

Standard One Camp Item List

No.	Items	Quantity	Remarks
1.	Shirts	Minimum 3	All shirts to be standardized within squad with same shirt worn on same day
2.	Shorts	Minimum 3	Criteria of shorts: Pure black or pure dark blue (logos with a different colour is acceptable) Short shorts are not allowed. Not shorter than half of your waist to knee. No curve cut shorts or FBTs are allowed.
3.	Standardised White Socks	Minimum 3	-
4.	Slippers	1	Only to be used during body maintenance.
5.	Soap	1	-
6.	Shampoo	1	-
7.	Comb	1	-
8.	Bathing Towel	1	-
9.	Face Towel	1	-
10.	Toothbrush with Toothpaste	1	-
11.	Utensils	1 set	(Labelled with rank and full name)
12.	At least a 0.5 litre bottle	1	To be filled at all times
13.	Torchlight	1	-
14.	Rag	1	-
15.	Mosquito Repellent	1	-
16.	Medication	1 (If necessary)	Label with Name, Standard, Team Name, type of medication, when to consume
17.	Jacket/ Windbreaker	1 (Strongly Encouraged)	-
18.	Sun block	1 (Optional)	-
19.	Sleeping Bag	1	-
20.	Long Pants/Track Pants	Optional	-