

Suggested Items to bring along		Items Packed (✓)
1	Passport / Student Pass Visa	
2	T- Shirts	
	Day Activities – At least 3 sets of T-shirt (includes 2 X PTPS PE T-shirt)	
	Campfire – Camp T-Shirt (will be given on Day 1 of camp)	
3	2 Pair of Track pants/slacks	
4	1 Sweater /Jacket	
5	Undergarment (5 sets)	
6	Pajamas/sleep wear	
7	Torch with working batteries – for caving	
8	2 pairs of covered shoes (track and school shoes) – suitable for working	
9	4 pairs of socks	
10	Sandals/slippers – to be used at accommodation only	
11.	Insect repellent/ mosquito patches/ sun block	
12.	Gloves for caving (cloth type)	
13.	Toothbrush & toothpaste	
14.	Soap & shampoo	
15.	Bath & Face towel	
16.	Wet Tissue/ Sanitizer	
17.	Water Bottle (At least 1 Liter)	
18.	Plastic bags /Ziplock Bags to store dirty clothing	
19.	Day Bag for outdoor activities	
20.	Personal medication (such as panadol, medicated oil, asthma inhaler, etc) (Optional)	
21.	Mobile Phones (Optional)	