



ICEP CHINA PACKING LIST

Becket-Chimney Corners YMCA

* This list will be revised after staff visits. Updates will be sent to participants later this spring.

The natural tendency is to pack too much. Don't forget, YOU CARRY WHAT YOU PACK! It is helpful to bring an extra bag to camp for pre-trip and post-trip clothing. There will be a small storage space at camp for the extra bag and items you wish to leave behind. **Remember that it is summer in China** and the weather will be mild to hot so you will not have need for many clothes.

Very Important Items

- **Backpack, Rolling Suitcase or Duffel with wheels** – This is your preference. You must be able to carry all of your belongings through the airport and load them in and out of vehicles yourself.
- **Daypack** – Like a school backpack, it should be comfortable for hiking and be able to carry a water bottle, rain jacket, change of clothes and lunch.
- **Sleeping Bag** – You will sleep in this at camp. Even in the summer, nights at camp can be cool.
- **Sheets or Sleeping Sac** – A sleeping sac is essentially a sleeping bag made out of a sheet, sewn up two sides. It is hot and humid in Japan and this is what you will use for bedding. Must fit inside your backpack or suitcase.
- **Water Bottles (1-2)** – Nalgene style (32 oz) is preferred.

Clothing

- **Pants (1-2 prs.)** – 1 pair for work/paint use, 1 daily use, 1 dress pant (see “dress outfit”). Make sure one pair is able to dry quickly: non-cotton/non-denim.
- **Shorts (2-4 prs.)** – No shorter than 5 inches above the knee. One pair should be long/athletic type.
- **T-shirts (8)** – Really, T-shirts. Shoulders should be covered and they shouldn't be too tight. It is important to be aware of cultural differences and have modest dress.
- **Tank Tops (1-2)** – These are back up to the T-shirts. Everyone will need to dress conservatively.
- **Long Sleeved Shirt (1)** – T-shirt or other lightweight material.
- **Mid-weight Vest or Pullover (1)** – Fleece or wool sweater; you will need this at camp.
- **Underwear (8prs.)**
- **Hats (1)** – Sun or baseball style hat.
- **Gloves (1pr.)** – One set of work gloves.
- **Bras (3-4)**
- **Socks (8 prs.)** – They should be in good shape; you will take your shoes off frequently.
- **Pajamas (1pr)**
- **Bathing suit (1)**
- **Waterproof Rain jacket or Shell with a Hood (1)** – *very important*
- **Work Outfit (1)** – For painting, etc., that covers shoulders, torso, and upper legs.
- **Dress Outfit (1-2)** – Comfortable yet presentable for homestay orientation and special events
Suggestions: For boys - a button down shirt and khakis, for girls - a skirt and shirt, or nice pants and top. Dress outfits should be modest, avoid short skirts and low cut tops.

Footwear

- **Shoes (2 prs.)** – Tough sneakers, lightweight trail shoes, Teva style sandal or hiking boots.
- **Flip Flops (1pr.)** – For showering.

Miscellaneous

- **Toiletries** – Bring enough for the whole trip.
- **Strong Sun Block** – SPF 15 or higher.
- **Pads/Tampons** – Female campers should bring them even if you think you will not need them.
- **2 Travel Towels and Washcloth** – bring a towel that will dry quickly.
- **Money Belt or Fanny Pack** – bring something you can carry money/passport in that is close to your body (not a purse or backpack).
- **Camera with extra batteries** – Film or digital is fine. Either way, charging spaces may be limited and wall outlets will be different.
- **Memory (at least 1 GB) or Film (8-10 rolls)**
- **Watch!!** – It is really important to be on time.
- **Travel Alarm Clock** – You may be responsible for waking up the group during the trip. If your watch has an alarm, know how to use it.
- **Flashlight or Headlamp** – Compact with extra batteries. This will be your nightlight.
- **Large Plastic Trashbag (2)** – For dirty laundry and to keep things dry.
- **Ziplock Bags** – Both small and large for packing and to protect your things.
- **Bandanas (1-2)** – Good for everything.
- **Spare Eyeglasses** – Especially for contact wearers.
- **Personal Journal & Letter writing materials**
- **Gift for your Homestay Family** – Be creative; think of something special from where you live. For example: a calendar, small board games, puzzles, crafts, soccer/footballs, picture books or kitchen items.
- **First Aid Kit** – Keep it small and fill it with items you may commonly need or use.
- **Phrasebook or dictionary** – Lonely Planet recommended.
- **Bug Repellent**

Optional

- **Books, Games or Cards** - for long waits and plane rides. You can bring an iPod but you are responsible for it. Charging may not always be available, outlets will be different.
- **Outlet Adaptor** – For anything that plugs in. You can find them at Radioshack or other electronic stores.
- **CD's of American music or small inexpensive gifts** – to exchange with host peers
- **Anti-bacterial Hand Gel**
- **Phone Card** – We will also help participants purchase them after arrival. If you bring one with you it may or may not work in the host country.
- **Musical Instrument**
- **Songbooks and Sheet Music** – especially with guitar notations.
- **Favorite Recipe to make**
- **Scarf** – For cold rainy days.
- **Stuff Sacks** – For keeping clothing organized.
- **Small Locks** – For luggage.
- **Sunglasses**
- **Inflatable or Compressible Travel Pillow**
- **Family Photos** – To show your homestay family about your family.

What Not to Bring

- **Expensive/large jewelry or watches, valuable personal items, any sort of “bling”, or anything you would be sad to loose or get really dirty.**