



EQUIPMENT LIST - ITEMS TO BRING ON YOUR **CEBU MARINE ADVENTURE & SERVICE**

This is an international adventure and marine based program. Make sure you have all the proper documents needed for this trip. Your gear should be comfortable and suitable for weather in **Cebu** during **April** (around 25°C - 32°C). Bring your watch but leave other jewelry and electronic devices at home – this is a digital free week! And finally – you will not need much spending money, so don't risk losing it (HKD 500 is ample).

TRAVEL DOCUMENTS			
<input checked="" type="checkbox"/>	ITEM	QTY	DESCRIPTION
<input type="checkbox"/>	Passport	1	Must have at least 6 months validity and a minimum of 2 blank pages for visa stamps
<input type="checkbox"/>	Visa for Philippines	1	Some nationalities may apply for tourist visas on arrival but please check with your local consulate on whether you need a visa for entry
<input type="checkbox"/>	Money (HKD 500 recommended)	1	Pocket money for small gifts. There will not be a lot of time for shopping

ESSENTIAL ITEMS			
<input type="checkbox"/>	Large backpack (60 litres)	1	To carry all your clothes and gear. This needs to have waist straps (padded are best), essential for your comfort and stability
<input type="checkbox"/>	Small backpack with a waterproof 10L dry bag or a waterproof backpack (20 - 30 litres)	1	School Bag size with padded shoulder straps to carry water bottle, hat, snacks and waterproof jacket during the day
<input type="checkbox"/>	Water bottle(s) (min 2 litre capacity)	1-2	Water bladders are also a good idea
<input type="checkbox"/>	Waterproof jacket / rain poncho	1	Gore-Tex / eVent / Omni-Tech waterproof fabrics or equivalent are best
<input type="checkbox"/>	Baseball Cap / Sun hat	1	Essential personal protection, we will be in the sun all day.

SHOES & CLOTHING			
<input type="checkbox"/>	Training or running shoes	1	For general activities
<input type="checkbox"/>	T-shirts	5	Quick-dry clothing made from synthetic materials is best (NOT cotton) *Redeem 1 free T-shirt from APA Outdoor Shop upon completing the enrolment form



<input type="checkbox"/>	Long-sleeved shirt	1	Lightweight and quick-dry material
<input type="checkbox"/>	Shorts	4	Lightweight and quick-dry material. For cultural reasons, shorts should be no shorter than knee length
<input type="checkbox"/>	Long pants / trousers	2	Lightweight trousers or tracksuit pants are best (NO jeans - cause chafing and are slow to dry)
<input type="checkbox"/>	Warm fleece or sweater	1	For cooler evenings
<input type="checkbox"/>	Socks	5	Sports or hiking socks are best
<input type="checkbox"/>	Underwear	5	
<input type="checkbox"/>	Clothes for sleeping / pyjamas	1	

WATER ACTIVITIES

<input type="checkbox"/>	Water shoes / old trainers	1	Must be closed toe and closed heel to protect feet (NO crocs or flip flops)
<input type="checkbox"/>	Bathing suit & board shorts	2	Knee length board shorts or long swimming pants are recommended for all water activities
<input type="checkbox"/>	Long sleeve rash guard / surf shirt	1	Shoulders must be covered to protect from the sun

TOILETRIES & PERSONAL ITEMS

<input type="checkbox"/>	Sunscreen & Lip balm	1	Waterproof and sweatproof with SPF 30+
<input type="checkbox"/>	Insect repellent	1	
<input type="checkbox"/>	Toothbrush & toothpaste	1	
<input type="checkbox"/>	Travel sized soap / shampoo	1	Multi-purpose biodegradable camp soap is best
<input type="checkbox"/>	Travel towel	1	Lightweight and small sized
<input type="checkbox"/>	Clothes dry bags / plastic bags	1	For separating wet & dirty from clean & dry clothes
<input type="checkbox"/>	Headlamp / torch & extra batteries	1	Headlamps are best to keep hands free
<input type="checkbox"/>	Any personal medication / sanitary items	1	Must be properly labelled. For inhalers & epi-pens please bring 2 sets (spare for teachers to keep)



OPTIONAL ITEMS			
<input type="checkbox"/>	Sunglasses	1	
<input type="checkbox"/>	Notebook & Pen	1	
<input type="checkbox"/>	Camera	1	Waterproof and disposable ones recommended
<input type="checkbox"/>	Sleeping bag or sleeping bag liner	1	There will be bedding provided (but you may bring your own if you prefer)
<input type="checkbox"/>	Snorkelling Set	1	Mask, snorkel and fins (if you have your own)

Please note that we will predominantly be in the less touristy areas of Cebu and therefore in order to be culturally sensitive and respectful; a more conservative dress code applies. This includes ensuring shoulders are covered and shorts are at a minimum, knee length. Failure to dress in accordance with the local sensitivities may result in being unable to access certain cultural points of interest.

Local weather conditions can change quickly so do make sure you watch the weather reports and adjust your Equipment List requirements accordingly.

APA is pleased to offer many items on the Equipment List with free delivery in Hong Kong. As a client of APA youth, all parents and students have automatic access to our membership discounts.

Please visit our store opposite the Wong Chuk Hang MTR Station (APA Outdoor Shop, 16A Gee Chang Hong Centre, 65 Wong Chuk Hang Road, HK Island) to register for your free membership, try on sizes, and take your gear home the same day. Check out our range of products at www.apaoutdoorshop.com

For gear enquiries, please email: customer@apaoutdoorshop.com or call: +852 3153 4091.