

TRILOKA

Masters of the East 2011: Suggested Packing List

Clothing:

Dress in layers as weather conditions can change quickly

- Shoes (for hiking and training)
- Socks
- Underwear
- Bathing suit (hotel has hot tub!)
- Shirts
- Pants (for training and hiking)
- Cold weather clothing for

Qingcheng:

- Rain/wind proof jacket
- Long sleeve shirts
- Long underwear (1 pair)
- Wool gloves
- Scarf/hat
- Clothes suitable for formal occasions (dinner with Master Duan, etc.)
- Etc.

Toiletries:

- Toilet paper
- Toothbrush / toothpaste
- Shampoo / conditioner
- Sunscreen
- Sunglasses
- Comb
- Nail clippers
- Q-tips
- Feminine products
- Razor / shaving cream
- Etc.

First aid kit:

- Band-Aids
- Anti-diarrhea (e.g. Imodium)
- Antacids
- Etc.

Misc:

- Video camera (w/ extra memory)
- Camera (w/ extra memory)
- CD/MP3 player w/headphones
- Daypack /backpack
- Notebook /pens
- Watch/travel clock
- Money belt / Passport Pouch
- Etc.

Food and Snacks:

- Water bottle for hiking
- Protein/snack bars
- Trail mix
- Dried fruit
- Chocolate
- Herbal remedies
- Breath mints
- Etc.