TEAM CHINA- OSLE Student Clothing and Personal Equipment List

• **Case**-light-weight, has wheels and is not too big. Total weight limit is 23 kg. (should be far less than this on departure)
• **Bag/back-pack.** As students will be participating in walking, travelling etc throughout the day we advise that school pack packs will be too cumbersome. A smaller, lightweight back-pack or a shoulder travel bag- lightweight material (25cm X 25cm only as a suggestion) will be more convenient. This may also be hand luggage on the flight.

**Essential items** that you will be carrying around with you daily?

- Small packet of tissues
- Hand wipes-small pack.
- 500ml bottle of water. (These are supplied in the motel rooms.)
- Camera-ipad/ipod
- Purse/wallet

**Essential clothing**- all clothing and items must be named.

Items to be worn to the airport- long pants eg track bottoms, Team China shirt, windcheater, socks, jocks/undies, runners.

- 2 Team China polo tops
- Team China hat
- 2-3 school uniform polo tops (your child’s current school)
- 4 pairs of navy basketball shorts.
- 8 sets of undies/jocks
- 8 pairs of socks
- 2 pairs of shoes
- 2 sets of Pyjamas (for summer weather)
- 2 regular T-shirts (optional)
- Regular shorts/pants (optional)

**You will be wearing**-

- Thurs /Fri/Sat/Sun and Thurs/Fri- Team China uniform
- Mon/Tues/Wed- School uniform.
- (Polo shirts and shorts will need to be washed out in rooms as required)

**Toiletries**

- Toiletry bag
- Toothpaste-small size
- Tooth-brush
- Shampoo-small bottle, conditioner if required.
- Comb/brush, hair ties if required
- Deodorant
- Soap
- Face washer
- Sun screen
- Small plastic travelling bottle of washing powder.
In the motels there will be smaller sized soap and shampoo and bottles of water supplied.

All medications will be handed to your First Aid Team Leader on the morning of departure. These will need to be in a plastic zip lock bag, named on the outside. This will include the medication (please leave in original packaging) along with the medication approval/dosage form.

The only medication that students will be carrying is ventolin if they are an asthmatic. All other medication will be kept by the First Aid officers and will be distributed appropriately.