

4 Night Shaolin Temple Packing List

Suitable for Spring & Autumn Programmes

Essential Items

5x synthetic t-shirts

These will be for daily wear. Ensuring clothes are made from **synthetic or “quick-dry” fabric** will ensure students stay dry after water activities or in case of perspiration and/or rain and can be easily washed if needed.



1 x extra cotton t-shirt

This extra shirt is just something comfortable to keep as a backup and can be worn on travel days and during the evening before bed. Either long or short sleeve are suitable. This should be the only cotton piece of clothing brought on trip.



1 x fleece jumper or sweater

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.



1 x waterproof rain jacket with hood

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 during outdoor activities in the rain.



2 x long trousers / leggings

Long trousers or leggings are great for students who like to be a little warmer and for protecting their legs and ankles from minor scratches from plants during hikes. Light weight, “quick-dry” fabrics are recommended as they can be easily washed and worn the next day if they become dirty.



3 x shorts

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 they become dirty.



5 pairs underwear

One clean set for each day plus one extra pair as a backup. Synthetic fabrics are best because they dry quickly after swimming or being caught in the rain.



5 pairs socks

One clean set for each day. Wool and synthetic blends are best as they wick moisture away from feet and shoes preventing smelly feet.



1x sleeping clothes/pyjamas

Something comfortable and practical to wear to bed and inside hotel rooms.



1 pair dry shoes

These should be something clean and dry to put on at the end of the day and during activities that don't involve getting wet and muddy. As student's primary activity shoes during the programme, they need to be **comfortable, closed-toes and well broken-in** before the programme to avoid blisters. It's best to go for low ankle, outdoor shoes with a waterproof outer layer or membrane to ensure students always have something dry to put on in case of unexpected rain.



1 pair extra shoes(will get dirty)

These are used during where shoes may get wet, such as hiking in the forest. They are guaranteed to get wet, sandy and muddy. An old pair of sneakers / runners will suffice. Must be closed-toe. Please no crocs or flip-flops!



1 x 1 Litre Water Bottle

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.



1 x daypack/small backpack

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.



1 x small bottle of sunscreen & insect repellent

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.



1 x sun hat

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.



1 x head torch & spare batteries

Whether camping or not, a head torch is an extremely versatile tool for a variety of situations including unexpected power outages and night time games. Be sure to bring a spare set of batteries and remember that any electronic devices need to be packed in your carry-on luggage if taking flights.



Toiletries & Hand Sanitizer

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 prevent students from getting sick whilst away on trip.



Other Non-essential Items

1 pair Sunglasses & Neck Strap

A great additional item that makes spending time in the outdoors a little more sun safe and a little more comfortable, especially around water. Don't forget to bring a retainer or neck strap so you don't lose them.



1 pair 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.



< 200 RMB Spending Money

Students will never need to purchase anything during an Insight programme. In terms of food, drinks and



awesome things to do, we already have everything covered. However if you want to take some cash, please keep it to no more than 200 RMB just in case students want to buy mum a souvenir.

Items Recommended to NOT BRING

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 not only anti-social, nonessential items that exclude and distract students from learning opportunities, but they are also easily broken or lost. It's best not to bring them at all.



Mobile Phones

Like other personal electronics, mobile phones are anti-social, unnecessary 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.



Cotton Clothing

Other than one comfortable cotton t-shirt that can be used at night time and for travelling, any kind of cotton clothing should be avoided. Cotton holds moisture making it heavy, cold on the skin and slow to dry once wet from either rain or perspiration. This includes all kinds of denim jeans, most traditional "hoodies", and many types of t-shirts and trousers. Check the label on the collar or the inner lower side seam if you are unsure of the fabric of a particular garment.



Cameras / 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 will always be close by to capture that special moment when the time comes.



Portable Battery Chargers

Unless there are multiple camping days on a programme, student will have daily access to power sockets for charging any devices that they shouldn't have brought. Portable batteries when not used properly are fire hazards and often cause problems at airport security when not put in carry-on luggage.



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 is a much better and safer choice.

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.



Prohibited Items (DO NOT BRING!)

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.



Potentially Offensive Clothing

Whilst freedom of expression is important, any clothing with religious, racist or anti-social messages or images is strictly prohibited. If an item is deemed to be inappropriate or potentially offensive to other students, instructors, teachers or members of the





public, it will be confiscated for the duration of the programme.

Items Inappropriate for School

Bringing cigarettes, drugs, alcohol is obviously a big no-no on a school trip. Regardless of it's legal status in a home country or whether students are of legal

age or not, any such items will not be tolerated. Any student found to bring or buy any such items on programme will be immediately sent home at parents' expense.

Real or Fake Weapons / Knives

Any items that could be used as, or resemble a weapon are strictly prohibited and will be immediately confiscated. This includes, but is not limited to toy guns, pocket knives, tools, martial arts training aides, and other dangerous or intimidating items.

This packing list should be used as a guide to help students pack appropriately. 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 during the programme.

