

TRAIKHOS THREE-GENERATION BARGE PROGRAM

Staff and Student Equipment List Yr 11-13 Chiang Mai

Participants are encouraged to bring a small **soft pack** (duffle bag) or rucksack (backpack), rather than hard suitcases for easy storage.

Clothes and personal gear:

This is a suggested list - you may choose to substitute things on this list with similar items and you may wish to bring a few extra items.

- 1 pair of shorts per day (knee-length)
- 1 T-shirt per day
- Pyjamas or other appropriate sleepwear for cool weather
- Pair of long pants (for cool weather)
- 1 light-weight long sleeve shirt
- 1 pair walking/hiking shoes (that can get wet and muddy)
- 1 pair sandals
- 2 pairs of sturdy socks
- Warm Socks for cold nights
- A hat - warmth in the evenings and keeps the sun off during the day
- Underwear
- Light jacket or sweaters for chilly evenings
- Rain coat with hood
- Towel
- Appropriate swimwear
- Bandana or handkerchief
- Personal toiletries (tooth brush, tooth paste, soap, comb, etc.)
- Regular Medications (Please label dosage clearly and note on medical form. For younger participants, medicines will be administered by accompanying teacher.)

It is possible that clothing and equipment will get wet and / or muddy. Please do not bring expensive clothing that may get damaged.

Equipment:

- Reusable water bottle (**Reusable 1 Litre capacity**)
- Sun screen (**at least spf. 15**)
- Hat and Sunglasses
- Bug repellent (**avoid D.E.E.T. chemical base; roll-ons are preferable to spray**)
- Small back pack
- Torch/Flashlight (**with extra batteries**)
- Pens/pencils/eraser/cm ruler

You may also enjoy bringing:

- Camera
- Binoculars
- A book to read
- Personal journal
- Pocket money (not too much)

Please do NOT bring:

- **Cellular/mobile phones**
- **Snacks, candy, gum or extra food**
(we have plenty of food)
- **Personal electronic devices;** PSP, Ipad, Ipod, computers or other electrical equipment
- **Alcohol, Cigarettes, Drugs**