

## **PACKING LISTS:**

*We advise you to pack light. In our experience, people travelling for the first time bring a lot of unnecessary equipment with them, which ends up sitting in a bag untouched throughout the trip and makes life difficult for the traveller and the drivers and guides who have to put luggage on and off the coach. Generally smart clothes are not required, even for the school visits. Any student with a bag over 15kg will be fined with eating a chicken foot, or 'smelly tofu' for the vegetarians!*

This is just rough weather guidance. Please kindly keep close track of the weather report when it is closer to the trip. However, please understand that weather is not 100% predictable, so we suggest all passengers also bring some warm/cool clothes with them just in case.

We recommend you bring the following:

### **Main bag and a small day pack.**

We leave our big bags at the accommodation, so you'll need to keep your valuables with you in a day pack or give it to your teacher. For your big bag, a suitcase or hold-all will be fine.

### **Necessities**

- Passport with visa
- Details of emergency numbers
- Chinese currency (optional, but we recommend you prepare in advance as it is not very convenient for any student to get separated from the group to take out money)
- Photocopies of passport photo page and passport visa page, bankcard (optional) and any personal insurance policies taken out.

### **Toiletries**

- Insect repellent – a must for summer months
- Hand sanitizer
- Packets of toilet paper – not provided in public toilets!
- Sun cream and after sun - another must for spring or summer
- Moisturiser – useful for travelling during the cold, dry winter
- Any medication you need and a list of the medication you take
- Deodorant and tampons are hard to find in China so please pack accordingly

### **Clothes**

- Trainers/sport shoes/sensible walking shoes

- Walking trousers
- Jeans (or knee-length skirts or shorts for hot weather)
- A towel (normally not provided in hostels/guesthouses/farmhouse)
- T-shirts
- Jumpers or fleeces
- Sunglasses
- Waterproof Rain coat.
- Sun hat/Winter hat.
- Wash bag.

### **Outdoor wear**

- Waterproof or warm coat (if travelling between September and May)
- Umbrella

### **Electronics**

- Bring electronic products at your own risk – some students do travel with kindles and smartphones
- Adaptors - Chinese electrical outlets are 220 volt and use the US standard plug shape. Please check your specific devices' voltages to be sure if they will work with 220 volts
- Phone chargers
- Camera (and spare memory cards)

### **Travel**

- Earplugs and an eye-mask
- A jumper (it gets cold on long-haul flights or in airports during stop over)

### **Extras**

Trip specific (itinerary-dependent)

- A swimming costume (to wear in the mud baths)
- Some Hong Kong Dollars
- Small gift for charity or orphanage visit (this may be organised by your school) Key rings, fridge magnets and postcards are all suitable gifts.
- Our guide will hand out our Dragon Trip T-shirt at the first two day as a gift. Occasionally the T-shirts will be a bit later than that. (take out if the trip needs to be white labeled)

**Please take notice that spray with iron container more than 120ml is not allowed to take on trains or subway.**

### **Finally...**

Make sure you leave room in your luggage – there are plenty of souvenirs you'll want to pick up.