

36th SENIOR N.C.O. TRAINING COURSE 2017

CAMP PERSONAL ITEM LIST

Compulsory Items

No.	Item	Quantity
1	St. John/School-based/Plain White T-shirts	4 pieces
2	Dark Coloured Shorts	4 pieces
3	Full Brigade Uniform	1 set
4	Undergarments	At least 4 sets
5	Sport Shoes (In good condition for trekking)	1 pair
6	Long Black Socks	4 pairs
7	Slippers/Sandals	1 pair
8	Bath Towel	1 piece
9	Shampoo	1 piece
10	Body Foam/Shower Gel	1 piece
11	Toothpaste & Toothbrush	1 set
12	Mug	1 piece
13	Rag (For cleaning)	1 piece
14	Newspaper (For cleaning)	Sufficient

Compulsory Backpack Items (Carried throughout entire camp duration)

No.	Item	Quantity
1	Backpack	1 piece
2	Toilet Roll (Waterproof)	1 roll
3	Torch Light with a set of Spare Batteries	1 set
4	Poncho	1 piece
5	Zone Water Bottle	1 piece
6	1.5 Mineral Water Bottle	1 piece
7	Course Manual	1 piece
8	First Aid Manual	1 piece
9	Writing Materials	1 set
10	Triangular Bandage	1 piece
11	Personal Medication	-

Outlast the Challenge, Lead with Pride

Optional Items

No.	Item	Quantity
1	Jacket/Windbreaker	1 piece
2	Insect Repellent	1 piece
3	Sleeping Bag	1 piece
4	Body Powder	1 bottle

Compulsory items stated in this packing list **exclude** what trainees wear to the camp. Trainees are not to bring more than S\$20 in cash to the camp. Mobile phones, electronic devices and personal valuables will be passed to teachers for safekeeping at the start of the camp. Trainees are not allowed to bring expensive personal belongings such as jewellery or personal food items.