

Item	Quantity
Individual Packing List	
Standardized PT Kit	3 sets
Black Standardized Socks	3 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*	1
Team Identity*	1
Sunblock*	1
Insect Repellent*	1
Utensils with Standardized Labelling*	1 set
Writing Materials*	Sufficient
1.5L Bottle with Standardized Labelling*	1
Torchlight*	1
Standardized Army Poncho*	1
Camp Manual*	1
Slippers	1 pair

Jacket (optional)	1
Team Packing List	
Team Flag	1
Toothpaste	2 tubes of 250g
Can Opener	2
Dried leaves	1 trash bag
Dried Twigs	½ trash bag
Lighter	1
Rags	At least 2