



7 Day Tropical Packing List

Tropical weather is generally warm with the chance of short storms, packing the appropriate clothing and personal items are necessary to ensure an overall positive experience. The packing list below includes the clothes you wear for trip and travel days.

Clothing

- 4 T-shirts (synthetic is preferable)
- 1 long sleeve surf shirt/rash guard
- 1 waterproof outer shell jacket with hood
- 2 pair of shorts
- 2 pairs of board shorts
- Female one piece swimsuit & board shorts for surf sessions (NO bikinis)
- 6 pairs of underwear
- 2 pairs of socks
- 1 pair of aqua socks/reef booties for beach & surf sessions
- 1 pair of sneakers/hiking shoes (will get wet/dirty)
- 1 pair of sandals/flip-flops (Crocs are NOT permitted)

Daypack

- 1 20-30L backpack to carry water, extra clothes while on activities etc.
- 1 bottle of sun block SPF 50+
- 1 small bottle of bug spray
- 1 head torch/flashlight
- 1 beach towel
- 1 pair of sunglasses
- 1 hat/cap
- 1 pack of personal tissues/wet wipes & hand sanitizer
- 1.5L Water bottle

Miscellaneous

- 1 pair of extra glasses (if student wears glasses)
- Extra contact lens and solution (if student wears contact lenses)
- Medication & note from parents to leader giving explanation/permission.
- Extra spending money, no more than 200 RMB recommended.

Note: Electronic devices are not forbidden on the trip but should not be used during the activities. Insight Adventures takes no responsibility for electronic items.

Please use this checklist to best prepare for your trip. While it is important to have most of these items it is equally important not to be burdened with an exorbitant amount of luggage.

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