

# China Kit List



## Please remember!

Whatever you pack you will have to carry with you. Therefore, be careful not to get too excited and take too much. There will also be a weight limit of **20kg** of main luggage and **7kg** of hand luggage. Please use the list below as a guide.

## Don't forget!

- Your passport and visa
- Photocopies of your passport incase the originals are lost or stolen. The copies should be packed separately from the original documents
- Spending money

✓	Quantity	Item	Description
<input type="checkbox"/>	1	Holdall or rucksack (60-80L)	This will be your main bag on the expedition and in the hold on the plane. You need to make sure it has a waterproof liner or you have enough dry bags to keep all your kit dry.
<input type="checkbox"/>	1	Small rucksack (30-35L)	This is the bag you will carry with you as hand luggage on the plane and daily throughout the expedition. It needs to be big enough to hold a jumper, sun cream, water, sunglasses etc.

### Clothing and Footwear for Adventure Activities

<input type="checkbox"/>	1 pair	Sturdy, closed shoes / trainers	These should be well worn, comfortable and sturdy
<input type="checkbox"/>	2 - 3 sets	Long-sleeved tops & trousers	Loose fitting and warm
<input type="checkbox"/>	2-4	T-shirts	
<input type="checkbox"/>	2	Jumper	Fleece / hoodie / wool sweater
<input type="checkbox"/>	1	Coat / Jacket	Water and wind proof, heavy-weight for extremely cold weather
<input type="checkbox"/>	1	Hat	
<input type="checkbox"/>	1 pair	Gloves	High quality, wool items
<input type="checkbox"/>	1	Scarf	
<input type="checkbox"/>	1 set	Thermal underwear	Optional

### Additional Clothing / Footwear for Leisure

<input type="checkbox"/>	1-2 sets	Evening / casual clothes	For going out in the evening or to save for the end of your expedition
<input type="checkbox"/>	1 pair	Trainers	For leisure time

Please note that you may be visiting / working in areas where the locals expect a certain respectful dress code. Please wear the appropriate levels of dress e.g. no offensive logos or slogans or excessive camouflage / military items

### Bedding & Bathing Items

<input type="checkbox"/>	1	Pyjamas/Nightwear	
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<input type="checkbox"/>	1	Personal washing kit	Including soap, shampoo, toothpaste/toothbrush and deodorant
<input type="checkbox"/>	1	Travel Towel	Lightweight, quick drying towels are ideal
<input type="checkbox"/>	1	Wet wipes / baby wipes	Useful for hygiene
<b>Personal Supplies</b>			
<input type="checkbox"/>		Socks	Socks for everyday use
<input type="checkbox"/>		Underwear	Enough for at least 7 days
<input type="checkbox"/>	2	Water Bottle (1L)	Robust bottles
<input type="checkbox"/>	1	Insect Repellent	Ensure it contains DEET or equivalent
<input type="checkbox"/>	1	Antibacterial Hand Sanitizer	
<input type="checkbox"/>	1 Pack	Tissues	
<input type="checkbox"/>		Sanitary Products	Just in case. There's less variety in most locations.
<input type="checkbox"/>		Contact lenses / spare glasses	If applicable
<b>Personal First Aid Kit – below is a suggested basic contents list. Your Expedition Leader will have all necessary contents on hand for emergencies.</b>			
<input type="checkbox"/>	All	Personal Medication	E.g. prescription drugs, inhalers
<input type="checkbox"/>	Multiple	Anti – malarial tablets	If you have been advised by a medical professional to take anti-malarial tablets, please carry enough for your whole trip
<input type="checkbox"/>	1 box	Multi-size plasters	
<input type="checkbox"/>	1 pack	Antibacterial wipes	
<b>Optional Items</b>			
<input type="checkbox"/>	1	Notebook/Journal	To keep a journal or make a note of what you experience
<input type="checkbox"/>	2	Pens / pencil	For the above
<input type="checkbox"/>	1	Camera	Remember your charger/spare batteries/memory card
<input type="checkbox"/>	1	Adapter	

## Don't worry!

If you not sure about the purpose or have any questions about any item on the kit list, please feel free to get in touch with us.