



# WHAT TO BRING - DAY & OVERNIGHT CAMPS

## (Step 1) Everyday Backpack

Must have on **ALL** day and overnight camps and on all activities

- Day bag with two shoulder straps (10-15L)

### Inside the day bag:

- Closed-toe shoes for dry activities (trainers)
- Hat for sun protection
- Rain coat
- Sturdy water bottle (minimum 1L)
- Sun screen SPF 35+
- Insect repellent

### 2 Shoulder Straps



- 3 FACE MASKS (preferable re-usable and washable)
- Hand Sanitizer
- Insect repellent
- Copy of ID/Passport (for emergencies)
- Personal medication - CLEARLY LABELLED
- Ziplock bags for:

1) DRY clothes

2) WET clothes. (see Step 2)

Please label Ziplock bags clearly with "DRY" and "WET" to make sure your child knows what to use.

## (Step 2) Packing for Water Activities (put in your Everyday Backpack)

When they are in the water they must wear:

- Closed-toe water shoes with a good tread
- Option - Old runners/trainers
- UV Long Sleeve Water Sport Shirt (rash guard or rashie)
- Long Shorts for water sports (board shorts)

No Crocs, Flip Flops or Barefoot on camp! No shoes=no activity!



When they get out for a 5 min. shower rinse they must have:

- Lightweight Small towel (microfibre)  
NO Big cotton towels as they will not dry outside

NOTE: if your child is doing water activity on Day 1, wear your wet gear!  
If not, pack the wet clothes in the Wet Clothes Ziplock Bag ready



## (Step 3) Essential Overnight Backpack

- Medium backpack or carry-on suitcase (25L)

### Inside the overnight Bag

- Torch/flashlight/headlamp and spare batteries
- Sleeping bag



### 1 set of:

- Pyjamas or shorts & T-shirt
- Lightweight fleece or sweatshirt
- Lightweight long-sleeved shirt
- Lightweight trousers



- Toothbrush/toothpaste
- Biodegradable soap/shampoo/shower gel  
(We only accept environmentally safe products on camp)

### 1 set per NIGHT

- T-shirt
- Shorts
- Underwear
- Socks

**Important!** Make sure you pack each day's clothes into zip-lock bags with clear labelling indicating which day it is meant for. For example:

Pui O Beach, Lantau Island, Hong Kong - [www.treasureislandhk.com](http://www.treasureislandhk.com)

We sell a selection of camping gear on our website. Purchases are handed out at camp.  
Please purchase at least 2 weeks prior to camp.



# Packing Tips for Parents

- 1) Read the itinerary with your child and plan how to better pack with them
- 2) Label your child's first and last name on all of the items to make it easier to identify
- 3) Ziplock Bags labelled Wet Clothes, Dry Clothes, Day 1, Day 2, Day 3 etc. will help them organize themselves
- 4) Do not over pack as they must be able to carry everything by themselves
- 5) Must have all the 3 steps included into 2 backpacks (or carry-on suitcase for overnight items)
- 6) If you pack with them they will be more confident in how to unpack and repack for themselves

## BE Green:

- 1) We are ONLY allowing Bio-degradable soaps and shampoos on camp  
Please only bring these products to help us minimise the impact on the environment
- 2) Must have water a bottle at all times! We do not sell any plastic bottles

## Dietary:

- 1) If your child has specific food requests, pack their own preferred snacks and give to the teacher to store at camp  
(Please ensure none of the snacks contain peanuts!)
- 2) If you need replacement meals and they are reheatable, please bring these to camp in a clearly marked container  
who it is for, which day and meal it is for (E.g. STEPHEN WONG - DAY 3 - LUNCH)
- 3) Please ensure all foods/snacks are packed in airtight containers or zip-lock bags to ensure it won't attract unwanted wildlife/bugs if it is kept in the tent or day bag
- 4) Organize snacks to share with your friends if you wish



● **Mobile phone** - If you need to check on your child, please call either a teacher or the camp coordinator

● **Smart watch** - Your child will not be able to wear a smart watch during our programme

● **Electronic devices or video games** - The idea of joining a camp is to encourage children to have fun engaging with other kids

● **Unnecessary jewellery/valuables** - Participants will not be able to wear jewellery or bring any valuables on activities



## Do not bring to camp:



● **Pets** - Also fluffy toys as we don't want anyone to lose or damage their precious toys

● **Knives or sharp instruments** - We do not allow participants to bring any dangerous items on camp

● **Tent** - Treasure Island will provide a tent to sleep in

● **Products containing peanuts** - Please check that none of the snacks/food your child brings on camp does not contain peanuts



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