

What to bring: a basic packing list

DURING YOUR TRAVEL

When you are traveling in China, make sure you have the following items with you:

- A roll of toilet paper (usually not provided in Chinese toilets);
- Handwash soap (often not provided);
- The address and phone number of the academy in Chinese characters, in case you get lost or need help;

CLOTHING

- Multiple training shirts (you'll want to be able to change when one is wet with sweat);
- 2-5 shorts for summer; and/or 2-4 or more long training pants for winter;
- 7 - 10 pairs of socks & underwear;
- Good running shoes (if you have a large shoe size and intend to stay >6 months, bring 1-2 pairs extra. Large sizes are hard to buy in China, unless you order them online);
- Towels (recommend at least 2, so you have a spare one when one is in the wash/not dry yet);

In summer, add:

- Suncream
- Mosquito repellent (DEET is not necessary, there is no malaria in the region)
- Flipflops or sandals
- Optional: swimsuit, cap/hat or bandana, sunglasses

In winter, add:

- a thick, warm winter jacket;
- A thick, warm hoody and/or sweater (recommended >1)
- gloves, scarf and winter hat (all of very warm and durable material)
- good shoes (ideally hiking boots or waterproof winter boots, but you'll be fine as long as they can take some water and mud)
- Optional: if you get cold easily, consider bringing thermal clothing and thermal underwear.

PERSONAL CARE ITEMS

- Deodorant (not easy to get locally);
- A (small) medical aid kit with bandaids, painkillers, etc.;
- Tiger balm or a muscle warming cream (or you can use the local equivalent: Red Flower Oil);

OTHER

- Converter plug for Chinese plugs. The Chinese version has 2 pins, similar to the European system.

- Phone, laptop, tablet or other electronics you wish to bring;

FIGHTING GEAR

The academy has almost everything you will need. You can either buy your own, or borrow the academy equipment. If the academy doesn't have it, items can be bought at the local martial arts shop in Xinyi.

- Optional to bring: Handwraps (recommended length approximately 150inch/5m)
- Optional: mouth guard. The school sells mouth guards which are good for beginners. If you are an experienced martial artist, you may want to bring your own / your favourite brand.

FIGHTING GEAR YOU CAN BUY / BORROW AT THE ACADEMY

- Boxing gloves (considering that you use them and will sweat in them a lot, you might want to buy your own. They're not expensive)
- Kungfu shoes
- Kungfu monk suit
- Weapons
- Mouth guard for beginners
- Boxing pads
- Body protection gear