


















2 Night Haiwan Packing List

This packing list should be used as a guide to help students pack appropriately for their trip. Students are responsible for the safekeeping of all items they bring. Insight Adventures will not be held accountable for any loss or damage to personal property.


Check List				
Item	Quantity	Note	Check	
Daily Essentials	Passport / Chinese ID / Official Travel Document	1	Needs to be original, details please check bellow	<input type="checkbox"/>
	Toiletries & Hand Sanitizer		Enough for trip	<input type="checkbox"/>
	Sun Hat & Neck Scarf / Buff	1		<input type="checkbox"/>
	Sunscreen & Insect Repellent		Enough for trip	<input type="checkbox"/>
	1 Liter Water Bottle	1		<input type="checkbox"/>
	Daypack / Small Backpack	1		<input type="checkbox"/>
	Personal medicines		Enough for trip	<input type="checkbox"/>
Clothes Essentials	Synthetic or Old T-shirts	3		<input type="checkbox"/>
	Fleece Jumper or Sweater	1		<input type="checkbox"/>
	Waterproof Rain Jacket with Hood	1		<input type="checkbox"/>
	Long trousers / Leggings	2	pairs	<input type="checkbox"/>
	Shorts	2	pairs	<input type="checkbox"/>
	Underwear	3	pairs	<input type="checkbox"/>
	Socks	3	pairs	<input type="checkbox"/>
	Sleeping Clothes / Pyjamas	1	set	<input type="checkbox"/>
Activities using Essentials	Shoes (for water activities. These can be an old pair of sneakers)	1	Need to be closed toe shoes, don't mind getting wet and dirty	<input type="checkbox"/>
	Clothes	1	Will be used for water activities, don't mind getting wet and dirty, can be swimming suit	<input type="checkbox"/>
	Small Towel	1	Used for drying body after finishing water activities	<input type="checkbox"/>
Non-essentials	Sunglasses & Neck Strap	1	pair	<input type="checkbox"/>
	Extra Glasses or Contact Lenses	1	pair	<input type="checkbox"/>
	< 200 RMB Spending Money	200	RMB	<input type="checkbox"/>

Recommend to NOT BRING		
Cameras or Video Equipment	Whilst it is great to capture memories when away from home, bringing expensive cameras or video equipment is not necessary. As adventure activities are both exciting and engaging, students will not have the opportunity to take photos or videos during their trip. Chaperones and teachers will be close by to capture that special moment when the time come	
Wheeled Suitcases	Large "holiday style" wheeled luggage items are impractical when moving on and off busses, up hotel stairs and going from location to location. Not only are they heavy and break easily but also they are often far too big, causing students to over-pack. Remember that students will be required to carry their own luggage , so in order to prevent any back injuries and other hassles during a trip, a comfortable backpack with a hip strap that suits a student's body size (40-60L) is a much better and safer choice.	
Prohibited (DO NOT BRING!)		
Mobile Phones or Smart Watches	Like other personal electronics, mobile phones are items that only distract students from their unique adventure experience. Whilst it is understandable that parents like to be able to contact students at any time, keep in mind that mobile phones are not permitted during activities, which normally last from 8am until bedtime. Students will always be contactable through instructors and programme chaperones in case of emergencies at home, and will always have access to communication devices to call or message home. Students are not to bring mobile phones or smart watches to camp.	
iPads / Personal Reading Devices / Laptops	Our programmes are fantastic opportunities to build social skills and interact with peers in a non-competitive, fun and exciting outdoor environment. iPads, personal reading devices such as Kindles, as well as laptops are nonessential items that exclude and distract students from learning opportunities, but they are also easily broken or lost. Students are asked not to bring any personal devices on camp.	
Large Sums of Money	Students will almost never need to buy anything during a programme. Bringing any more than 200 RMB of cash is simply unnecessary and is only risking large amounts of money being lost. Students are responsible if money is lost.	
Flip-flops / Sandals / Open-toed Footwear	While comfortable and cool to wear, flip-flops, sandals, jandals, thongs, crocs, and any other open-toed shoes can be slippery and easily broken. Hotels will often provide clean indoor shoes for use within hotel rooms so there is no need to bring your own.	
Racing Briefs / Bikinis	Racing briefs such as Speedos, as well as bikinis are neither practical nor appropriate and should not be brought on trip regardless of students' age. Anyone who brings inappropriate swimwear will be required to wear their own shorts and t-shirt during any pool or water activities.	

Detail for essential items		
Passport / Chinese ID / Official Travel Document	<p>To register at hotel, all your identification needs to be original and within the validity period, and here are different situations:</p> <ol style="list-style-type: none"> 1. If you are of Chinese nationality, you must bring your <u>ID card</u>, you can also bring your <u>Hukouben</u> if you are under 16 and don't have your ID card. 2. If you are a resident of Hong Kong or Macao, identification must be your <u>Exit-Entry Permit for travelling to and from Hong Kong and Macao</u>. 3. If you are a resident of Taiwan, you must bring your <u>Mainland travel permit for Taiwan residents</u>. 4. Foreign nationality, must bring your <u>passport</u>. <u>This includes your old passport if you have just received a new passport</u>. <p>IDs will be kept safe by staff.</p>	
Toiletries & Hand Sanitizer	<p>Toothbrush, toothpaste, face wash, soap, body wash, tissues and any other personal items students may need whilst away. A personal bottle of hand sanitizer is the best way to <u>maintain a good level of hygiene</u> whilst away on trip.</p>	
Sun Hat & Neck Scarf / Buff	<p>When outdoors a hat is an obvious essential. All students are required to bring their own hat and wearing it at all times during sun exposure is compulsory. A buff or tubular neck scarf can be used as both sun protection and as a face mask in case of dust storms.</p>	
Sunscreen & Insect Repellent	<p>As everyone has their own unique skin type, it is essential that all students carry their own small tube of sunscreen and insect repellent. We recommend SPF 30 for most students as it blocks 97% of UVB rays whilst remaining light and less greasy. Sunscreens labelled SPF 50 or above offer only minor additional protection and are normally quite heavy.</p>	
1 Liter Water Bottle	<p>No one should ever go anywhere in the outdoors without their own 1 litre plastic or aluminium water bottle. Bottles are both cheap and easily found in any supermarket or outdoor store. Labelling it with the student's name is also a great idea.</p>	
Daypack / Small Backpack	<p>As students spend most of their time away from the hotel, a small, easily carried backpack is an essential item for any trip away. Size should be around the 20-30 litre mark and only needs to be large enough to hold a student's water bottle, tube of sunscreen, waterproof rain jacket, spare change of clothes or underwear when camping, hat and any other items for a day and possibly a night away from the hotel.</p>	
Synthetic or Old T-shirts	<p>These will be for daily wear. Preferably made from <u>synthetic or "quick-dry" fabric</u> will ensure students stay dry after water activities or in case of perspiration and/or rain. Clothes will likely get dirty, muddy and wet.</p>	
Fleece Jumper or Sweater	<p>Even though the weather may not be cold enough to require an extra warm layer, it's best to be prepared and give students the option in case they feel cold.</p>	



<p>Waterproof Rain Jacket with Hood</p>	<p>A must have for any trip outdoor adventure trip. Jackets (often referred to as “shells”) should be 100% waterproof with a minimum rating of 5,000mm, preferably lightweight and breathable. This jacket is not meant to keep students warm, but instead keep them dry in the rain.</p>	
<p>Long trousers / Leggings</p>	<p>One or two pairs of long trousers or leggings are great for students who like to be a little warmer and for protecting their legs and ankles during hikes. Light weight, “quick-dry” fabrics are recommended as they can be easily washed and worn the next day.</p>	
<p>Shorts</p>	<p>Comfortable, well-fitting shorts are the standard wear for any outdoor activity. Light weight, “quick-dry” fabrics are recommended as they can be easily washed and worn the next day if and when they become dirty.</p>	
<p>Underwear</p>	<p>Whatever you find comfortable. Synthetic fabrics are best for quick drying after washing or being caught in the rain.</p>	
<p>Socks</p>	<p>Synthetic blends are best as they are quick drying and wick moisture away from feet and shoes preventing smelly feet.</p>	
<p>Sleeping Clothes / Pyjamas</p>	<p>Something comfortable and practical to wear to bed and inside hotel rooms.</p>	
<p>Shoes</p>	<p>As student’s primary shoes during the programme, they need to be comfortable, closed-toes and well broken-in. Low ankle, “outdoor shoes” with a waterproof outer layer or membrane are best, however sneakers / runners will also do. <u>These will likely get dirty, muddy and wet!</u></p>	
<p>Shoes(for water activities)</p>	<p>Neoprene “Aquashoes” or booties are great, however an old pair of sneakers / runners will also suffice.</p>	
<p>Small Towel & Swimwear</p>	<p>As some activities are in and around the water, a set of clothes for swimming and getting completely wet and a small towel are essential. Board-shorts or swimming trunks are recommended for boys, one-piece swimsuits and swim shorts for girls. <u>Racing briefs such as Speedos, as well as bikinis are neither practical nor appropriate and should not be brought.</u></p>	
<p>Sunglasses & Neck Strap</p>	<p>A great additional item that makes spending time in the outdoors a little more sun safe and a little more comfortable. Don’t forget to bring a retainer or neck strap so you don’t lose them.</p>	

Extra Glasses or Contact Lenses	If you wear glasses or contacts and rely on them to see, it's a good idea to carry a spare pair / set with you in case your everyday wears get lost or broken. Again, fitting a retainer or neck strap to your specs is a great way to prevent them falling off your face.	
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