take off. Should be able to insulate the wearer from cold and be wind proof.

### Remark

- Waterproof qualities is ideal, suitable for sudden weather changes during the activity
- Depending on your personal preferences, you can choose quick-drying trousers or shorts



**B**  
Undergarments

### Considerations

- Should be mid to high waist. The buttock and crotch area should not be too tight.
- Sweat absorbing yet quick drying, anti-bacterial and made of synthetic fiber or rayon.

### Remark

- Prepare at least 1 piece per day.
- Avoid those of cotton materials.



**B**  
Hat

### Considerations

- Breathability
- When engaging in outdoor activities, hats may need to cope with intense wind and rain and large movements, so fit is important

### Remark

- Fisherman's hats with full brims are not only suitable for spring and summer shade, but also protect from rain with waterproof technology



**B**  
Socks

### Considerations

- Choose the synthetic fabrics which are sweat absorbing and yet quick drying.
- The toe and heel areas of the socks have to be thick, ankle and arch of foot areas elastic enough so that the socks are close-fit and do not slip or curl under constant rubbing of feet and shoes.

### Remark

- Prepare at least a pair a day.
- Cotton socks are not recommended, as they keep the sweat in and cause blisters.



**B**  
Shoes

### Considerations

- The shoe soles should be sturdy, stable, have deep treads, shock-absorbing and durable.
- The overlays should be breathable and durable.

### Remark

- The new shoes are more likely to generate blisters during hiking, so prepare blister stickers and apply them to areas of the foot that are easy to rub before the activity



**C**  
**Water Shoes**

### Considerations

- Shoes that wrap your toes and move into the water. You can use regular sneakers, but you need to prepare an extra pair of dry sneakers
- Suitable size, the feet does not move around in the shoe
- For example, river tracing shoes, beach shoes that wrap around the toes

### Remark

- For foot safety in water activities, water shoes must cover the toes
- Do not use slippers, sandals or croc shoes



**C**  
**Water Sport Wear**

### Considerations

- Wear when participating in water activities
- It can be a full-body swimsuit or quick-drying clothing

### Remark

- Do not wear swimsuit pants that are too revealing, such as bikinis



**C**  
**Towel**

### Considerations

- Use to wipe the body after water sports to avoid getting colds
- Quick-drying towel

### Remark

- It is not recommended to use towels/bath towels from the hotel. When loss during outdoor activities, personal compensation will be required



**C**  
**Headlamp  
Flashlight**

### Considerations

- Used for camping and night outdoor activities

### Remark

- Big family camping lamp is not suitable.



D  
Water proof  
storage bags

### Considerations

- Water proof, light-weight, easily carried and segregated.

### Remark

- For packing soiled clothing away from the dry and clean ones in the backpack.
- Can be used to pack other belongings and gears so that they will not be affected by other items in the backpack.



D  
Watch

### Considerations

- Outdoor water-resistant sports watch.

### Remark

- Smart watches that need daily charging are not suitable.



D  
Sunscreen

### Considerations

- UVB (outdoor ultraviolet rays), SPF 30 and above
- UVA, PA+, outdoor sports generally recommend more than 2 + products

### Remark

- The SPF value refers to the ability of the product to protect against UVB, that is, the ability to prevent skin redness and sunburn
- PA+ also indicates the ability to prevent tanning



D  
Mosquito  
repellent

### Considerations

- Naturally non-irritating

### Remark

- People with allergies should pay attention to choosing suitable products



D  
Sunglasses

### Considerations

- Their nose pads and temple tips are able to hold the glasses in place even when the wearer is sweating. Furthermore eyeglasses bands are able to prevent the glasses from falling off.

### Remark

- In outdoor activities, sunglasses are able to protect the eyes from harmful UV rays and flying debris or insects. They can reduce fatigue if the eyes are exposed to strong glares over a prolonged period.



D  
Tissues and Wet  
wipes

### Considerations

- In small packs for ease of bringing.

### Remark

- Before eating or after outdoor activities, when it is not convenient to wash your hands, you can replace it with wet wipes



# 鹰赛探险活动日物品清单-夏季版



- 夏季版装备清单适用于“活动日期间最低温度高于22°C”。
- 个人物品的规格和数量要根据活动天数和个人情况进行相应的准备，并且在活动过程中自己要负责保管好一切个人物品。
- 所有物品按照【日常用品】、【衣裤鞋帽】、【活动用品】来进行有效分类。清单中的信息满足活动安全有效进行的最低要求，学员同样可以根据自身情况和经验做更充分的物品准备。
- 【鹰赛推荐】中的物品为本次活动的“非必需品”，但是在活动过程中，如果拥有这些“非必需品”可能会给学员带来较好的舒适性和便利性。
- 提前准备自己所需的物品并且熟悉其细节信息，在活动期间才会更好应对各种情况。对个人物品的提前计划和准备，是一项非常好的个人规划能力考验。
- 除物品清单中提及的物品，其余物品无需携带，尤其禁止携带贵重物品、带有伤害性的尖锐物品和学校/社会规定的任何违禁品。由此产生的人身伤害和经济损失，由学生自行承担。一旦违反任何安全原则，将予以现场没收。

## A 日常用品

- 个人证件
- 双肩背包
- 运动水壶
- 个人药品
- 防雨装备
- 洗漱用品
- 行李箱/大背包

## B 衣裤鞋帽

- 里层-T恤衫
- 外层-运动衣裤
- 内衣裤
- 遮阳帽
- 袜子
- 运动鞋

## C 活动用品

- 水上运动鞋
- 水上运动衣裤
- 毛巾
- 头灯/户外手电

## D 鹰赛推荐

- 防水收纳袋
- 手表
- 防晒霜
- 驱蚊液
- 太阳镜
- 干湿纸巾



A  
个人证件

### 详情

- 中国国籍携带【身份证】原件
- 香港澳门居民携带【往来港澳通行证】原件
- 台湾居民携带【台湾居民来往大陆通行证】原件
- 外国国籍为【护照】原件

### 备注

- 中国国籍不可用护照，未满16岁没有身份证携带户口本原件
- 外籍护照需要有效签证页、最后的入境章（电子章要用白纸写上入境口岸及日期）；护照过期正在办理新的护照需要携带出入境管理中心发放的回执单



A  
防雨装备

### 详情

- 质量较好的雨衣和防水鞋套
- 应对活动过程中突如其来的降雨

### 备注

- 活动过程中收纳在背包中，以备不时之需



A  
双肩背包

### 详情

- 容量20L以内
- 主要用于日常活动时收纳当日必要物品

### 备注

- 不要单肩背包，不利于活动时的运动



A  
洗漱用品

### 详情

- 牙刷/牙膏等个人用品
- 统一放入干湿分离的洗漱包中

### 备注

- 酒店提供的一次性用品一般质量不是很好也不环保



A  
运动水壶

### 详情

- 总容量为1L的户外运动水壶

### 备注

- 活动场地均有水站可以补充水
- 不要携带户外徒步用水袋



A  
个人药品

### 详情

- 按照活动日准备个人必需药品数量，并额外准备备用量
- 建议放入“便携收纳药盒”，按日分类

### 备注

- 对于个别学员日常必需用药种类和数量，最好书写在纸上，随药品一起收纳，便于成人辅助监管和使用



A  
行李箱/大背包

### 详情

- 用于多日活动收纳个人全部物品

### 备注

- 根据活动日规划好个人所需所有物品，并选择合适大小行李箱或者大背包



**B**  
里层-T恤衫

### 详情

- 考虑面料材质亲肤舒适，减少摩擦
- 吸湿排汗，透气快干的性能要好
- 推荐长袖，户外活动可以让手臂防晒防蚊防刮伤

### 备注

- 建议按照1日1件去准备
- 纯棉材质吸水性较强且不易干，容易发臭，所以避免选购



**B**  
外层-运动衣裤

### 详情

- 外层服装应方便活动、容易穿脱，并提供隔绝冷和风的保护功能。

### 备注

- 如果具有防水效果最好，适用活动过程突然的天气变化
- 根据个人习惯，可选择速干长裤或者短裤



**B**  
内衣裤

### 详情

- 中/高腰，后半面足够大，裆部足够宽
- 强力吸湿排汗、快干、抗菌。选择人造纤维、合成纤维等面料

### 备注

- 至少按照一日一件准备
- 杜绝纯棉面料



**B**  
遮阳帽

### 详情

- 考虑透气性能
- 在从事户外活动时，帽子可能需要应付激烈的风雨和大动作的运动，所以贴合度很重要

### 备注

- 有完整帽檐的渔夫帽不只适合春夏遮阳使用，若加上防水技术便还能遮挡雨水



**B**  
袜子

### 详情

- 选择具有吸湿和快干功能的纤维材质面料
- 脚前掌和脚后跟部分要厚；脚弓和脚踝处弹性较强，保证袜子贴合，不会因为摩擦而滑动或打皱

### 备注

- 至少要按照一日一双准备
- 棉质吸汗不排湿，更容易起水泡，所以不推荐此类物品



**B**  
运动鞋

### 详情

- 鞋底具备稳定性、防滑性、减震性、耐磨性
- 鞋面具备透气性、耐磨性

### 备注

- 新鞋在徒步活动中更容易生成水泡，可准备水泡贴，活动前在脚部易摩擦部位贴上



C  
水上运动鞋

#### 详情

- 包裹脚趾的可进入水中活动的鞋。可以用普通运动鞋，但是要额外再备用干燥的运动鞋
- 尺码合适，脚不能在鞋内部大空间的移位
- 例如溯溪鞋、包裹脚趾的沙滩鞋

#### 备注

- 为了水上活动的脚部安全，必须是包裹脚趾的水鞋
- 不可以是拖鞋、凉鞋或者松散的洞洞鞋



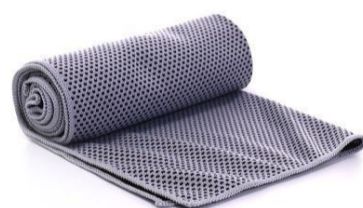
C  
水上运动衣裤

#### 详情

- 参加水上活动时穿着
- 可以是全身泳衣、速干衣裤

#### 备注

- 不可以是比基尼之类过于暴露的泳衣裤



C  
毛巾

#### 详情

- 水上运动后用来擦拭身体，避免着凉
- 速干运动毛巾

#### 备注

- 不建议使用酒店内的毛巾/浴巾，室外活动丢失需要个人赔偿



C  
头灯/户外手电

#### 详情

- 露营和夜间室外活动使用

#### 备注

- 避免携带大号家庭野炊式营地灯



### 详情

- 防水、轻量、便携、易分类

### 备注

- 收纳隔绝脏湿的衣服，防止影响背包内其它干净干燥的物品
- 也可用来分类储存自己的装备物品，免受其它物品影响

D  
防水收纳袋



### 详情

- 防水的户外运动手表

### 备注

- 户外运动中尽量避免需要一日一充电的智能手表

D  
手表



### 详情

- 防御UVB（户外紫外线）的能力，SPF30及以上
- 防御UVA（长波黑斑效应紫外线）的能力，PA+户外运动一般推荐两个+以上的产品

### 备注

- 所谓SPF值是指产品防护UVB的能力，也就是防止皮肤晒红晒伤的能力
- PA+也就是表示防止晒黑的能力

D  
防晒霜



### 详情

- 天然无刺激

### 备注

- 过敏人群注意选购合适产品

D  
驱蚊液



### 详情

- 具有附着力的鼻托和镜腿末端，即使在出汗时也有助于将镜框固定到位。眼镜绳也是防止眼镜掉落的一种有效手段

### 备注

- 在户外运动中，太阳镜可保护眼睛免受有害紫外线 (UV) 的伤害，减少明亮条件下的眼睛疲劳，并保护眼睛免受飞散的碎片和其它危险

D  
太阳镜



### 详情

- 便于随身携带使用的小包装

### 备注

- 用餐前或户外活动后，洗手不方便时就可以用湿巾代替

D  
干湿纸巾