

Standard One Camp Packing List

Item	Quantity
Individual Packing List	
Standardized PT Kit	2 sets
Track pants	1 pair
Black Standardized Socks	2 pairs
Undergarments	Sufficient
Toothbrush and Toothpaste	1 set
Towel	1
Toilet Roll	1
Personal Toiletries	Sufficient
Sleeping Bag	1
Zone 8 Water Bottle	1
Plastic Bags	Sufficient
Medication (labelled; if any)	Sufficient
Daypack	1
Team Name Tag*	2
Team Identity*	1
Sunblock*	1
Insect Repellent*	1
Cap*	1
Utensils with Standardized Labelling*	1 set
Writing Materials*	Sufficient
1.5L Bottle with Standardized Labelling*	1
Torchlight*	1
Triangular Bandage*	1
Standardized Army Poncho*	1
Camp Manual*	1
EZ-link card with at least \$7 (ALD)	1
\$10 cash for lunch outside school (ALD)	1
Slippers (optional)	1 pair
Jacket (optional)	1
Team Packing List	
Team Flag	1
Toothpaste	2 tubes of 250g
Can Opener	2
Dried Leaves	1 trashbag
Dried Twigs	½ trashbag
Matches	1 box

***Items to be put into Daypack.**