

## **Grade 7 Beijing Interim Trip Packing List and Suggestions**

Dear Team 7 Parents and Students,

Please carefully review 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.*

### **Important note:**

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, **Chapstick/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 TRASH BAGS

**Note:** 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.

### **Recommended Bags**

- 1x large backpack (Medium size is sufficient 35L-50L) or roller type bag.
- 1x smaller day pack

### **Recommended Clothing**

- 3x pair of comfortable shorts
- 1-2x pair of long trousers
- 4x t-shirts
- 1x lightweight fleece/vest/jumper/hoodie/sweatshirt
- 1x breathable warm waterproof jacket or poncho
- 5x underwear, 5x socks
- 1x sun hat/cap
- 2x pair of comfortable walking/sports shoes
- warm sleeping clothes for camping night

### **Recommended Toiletries**

- Sunscreen
- Small bottle of insect repellent
- Toothpaste and Toothbrush
- Any required medication \*\*
- Antibacterial hand gel
- Wet wipes

### **Other Recommended Items**

- Sunglasses
- Torch/headlight
- Pen/pencil & School provided notebook
- Cell phone (preferably with a camera feature in order to document the trip)
- Reusable water bottle (school will provide)
- Face/pollution mask (if you already have) for use in the unlikely event of a high pollution day.
- Sleeping bag liner (old single sheet folded in half and sewn on two sides). Used as an insert giving extra insulation/protection in a sleeping bag that may not have been washed between uses.
- Plastic bags for packing worn clothing