

Packing List for Sec 2 Cohort Camp 2023 – Conquer the Challenge

Use this as a guide to help you pack for the camp. Happy packing

| Please tick when packed | Item | Quantity |
|-------------------------|--|--------------------|
| | T-shirts: short-sleeved | 3 |
| | T-shirts: long-sleeved (for sun protection and to minimise insect bites) - Optional | 1 |
| | Shorts – suitable for physical training | 2 |
| | Long pants- for climbing activities and minimise insect bites (three-quarter pants and jeans are not allowed) | 2 |
| | Student Pass | Compulsory |
| | Towel – small & large | min. 1 each |
| | Sun protection – hat/cap, sunglass (optional), sunblock cream (SPF 50+++), lip balm, after-sun lotion | 1 set |
| | Shoes– with sufficient cushioning for running and general outdoor activities. Do not bring shoes that are too old and may come apart easily | 1 pair |
| | Shoes & aqua shoes (meant to be worn during kayaking) | 1 pair |
| | Reusable Plastic Bottle for drinking purposes (at least 1.5L) | min. 1 |
| | Slippers | 1 pair |
| | Undergarments | 2 sets |
| | Socks | 2 sets |
| | Recycled supermarket plastic bags/trash bags/Ziploc bags – for waterproofing purposes and keeping dirty/wet items | Sufficient supply |
| | Toiletries (toothbrush, tooth paste, shampoo, shower– incl. body powder or prickly heat powder, nail clipper, sanitary napkins) | Sufficient supply |
| | Personal first aid items and/or prescription medication e.g ventolin inhaler, plasters, antiseptic cream, ointment for insect bites | Sufficient supply |
| | Insect repellent (ozone friendly) | 1 bottle/tube |
| | Torchlight with fresh batteries | 1 set |
| | Sleeping bag | 1 |
| | Fork & spoon (non-disposable) | Compulsory (1 set) |
| | Plate (non-disposable) | Compulsory (1 set) |
| | Pen (for camp info and reflection) | 1 |
| | Hand Sanitizer for hygiene | Optional |
| | Mask | Optional |