

### Camp Packing List

No.	Item	Quantity	Remarks
1	Shirts	2	All school based shirts to be standardised within the squad, with the same shirt worn on the same day
2	Shorts	2	Only Dunman High PE shorts are allowed
3	Track Pants	1	Compulsory for sleeping
4	Undergarments	Sufficient	Compulsory
5	Standardised black socks	2	Compulsory
6	Slippers	1	Only to be worn during Body Maintenance
7	Soap	1	Compulsory
8	Shampoo	1	Compulsory
9	Comb	1	-
10	Towel	1	Compulsory
11	Toothbrush with toothpaste	1	To be used for Body Maintenance
12	Thermometer	1	Compulsory
13	At least a 0.5 litre bottle	1	To be filled at all times
14	Metal Spoon and Fork	1 set	Compulsory
15	Mug	1	Compulsory
16	Plastic Bowl	1	To be used during Field Cooking
17	Torchlight with spare batteries	1	Compulsory
18	Rag	1	Compulsory
19	Mosquito repellent	1	Optional
20	Medication	If any	To be placed in a Ziplock Bag labelled with Name, Team, type of medication and when to consume
21	Jacket/ windbreaker	1	Optional
22	Sunblock	1	Optional
23	Poncho	1	Compulsory
24	Sleeping bag	1	Compulsory
25	Day pack	1	To contain torchlight, thermometer, poncho, water bottle, writing materials, personal medication (if any), jacket (if any) and mosquito repellent (if any)
26	Ziplock bag	2	To contain valuables and medication (if any) Ziplock bag with valuables to be labelled clearly with Name and Team

#### Team Items

No	Item	Quantity	Remarks
1	Toothpaste	1	Each team is to bring at least one big tube of toothpaste.
2	Dry twigs and leaves	3 bags	Twigs are to be of medium size.
3	Can opener	2	Each team is to bring at least 2 can openers.

#### Note:

- All electronic devices and communication devices will be confiscated until the end of the camp.
- Refrain from bringing expensive items.
- Food and drinks are prohibited.
- All items stated above are compulsory unless otherwise stated.