



香港野外訓練中心
Hong Kong Wilderness Training Centre

Adventures@HK: Personal Gears for Participants

Food and Drinks:

1. May to Oct: When arriving at the start point, *each* participant needs to have at least **2 litres** of water
2. Nov to Apr: When arriving at the start point, *each* participant needs to have at least **1.5 litres** of water
3. On any day of the year, each participant needs to bring along dry food and/or snacks that is sufficient to serve as his/her lunch
 - Recommendation: Bring at least **800kCal worth of food** for each participant
 - Note: On all the routes, **cooking with fire is NOT allowed**

Clothes:

1. Please wear clothes that can dry easily, and are **suitable for outdoor sports**
2. Certain parts of the routes may be overgrown, you may consider bringing along a pair a **long trousers** to protect your legs
3. Please carry with you a set of **back-up clothes**, and waterproof them (e.g. put them in a plastic bag), for you to change into after the tour, or after being drenched by heavy rain
4. Some of the **River Trekking** routes require the participants to walk into the water, for these, you are advised to wear a pair of sandals or quick-drying shoes that offer protection to your toes

Miscellaneous:

1. Please bring some **cash** with you, for transportation before and after the tour
2. Please bring your **cell phone** with you
3. Please bring with you your **passport or I.D. card**

Backpack:

1. Please bring a backpack of any size, of any brand, that can allow you to carry all the aforementioned gears with a reasonable degree of comfort