
SIS(HK) S1 ORIENTATION CAMP

AUGUST 2009

PACKING LIST

Remember:

This is an adventure based program, so do not pack your best clothes as they are likely to get quite dirty. Leave your mobile phones, MP3 players, and other similar items at home - there will not be time to use them! Bring your watch but leave other jewelry at home; you will only have to take it off for activities anyway. And finally - you will not need much spending money, so don't risk losing it.

- Large back pack or similar to carry all your gear. Do not bring a heavy suitcase as you will need to be able to carry all of your own gear for short distances.
- Small back pack to carry water bottle, jacket, hat, snacks, etc. during the day
- Water bottle of at least 1 liter capacity - filled with water!
- Sleeping bag or sleeping sheet (optional)
- Appropriate clothes to sleep in
- Training shoes for general activities
- Old training shoes that are OK to get wet and dirty
- 2 pairs long pants (trousers) - lightweight trousers or tracksuit pants are best. Jeans are NOT suitable.
- 2 long sleeved shirts OR t-shirts
- 2 pair shorts
- 2 t-shirts
- Warm fleece or sweater
- Lightweight waterproof and windproof jacket
- Underwear
- Towel
- Bathing suit (board shorts and surf shirts are great to prevent sunburn)
- Toiletries (shampoo, toothbrush, etc. - avoid highly perfumed items as they attract bugs)
- Any personal medication / sanitary items
- Sun hat / Sunglasses, Sunscreen (waterproof and sweat-proof w/ SPF 15 or higher is best)
- Insect repellent (brands w/ a high % of DEET are recommended for best protection)
- Torch / flashlight w/ extra batteries
- Camera (disposable and waterproof ones are great) (optional)
- Notebook and pen
- Plastic bags for wet or dirty clothes

The weather can change quickly in Hong Kong. Make sure you watch the weather reports and adjust this clothing list to suit the conditions if necessary.



Outdoor Shop List

- 1, Protrek -- <http://www.protrek.com.hk/eng/index.htm>
- 2, RC Outfitter -- <http://www.alink.com.hk/> (location is at the bottom)
- 3, The Overlander -- <http://www.overlander.com.hk/> (4th bracket is location)
- 4, Mountain Services -- <http://www.mshk.com.hk/main/store/index.html>