

SUGGESTED PACKING LIST FOR NON-RESIDENTIAL PROGRAMME

A. COMPULSORY ITEMS		QUANTITY
1.	Day pack to pack the items below	1
2.	A draw string bag for packing essential items when moving around the campsite for activities	1 (Provided by school)
3.	Non-disposable water bottle/s (at least 1-litre in total)	1
4.	Reusable poncho + Arm Sleeves for sun protection	1 (Provided by school)
5.	Long pants (compulsory for <u>Low Element Activities</u>) <i>Note: Jeans are not recommended</i>	1
6.	Face mask (1 to be worn; 2 as a spare and to be kept in Ziploc bag)	3
7.	Resealable bag with name label (e.g. Ziploc bag) (for keeping of masks)	1
8.	Non-disposable personal cutleries (Fork, Spoon)	1 set
9.	Hand sanitiser (especially for students who are allergic to certain brands of hand sanitiser)	1
10.	Toilet Paper	Half a roll
B. IMPORTANT ITEMS		
1.	For Kayaking Activity: You are allowed to wear a swim wear underneath your clothing. - Spare change of clothes - Extra pair of covered shoes/aqua shoes (Compulsory) - Bath towel + Toiletries - Plastic bag to keep wet clothing - Spectacle band/hook (If applicable) - Long pants/sleeves to protect from sunburn (Optional)	1 set
2.	Personal medications - Inhalers, a must for students with asthma and to declare to teacher in charge - Panodol - Other medication	If applicable
C. THINGS THAT ARE GOOD TO HAVE		
1	Small towel	1
2	Insect Repellent	1
3	Sun Protection – sunblock, hat/cap	1

Please note that your child/ward will not be allowed to participate in the activity if he/she is not in the required attire.

Note: Camp programme and groupings will be given in due time so that your child/ward knows what to pack for the day's programme