

What to bring on program

Please go through the following checklist to see what you should bring for your program.

General Items Checklist	
Items	Checked
Sturdy trainers or hiking shoes (sandals, flip flops and Croc's are not allowed)	
Daypack (with two shoulder straps and large enough to hold a packed lunch and the starred items below)	
1L water bottle (or larger)*	
Sun cream (minimum SPF 30+, preferably waterproof and non-scented)*	
Insect repellent (non-scented) *	
Outdoor rain jacket (waterproof with hood, light-weight)*	
Sun hat (preferably with wide brim and neck cover) *	
Pen or pencil and small notepad	
Large Backpack or Suitcase	
Toiletry bag (tooth brush, tooth paste, soap, shampoo, sanitary pads etc.)	
Bath Towel	
1 set of T-shirts, shorts/trousers and underwear for each day of the program	
A spare set of clothes (t-shirt, shorts, underwear)	
Your program happens between October and March, you may bring:	
Warm coat	
Jumpers and sweaters	
Long pants/ Trousers	
Thermal Underwear	
Gloves, warm hat, scarf	

Special Items Checklist

Your program includes Canyoning, please bring:

Closed-toe spare shoes (sandals, flip-flops and Croc's are not allowed) (Cloth shoes like Pak Fan Yue is a good option)	
---	--

Quick dry towel	
-----------------	--

Glasses string (for those who wear glasses)	
---	--

Optional Items Checklist

Sunglasses		Dry bags for wet and dirty clothes	
------------	--	------------------------------------	--

Spare glasses/contact lenses		Sandals for wear during free time at campsites or hotels	
------------------------------	--	--	--

Reading Book		Sleeping toys (for younger kids)	
--------------	--	----------------------------------	--

Notes

The following items are not allowed to bring. Snacks are usually provided everyday in Dragonfly programs.

- Electrical devices (Computer, Camera, Smartphone, Tablet etc.)
- Cash, Credit card
- Snacks

Footwear for activities				
Sturdy Trainers	No Crocs	No Flip-flops	No Sandals	Spare Shoes
				

The “Five Essentials”				
1L Water Bottle	Sun Hat with brim and neck cover	Sun Cream 30+ SPF Waterproof Non-scented	Mosquito Repellent Non-scented	Outdoor rain Jacket (Waterproof with hood)
				

Luggage	
Daypack (10-15L)	Backpack (In general: 40L)
 	