

SUGGESTED PACKING LIST FOR 4D3N OUTDOOR ADVENTURE CAMP

A. COMPULSORY ITEMS		QUANTITY
1.	Haversack / backpack (no trolley bag / sling bag)	1
2.	Day pack (to carry items needed in the day)	1 (provided)
3.	Non-disposable water bottle (at least 1-litre)	1
4.	Thermometer (in working condition)	1
5.	Raincoat / poncho / waterproof jacket with hood/ umbrella	1 (provided)
6.	Cap / hat for sun protection	1
7.	Tubular buff headgear (when wearing helmets during height-based activities/ caving) Note: School to purchase and handover to OALC	1 (provided)
8.	Spectacles (spare) and spectacle band/hook (for use during water activities)	1
9.	Writing Materials (e.g., pen for reflection in the camp booklet if applicable)	
10.	Torchlight and spare batteries	
11.	Wet wipes/ toilet paper for personal use	
B. IMPORTANT ITEMS		
12.	School T-shirt (not including the set worn on the first day)	3
13.	Shorts (not including the set worn on the first day)	3
14.	Dark colored sleeve top (with long sleeve/arm sleeve) + shorts / long pants for Kayaking	1 set (arm sleeve provided)
15.	Long pants (for caving, high and low elements; strictly no jeans, running tights and baggy pants)	at least 1
16.	Covered shoes (including 1 extra pair to be worn during kayaking/ wet weather) note: Covered shoes do not include sports sandals or Crocs type of covered shoes	2 pairs
17.	Socks (not including the set worn on the first day)	3
18.	Undergarments (not including the set worn on the first day)	Sufficient for personal use
19.	Towel (washing of face & bathing)	1
20.	Personal medication (including inhalers and spare canisters, Panadol etc)	
21.	Toiletries (i.e., soap, toothbrush, toothpaste, body powder, sanitary napkins (for ladies))	
22.	Sleeping bag / mat	1
C. ITEMS THAT ARE GOOD TO HAVE		
23.	Slippers (to be worn during bathing time)	1
24.	Sweater / jacket (for night)	1
25.	Resealable bags for waterproofing items in backpack	
26.	Plastic bags for dirty clothes	
27.	Sun protection e.g., long sleeved T-shirt, sunblock, lip balm, sunglasses	
28.	Insect repellent / (mosquito patches are not recommended) / plasters and ointment for insect bites	
29.	Ear plugs (for sleeping)	1 pair

Kindly note: School will provide your child/ward with a drawstring bag, poncho, arm sleeve and head buff on the 1st day of camp