



## **EQUIPMENT LIST** - ITEMS TO BRING ON YOUR **REMOTE RESCUE PROGRAM**

Remember that this is an adventure-based program. Please do not pack your best clothes, as they are likely to get quite dirty. Leave your phones and other similar electronic devices at home – there will not be time to use them! Bring your watch but leave other jewelry at home, as you will only have to take it off for activities anyway. We recommend clearly labelling equipment with your name. And finally, you will not need much spending money, so please don't risk losing it.

<b>ESSENTIAL ITEMS</b>			
<input checked="" type="checkbox"/>	ITEM	QTY	DESCRIPTION
<input type="checkbox"/>	Large backpack (40 - 70 litres)	1	For all your gear. If you cannot bring a backpack, a duffel bag that is comfortable to carry can be used
<input type="checkbox"/>	Small backpack (15 - 25 litres)	1	School bag size with padded shoulder straps to carry during the day for activities
<input type="checkbox"/>	Water bottle (min. 1 litre capacity)	1	Should be filled with water!
<input type="checkbox"/>	Sun hat	1	Essential personal protection, we will be in the sun all day.
<input type="checkbox"/>	Sunscreen	1	Waterproof and sweat-proof with SPF 15 or higher is best
<input type="checkbox"/>	Training or running shoes	1	For general land activities
<input type="checkbox"/>	Waterproof jacket / rain poncho	1	Gore-Tex / HyVent / Omni-Tech waterproof fabrics or equivalent are best

<b>CLOTHING</b>			
<input type="checkbox"/>	T-shirts	5	Quick-dry clothing made from synthetic materials is best (NOT cotton)
<input type="checkbox"/>	Long-sleeved shirts	2	
<input type="checkbox"/>	Shorts	2	
<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	
<input type="checkbox"/>	Underwear	5	
<input type="checkbox"/>	Socks	5	Sports or hiking socks are best
<input type="checkbox"/>	Clothes for sleeping / pyjamas	1	



<b>WINTER / COLD WEATHER</b>			
<input type="checkbox"/>	Fleece lined hat / beanie		
<input type="checkbox"/>	Long sleeved thermal / base layer	1	
<input type="checkbox"/>	Neoprene top / bottom		For water activities in cold weather

<b>SLEEPING</b>			
<input type="checkbox"/>	Sleeping bag and/or liner	1	Three season sleeping bag with a hood (5 - 15°C temperature rating)
<input type="checkbox"/>	Sleeping mat or pad	1	Foam or inflatable mats are fine

<b>TOILETRIES &amp; PERSONAL ITEMS</b>			
<input type="checkbox"/>	Toothbrush & toothpaste	1	
<input type="checkbox"/>	Travel sized soap / shampoo	1	
<input type="checkbox"/>	Sanitary items	1	
<input type="checkbox"/>	Travel towel	1	Lightweight and small sized
<input type="checkbox"/>	Insect repellent	1	
<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"/>	Reusable sandwich container	1	
<input type="checkbox"/>	Any personal medication	1	Must be properly labelled. For inhalers & epi-pens please bring 2 sets (spare for teachers to keep)

<b>OPTIONAL ITEMS</b>			
<input type="checkbox"/>	Sunglasses	1	
<input type="checkbox"/>	Notebook & pen	1	
<input type="checkbox"/>	Camera	1	Waterproof and disposable ones are great



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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](http://www.apaoutdoorshop.com)

For gear enquiries, please email: [customer@apaoutdoorshop.com](mailto:customer@apaoutdoorshop.com) or call: +852 3153 4091.