

THINGS TO BRING LIST

1. Personal Items

S/N	Descriptions	Recommended Quantity	<input checked="" type="checkbox"/> Checklist
1	Day pack (small backpack to carry essentials while on activities)	1 bag (compulsory)	
2	T-shirts & Shorts	3 sets	
3	Track Pants	1 pair (compulsory)	
4	Undergarments	3 set	
5	Warm Clothing for Sleeping	1 set	
6	Poncho	1 set	
7	Socks	4 pairs	
8	Slipper / Sandals	1 pair	
9	Towel (1 Large)	1 set	
10	Personal NON-DISPOSABLE forks, spoons and plates	1 set	

2. Toiletries

S/N	Descriptions	Recommended Quantity	<input checked="" type="checkbox"/> Checklist
1	Toilet Roll	1 roll	
2	Bathing Accessories (Soap, Shampoo, comb etc.)	1 set	
3	Toothpaste & Toothbrush	1 set	

3. Others

S/N	Descriptions	Recommended Quantity	<input checked="" type="checkbox"/> Checklist
1	Working Thermometer (personal)	1 set	
2	Torch Light w/ spare batteries	1 each	
3	Water Bottle (1.5 Liters)	1 each (compulsory)	
4	Writing Material (pen & paper)	As required	
5	Sleeping Bag	1 set (compulsory)	
6	Insect Repellent (No Mosquito Coil)	1 set	
7	Personal Medication (e.g. panadol, medicated oil etc.)	As required	
8	Sun Block	As required	
9	Cap/Hat	1 each	

The above-mentioned serves as a guideline only. Please increase / decrease the quantity accordingly and pack everything in a **backpack** but not in a luggage.

Pupils are to label **all** their personal items

Students are to be responsible for their own belongings. The school / service provider will not be liable / responsible for any losses / damages. Any enquiries, please clarify with the Chief Trainer during the pre-camp briefing session.