CLOTHING, EQUIPMENT & RESOURCE LIST

CHINA

Climate
China is a huge country with dramatically different climates depending on which province you will be based in. For the volunteers in Xinjiang, Gansu and Heilongjiang you will experience very cold temperatures and for those in Jiangxi the climate will be much warmer as you are much further South. We can give you much more advice on Training but the below guide is a good reference point to look at in a general sense.

The following is a rough guide for males and females. More advice will be given on Training.
<table>
<thead>
<tr>
<th>Essential Clothing</th>
<th>Amount*</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smart Trousers</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Skirts</td>
<td>2</td>
<td><em>Must be below the knee.</em></td>
</tr>
<tr>
<td>Dresses</td>
<td>3</td>
<td><em>Must be below the knee.</em></td>
</tr>
<tr>
<td>Jeans</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Shorts</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Shirts, long sleeved</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>Shirts, short sleeved</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>T-shirts</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Sweaters</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>Pants</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Socks</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Pyjamas</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Swimsuit &amp; towel</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Respectable shoes</td>
<td>2</td>
<td><em>No high heels.</em></td>
</tr>
<tr>
<td>Strong flip flops</td>
<td>1</td>
<td><em>More so for Jiangxi but useful throughout China.</em></td>
</tr>
<tr>
<td>Trainers</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Hat</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Waterproof jacket</td>
<td>1</td>
<td></td>
</tr>
</tbody>
</table>

* Guide only

PLEASE BE AWARE THAT THINGS CAN STILL CHANGE OVERSEAS AND WITH PROJECTS THEREFORE THERE IS STILL A POSSIBILITY THAT YOU MAY NOT END UP GOING TO THE COUNTRY WHERE YOU WERE INITIALLY PLACED. IF THIS IS THE CASE WE WILL TELEPHONE YOU AS SOON AS POSSIBLE.
Essential Equipment | Remarks
---|---
Large rucksack | *(between 65 - 75 litres). This is much more appropriate than a suitcase.*
Small rucksack | *(approx 15 litres). For day trips/general use.*
Money belt (or similar) | *This should fit under your clothes as a safety precaution.*
Toiletries | *Basic toiletries are available, but bring enough to start.*
Moon Cups (girls only) | *Moon Cups are recommended by many female volunteers (cheaper and more environmentally friendly) and certainly worth researching if you have not come across these before. There will be more discussion on this during training. Tampons are available too in China.*
Guide Book | 
First Aid Kit | 
Travel pillow | *For those extremely long train journeys!*

**Guidance**

In China, you will be able to buy a lot of what you will need when you are overseas. I would recommend taking a decent jacket but these can be bought in many cases for a fraction of the price that you will find along the high street shops in the UK. If you are in Xinjiang, Gansu or Heilongjiang provinces the winters are very cold so a decent outdoor jacket (a micro down jacket or equivalent) and thermals are useful.

As a teacher in the school you will be expected to dress professionally and a casual appearance will send the wrong message to your colleagues and the students themselves.

On a teaching note, many volunteers take out laptops or devices which can be used for teaching aids and for planning lessons and this is certainly a good idea if you have one.

**Important Note**

Long haul flights usually allow a substantial luggage allowance but we strongly advise that you do not pack more than 20kg of luggage. Volunteers who choose to pack more than this often find it a challenge to travel from the airport to their projects (usually by public transport).
Suggested China Resource List

It's certainly not essential to purchase and read all of the books listed below however it is recommended that you look at the websites listed below. It certainly will make Training more interesting.

Remember, if you do purchase anything please help Project Trust out by buying through the Amazon section on your Project Profile page as that way a percentage of the value of the order will be donated to us.

A good guide book is useful:

Lonely Planet or Rough Guide

Let’s Go China

Culture Shock Kevin Sinclair
China Remembers Calum Macleod & Lijia Zhang
Behind the Wall Colin Thubron
Wild Swans Jung Chang
Bend in the Yellow River Justin Hill
Red Azalea Min Anchee
Riding the Iron Rooster Paul Theroux
River Town Peter Hessler
Trespassers on the Roof of the World Peter Hopkirk
(Useful background if you are thinking of visiting Tibet)
Foreign Devils on the Silk Road Peter Hopkirk

Language Learning Guides
(make sure it indicates tones)

BBC Mandarin Chinese Phrase Book
http://www.youtube.com/watch?v=ubZ57i34GlYBusuu
http://www.busuu.com/learn-chinese-online

Film
My Life in China Kenneth Eng
Last Train Home Lixin Fan

Blogs
https://chinaforayear.wordpress.com/
http://www.offexploring.com/tvg-in-china/blog/china/beijing/2013-09-08+03%3A21%3A24
http://www.offexploring.com/stephenschinagapyear