

SUGGESTED PACKING LIST FOR 3D2N OUTDOOR ADVENTURE CAMP

A. COMPULSORY ITEMS		QUANTITY
1.	Haversack / backpack (no trolley bag / sling bag)	1
2.	Day pack / small bag (to carry items needed in the day)	1
3.	Non-disposable water bottle (at least 1-litre)	1
4.	Thermometer	1
5.	Raincoat / poncho / waterproof jacket with hood (strictly NO disposables)	1
6.	Non-disposable utensils (i.e. fork, spoon, plastic plate & plastic mug)	1 set
7.	Bandana / headscarf / buff (for use with helmets during high elements)	1
8.	Pen (for reflection in the camp booklet)	1
9.	Ez-link card (minimum value of \$5)	1
B. IMPORTANT ITEMS		
10.	T-shirts (not including the school T-shirt worn on the first day)	3
11.	Shorts (not including the set worn on the first day)	3
12.	Long pants (for trekking and high elements; tight jeans not recommended)	at least 1
13.	Covered shoes	1 pair
14.	Socks (not including the set worn on the first day)	3 pairs
15.	Undergarments (not including the set worn on the first day)	3
16.	Towel (washing of face & bathing)	1
17.	Personal medication (including inhalers and spare canisters)	
18.	Toiletries (i.e. soap, tooth-brush, tooth-paste, body powder, toilet paper (not provided), sanitary napkins (for ladies))	
C. ITEMS THAT ARE GOOD TO HAVE		
19.	Sleeping bag / mat	1
20.	Slippers (to be worn during bathing time)	1
21.	Spectacles (spare) and spectacle band/hook	
22.	Sweater / jacket (for night)	1
23.	Ziploc bags for waterproofing items in backpack	
24.	Plastic bags for dirty clothes	
25.	Sun protection e.g. hat / cap, long sleeved T-shirt, sun-block, lip balm, sunglasses	
26.	Insect repellent / plasters and ointment for insect bites	
27.	Torchlight and spare batteries	1
28.	Wet wipes	