

# Grade 7 Beijing Educational Travel Packing List

## What to Pack

Please find below the suggested packing list for this trip.

*Our main concerns are that students carry clothing to cater for changeable weather conditions, necessary medications are brought with them on the trip, two pairs of walking shoes/runners are brought, and that the bag brought is not too large, as students will be expected to carry all their own belongings. Items of value i.e. electronics should be left at home in Shanghai.*

**Your challenge is to pack what you need in a backpack (preferred) or small suitcase.**

**You are responsible for carrying all your belongings, so do not bring more than you need for five days.**

**Teachers and Chaperones will carry applicable medical supplies and emergency medications.**

Beijing will be warm during the day, but evenings and mornings can be cool, especially in the countryside and the surrounding mountains and valleys.

Most of your gear and supplies will be carried on the bus and/or left in the hotel room during the day. **While walking, all you need to carry one small daypack that contains your personal items like camera, water bottle, rain coat, trip booklet and pencil/pen, etc. Make sure you bring the daypack.**

**Bottles of water and fruit will always be available on your bus.**

### **Clothing**

- Comfortable walking or hiking shoes/trainers (2 pairs total)
- a pair of flip-flops
- short-sleeved and long-sleeved shirts. Must include your trip t-shirt.
- long pants and shorts
- sweatshirt or fleece jacket
- rain jacket or poncho (in case of a wet weather hike)
- pajamas, underwear, socks
- hat (for sun protection)
- towel (small sports/work out type)

## **Personal Items**

- backpack to carry booklet/clipboard, pens/pencils a warm layer of clothing/rain gear
- toiletries, tissues, toilet paper, sunscreen, insect repellent, **CHAP STICK/Lip balm**
- cellphone and charger (optional, used only when necessary)
- digital camera (and charger and/or extra battery) **OPTIONAL** but recommended
- personal medicine (basic first aid kit is carried on each bus)
- reading material, cards, sketchbook etc.
- spending money (less than 800RMB but at least 400RMB)
- mostly **healthy** snacks (not too much junk)
- umbrella (small folding) optional
- flashlight
- foldable hiking aid/stick (optional)
- ***SEVERAL PLASTIC BAGS TO PUT WET AND/OR DIRTY CLOTHING IN, OR USE AS RUBBISH BAGS.***

**Please Do Not Bring: ipods/mp3/cd/dvd/ players, laptop computers, electronic games, or anything else not allowed at school.**

**In addition, anything considered a weapon, even if a toy, may not be carried or purchased while on this trip.**